

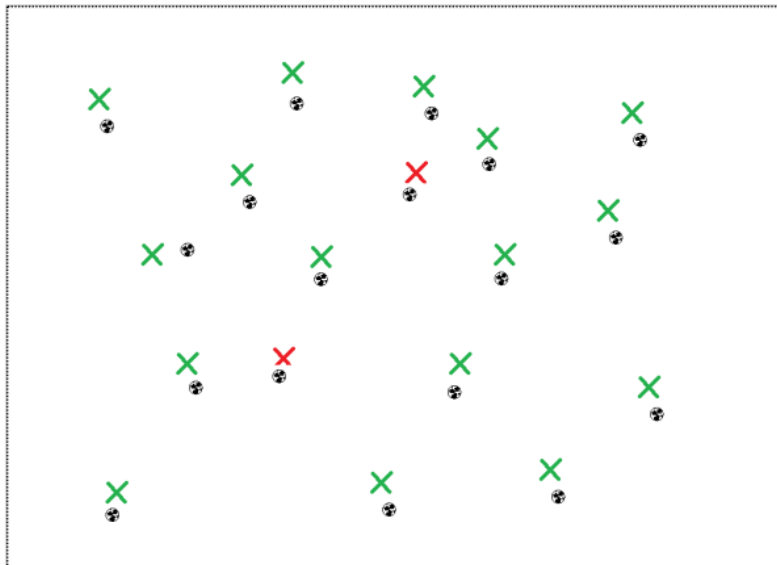
Activity Title: U5 Day 1 – Grid 1

Activity Name: Follow the Leader in place (active listening)

Activity Setup: All players will spread out around the grid with a ball at their feet.

Activity Description:

Coach will call out and/or demonstrate what the players are to follow IE. Foot on the ball. Other foot on the ball. Tap ball to one side. Tap Ball back. Jump beside the ball. Tap ball away. Jump back to ball. Sit down. Stand up. Raise your hand. Players should listen watch and follow directions as quick and as accurately as they can. Take small encouragement breaks and do something silly to break the monotony (wiggles, jumps, run away from the ball to a line and back real fast, be creative)



Emphasis: Paying attention

Following attention

Following direction

Taking lead from others

Cue Words:

Individual encouragement at anything correct or close

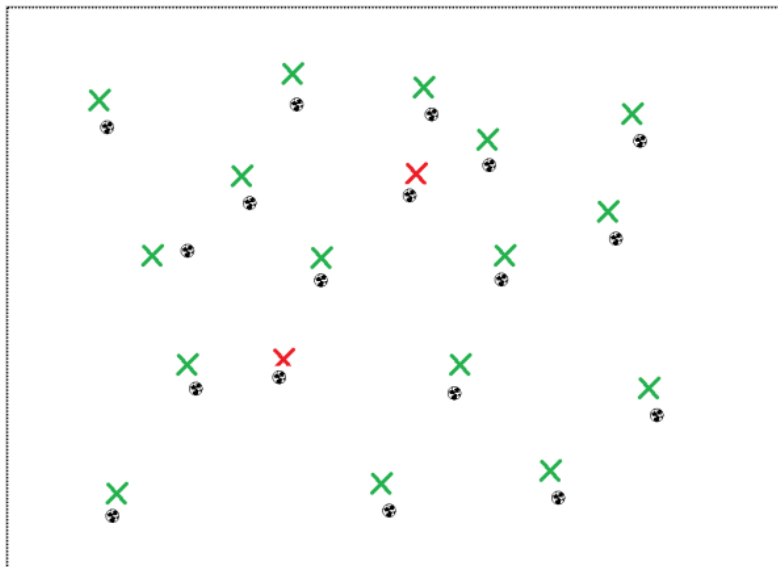
Activity Title: U5 Day 1 – Grid 2

Activity Name: Stomp and Roll

Activity Setup: All players will spread out around the grid with a ball at their feet.

Activity Description:

Coach will demonstrate how to “freeze” and roll the ball with the bottom of the foot. The direction will not matter. Players will dribble the ball around the grid. The coach will say “Freeze”, the players will put their foot on the top of the ball with the bottom of the foot. The coach will then say “Roll” and the players will roll the ball in any direction, follow the ball and repeat.



Emphasis:

Paying attention

Following direction

Taking lead from others

Cue Words:

Individual encouragement at anything correct or close

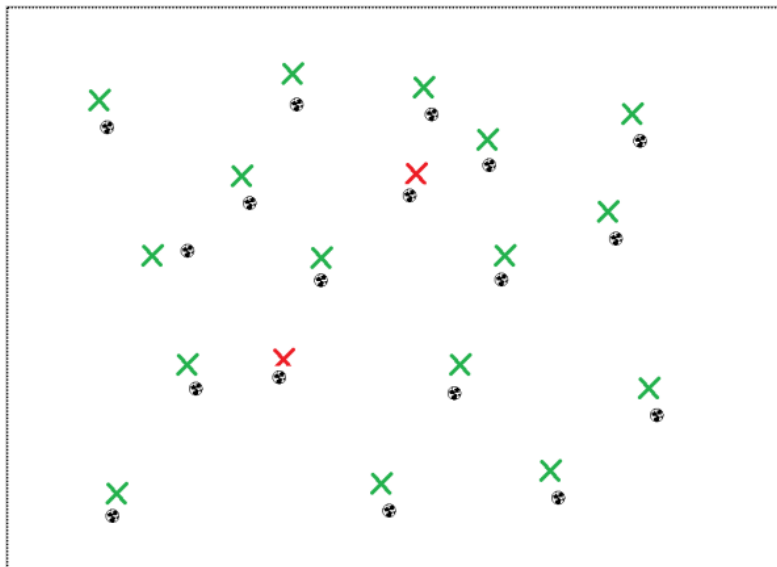
Activity Title: U5 Day 1 – Grid 3

Activity Name: Free dribbling keeping it close

Activity Setup: All players will spread out around the grid with a ball at their feet.

Activity Description:

Players will dribble around the grid attempting to keep the ball close to their feet. Start slow, just jogging lightly around with the ball. Build up speed each rep. Challenge players to keep the ball closer to their feet as they speed up.



Emphasis:

Fast feet

Keeping ball close

Following directions

Cue Words:

Individual encouragement at anything correct or close

Activity Title: U5 Day 1 – Grid 4

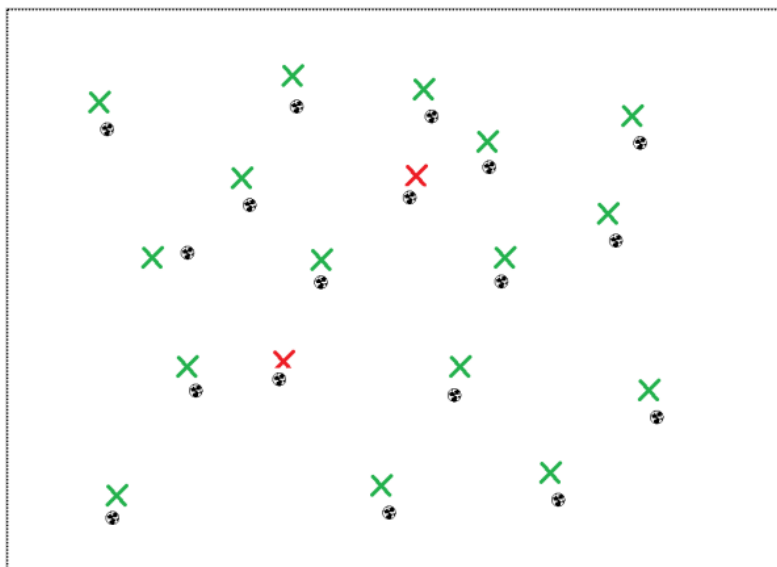
Activity Name: Jump and Touch

Activity Setup: All players will spread out around the grid with a ball at their feet.

Activity Description:

Coach will demonstrate jump to the outside of the ball, push the ball to the outside. The coach will say “Jump” as the players jump then say “outside touch” as the players make a tiny outside touch. Repeat going to the other direction. Emphasize very small touches. Make fun by changing the jumps (jump like a monkey, jump like a rabbit, etc.)

Coach will then demonstrate jumping with feet on both sides of the ball and an inside touch. Again the coach will say “jump” as the players jump the say “inside touch” as the players make a tiny inside touch just across their other foot. Emphasize small touch past their other foot (across the body). Make fun by changing the jumps (jump like a monkey, jump like a rabbit, etc.)



Emphasis:

Very small touches – a touch is not a kick or pass here

Paying attention

Cue Words:

Jump

Inside touch

Across the body or past their other foot.

Individual encouragement at anything correct or close