Activity Title: U5 - Day 5 Footwork

Activity Name: Grid 1 - Slides

Activity Setup: Makes 1 yard gates with cones spread randomly over the grid.

Activity Description:

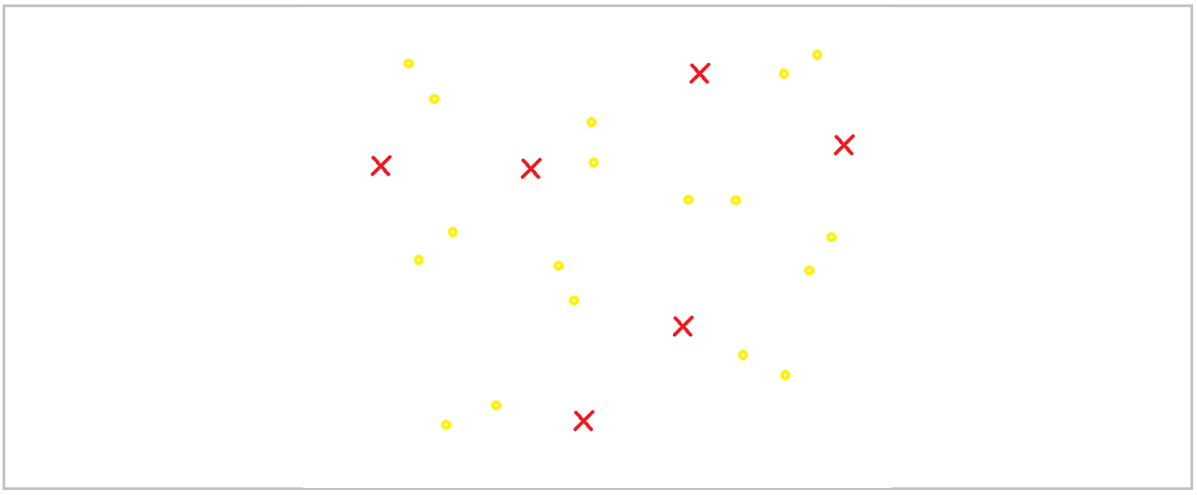
1. Players will slide sideways through the gate and then jog to find another and slide.
2. Players will slide through the gate then slide back through the gate and find another
3. Competition, how many gates can you get through in 20 seconds, repeat until over.

Emphasis:

Feet should slide not lift
Feet should not cross over

Cue Words:

Encouragement for any effort



Activity Name: Grid 2- Dribbling with a purpose/changing directions

Activity Setup: Create a 15yd by 30yd grid and place gates of two cones 1 yard apart all over the grid with enough space between to designate a gate as its own. Divide the group into two team

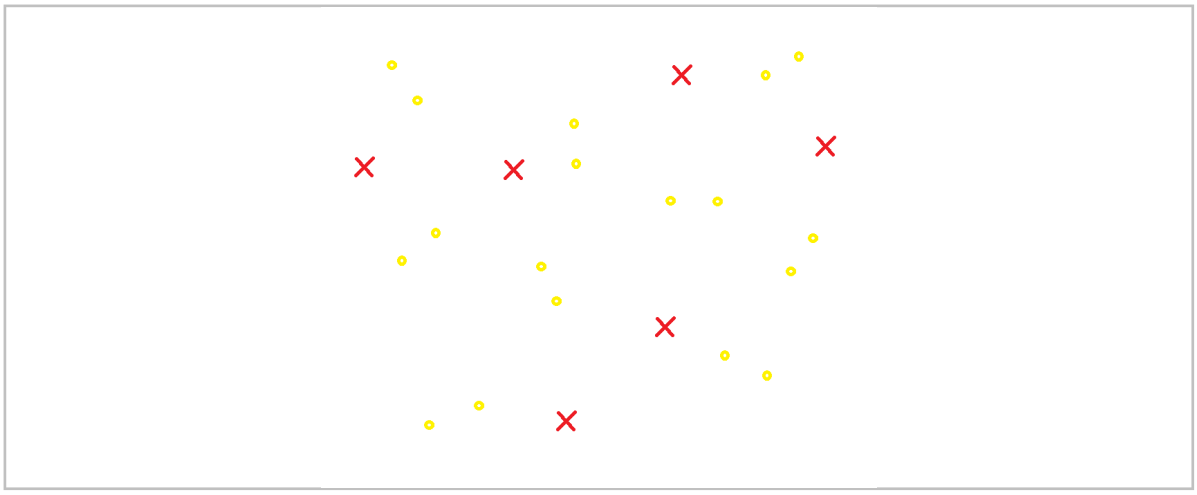
Activity Description: Players will dribble around looking for a gate to dribble through. If they come to a gate with their own team they can both pass through, if they come to a gate with an opponent they must

Emphasis:

Sharp touches
Laces are Straight
Sides for Sideways

Cue Words:

Encouragement for any effort



Activity Title: U5 Day 5 Footwork

Activity Name: Grid 3 - Dribbling to avoid opposite team

Activity Setup: Divide the players into two teams. Give a ball to each player on one team

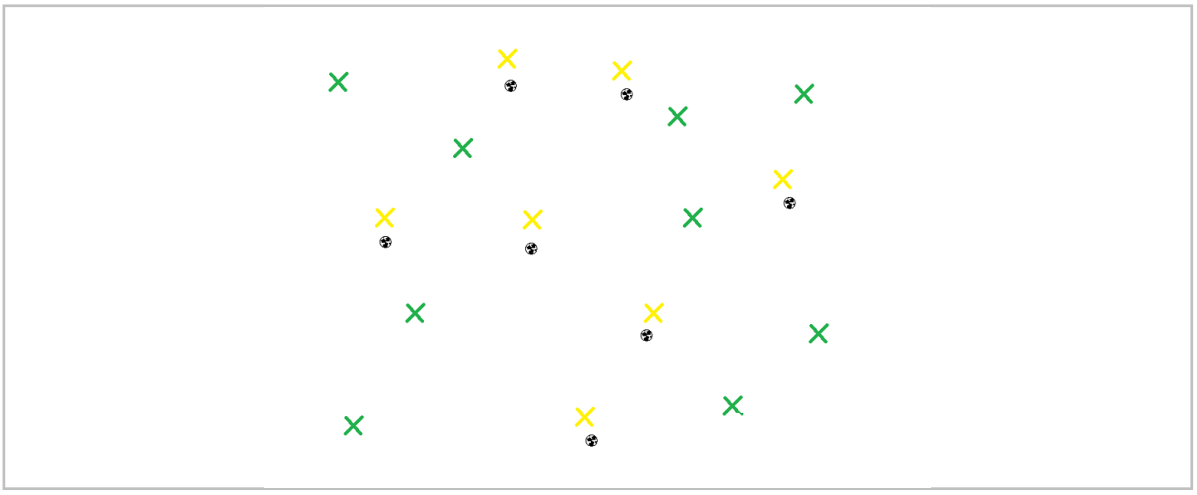
Activity Description: When coach says go, players with a ball try to dribble around and not get their ball taken by players without a ball from the other team. If their ball is taken they go find a player on the other team with a ball and try to take that. Players with a ball at the end 1

Emphasis:

Dribbling the ball to stay away from the other team

Cue Words:

Encouragement for any effort



Activity Name: Open play

Activity Setup: Divide the players up into enough teams to fill the fields that have a coach

Activity Description: Play

Emphasis:

Ball in the net
Stop the other team

Cue Words:

Encouragement for any effort