

U5 – Day 2

Activity Title: Static touch - follow the ball

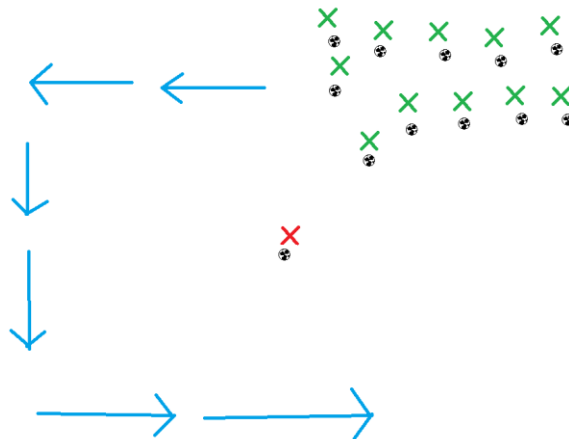
Grid 1

Activity Name: Jump inside touch

Activity Set up: Every player with a ball within the grid

Activity Description:

Coach will start the players against one side of the grid, not necessarily in a line. Coach will say “jump”. Players will jump to place the ball between their feet. The coach will point in a direction. The coach will say “inside touch across your body”. Players will make an inside touch in the direction the coach gave. Players will move to where their ball went. The goal is to move around the grid following the grid lines. After they move completely around the grid in one direction, the coach will have the players do the same action using the other foot and moving in the other direction.



Emphasis: Keep ball close
 Inside touch across the body
 Follow the ball

Cue Words

Keep ball close
Inside touch across the body
Follow the ball

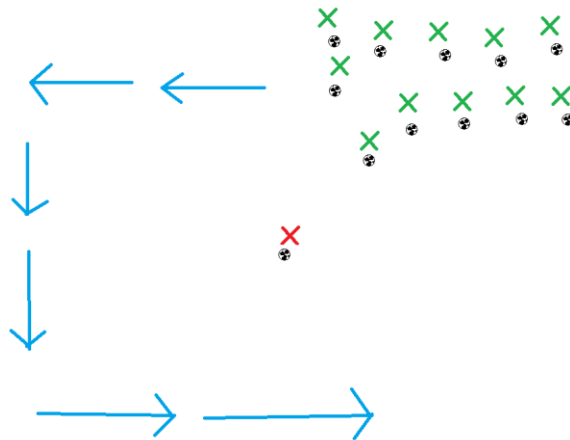
Grid 2

Activity Name: Jump outside touch

Activity Set up: Every player with a ball within the grid

Activity Description:

Coach will start the players against one side of the grid, not necessarily in a line. Coach will say “jump”. Players will jump to place the ball outside their feet. The coach will point in a direction. The coach will say outside touch. Players will make an outside touch in the direction the coach gave. Players will move to where their ball went. The goal is to move around the grid following the grid lines. After they move completely around the grid in one direction, the coach will have the players do the same action using the other foot and moving in the other direction.



Emphasis: Keep ball close
 Outside touch
 Follow the ball

Cue Words

Keep ball close
Outside touch
Follow the ball

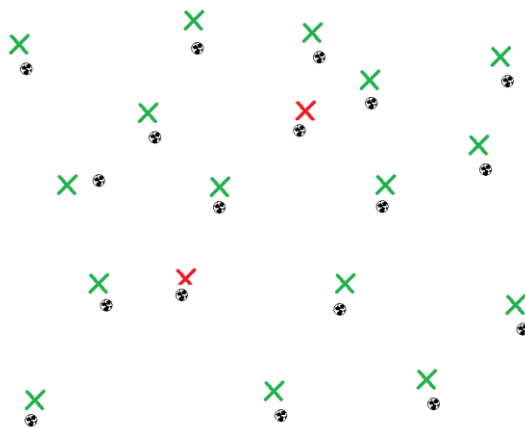
Grid 3

Activity Name: Go, Freeze, Turn

Activity Set up: Every player with a ball within the grid

Activity Description:

Coach will say “Freeze.” Players will place the sole of their foot on the ball. The coach will tell the players to move the ball “behind” them. The player will roll the ball using the bottom of their foot behind them. Players will move to where their ball went. The players will then dribble around the grid until the coach says “Freeze” again and repeats the roll.



Emphasis: Keep ball close

Bottom of foot

Roll

Follow the ball

Freeze

Cue Words

Keep ball close

Bottom of foot

Roll

Freeze

Follow the ball

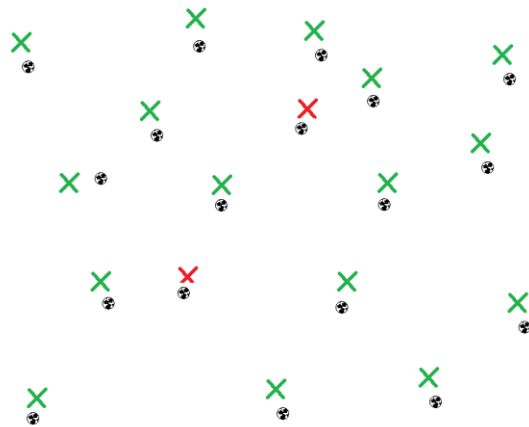
Grid 4

Activity Name: Red Light, Green Light

Activity Set up: Every player with a ball within the grid

Activity Description:

Coach will call out red light or green light. Green Light means players will move around the box with the ball at their feet. When the coach calls out Red Light the player will attempt to stop as quickly as possible with the ball and step on it with the bottom of their foot. Challenge players with different tempos of calling out red light green light.



Emphasis: Keep ball close

Cue Words

Keep ball close