Activity Title: U5 Day 4 Activity 1 for all Grids (1 with 2, 3 with 4)

Activity Name: Passing Precursor

Activity Setup: The 2 coaches on the same playing field (2 grids) are working together for this activity. Players will move to their assigned grids. Only 1 grid will have balls at their feet. One grid of players will have pennies.

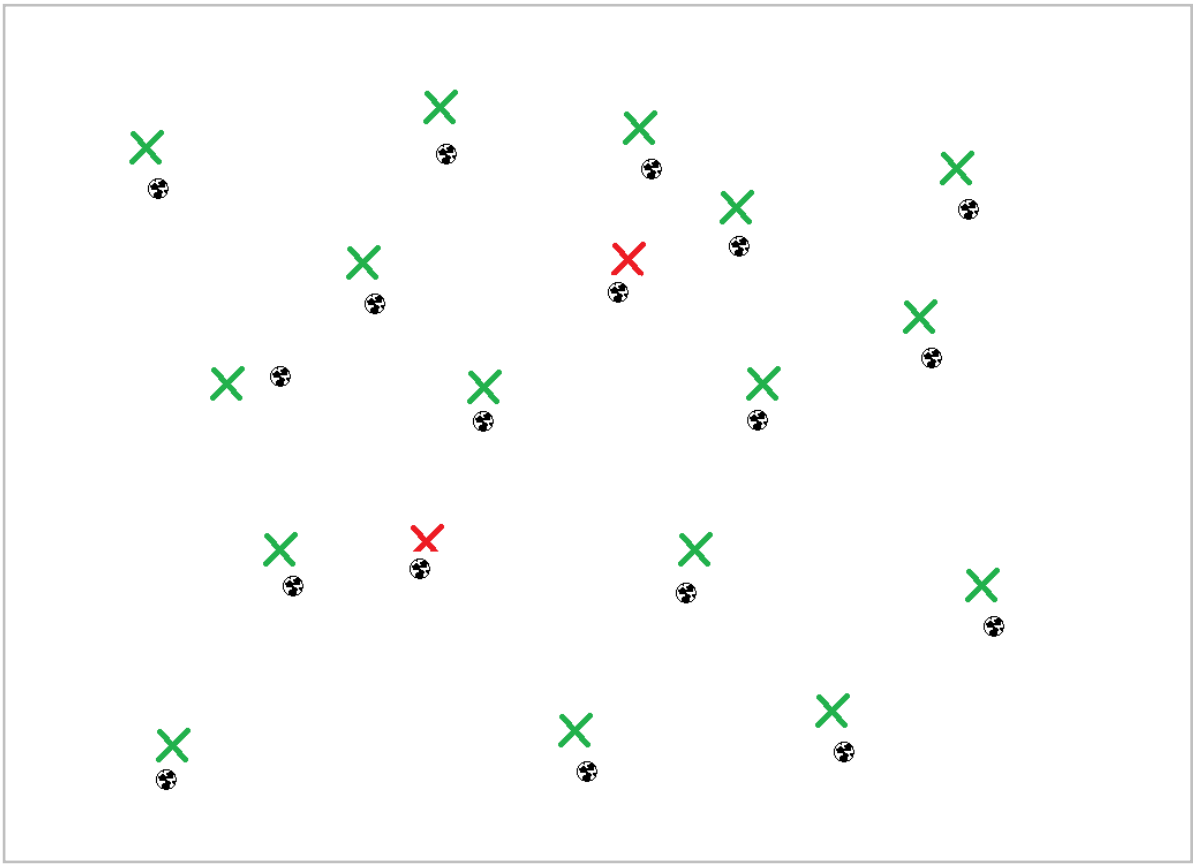
Activity Description: Coaches will be in each of the boxes. One coach will pass the ball to the coach in the other box using the inside of their foot. To start the exercise, the coach says "Pass". The players with the ball on one side of the field will pass the ball across to the other box where their partner is standing.Players will be encouraged to get the ball passed to them by their partner trying to stay in the box. Rinse repeat. The coaches will have to demonstrate this activity to make it work. The emphasis is passing to the box, not passing to the player specifically. Go slow until the players understand.

Emphasis:
Go slow!

The very basic mechanisms of a pass.
Inside of each foot but if they only use one foot it's OK.

Cue Words:
Use"Pass",not "kick"

Individual encouragement at anything correct or close



Activity Title: U5 Day 4 - Activity 3

Activity Name: Passing Precursor

Activity Setup: All players will have a ball at their feet and will be spread out around the grid

Activity Description:

1. Coach will call out "Switch!" and all players will run away from their ball and find another ball. Several rotations

2. Coach will call out "Trade!" and all players will take their ball and trade it with another player. This can happen more than once if necessary.

3. If time, take half the balls away and place them to the side. Coach will call out "Trade!" and a player with a ball will give the ball to a player without. Coaches can fill in as a trader in case of an odd number.

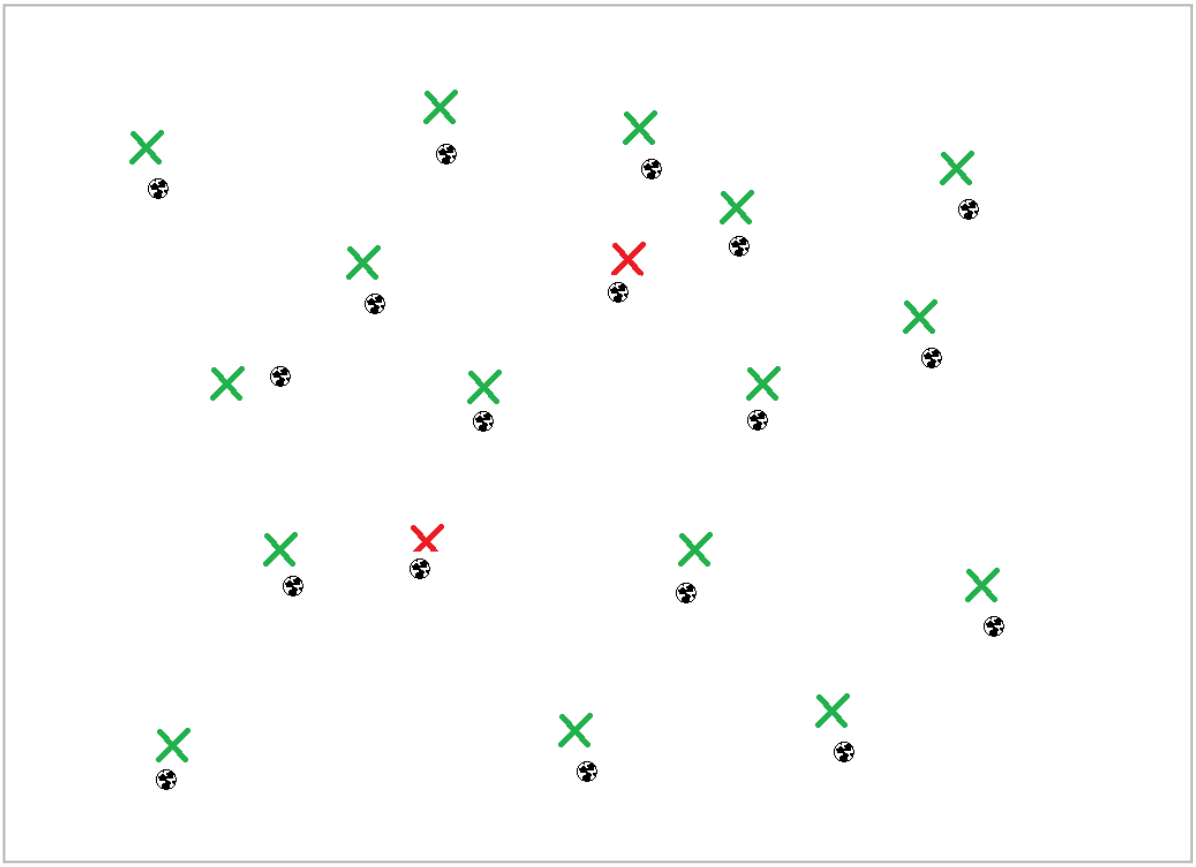
Emphasis:

Giving up the idea that the ball is only for them.

Understanding that they will give the ball to someone else.

Cue Words:

Individual encouragement at anything correct or close



Activity Title: U5 Day 4 - Activity 2
Team Recognition Day

Activity Name: Sharing(Passing Precursor)

Activity Setup: Divide the players into two teams with pennies

Start off with half the players on each team having a ball, half without. Players will spread out throughout the box

Activity Description: Coach will say Go! and players with a ball will go and trade(pass) with players without a ball from their team, and then run back to an open space. Coach will say go again and players with a ball will repeat and find someone without the ball on their team and give(pass) it to them and then run back to an open space.

Players do not need to pass the ball, they can simply dribble right up and leave the ball at their feet.

Emphasis:

Quickly finding someone to give the ball to

Getting back to an open space quick

recognizing your own team

Cue Words:

Encouragement for individual success or anything resembling success