



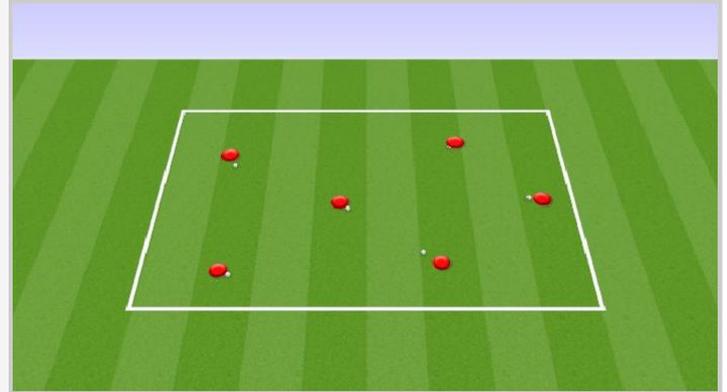
Body Part Game (10 mins)

Activity Name: Body Part Game (10mins)

Activity Description:

1v1/2v2 scrimmage upon arrival

- Have players spread out in the area with a ball.
- Ask the players if they know which part of the body they use in soccer? Have players answer this question and then demonstrate which part of the body (feet) you use and how you use that part of the body (toe down and laces for straight line. Inside, outside, sole to change direction.
- Tell the players that this game is called the body part game. Let them know that they are going to use their feet to dribble but also other parts of their body. Explain that the players are going to dribble (explain what dribbling is - running with the ball) around using their feet and that when the coach shouts out a different body part the players are going to dribble with that body part.
- Start off by having players dribble around using their feet, as they are dribbling make coaching points related to dribbling.
- Randomly shout out different body parts. Start with knees and elbows, these are the easiest, then introduce other body parts that the kids will find funny...chin, ears, belly, and of course, tush! After each unusual body part go back to feet and then shout out a different funny body part.



Progressions:

- Introduce ball manipulation skills during the dribbling with the feet part of the game - toe taps, soccer boxes, etc.
- Demonstrate the moves to players, especially moves of the day. The pullback and step-over (tunnel) are two skills players this ages should be able to grasp.
- **Progression 1:** Introduce 'switch' - when coach shouts switch players leave their ball, quickly run to another ball and carry on dribbling with the same body part with the new ball. See who can switch and find the new ball the quickest.
- **Progression 2:** Make it a race - have all players on one side of the area. Allow players to pick a body part. The players dribble the ball with that body part across the area to the other side but then have to dribble back as fast as they can with their feet (example...players select elbow. This means players dribble from one side of the area to the other side using only their elbows, once they get to the other side they dribble back as fast as they can with their feet.

Coaching Points

- Look up when running/dribbling around - this is important so players do not run into others and so they can see spaces to travel to.
 - When dribbling, keep the ball close and under control.
 - For dribbling in a straight line, players should point their toe down and dribble with their laces.
 - To change direction players should use the inside and outside of the foot, also with the sole of the foot.
- IMPORTANT: When explaining coaching points be sure to visually demonstrate these points with a ball.

Candy Collection (10 mins)

Activity Name: Candy Collection (10mins)

Activity Description:

- Setup players as in the diagram.
- Ask the players if they like candy. Ask the players to shout out their favorite candy. Tell players the game they are going to play is called the 'Candy Collection' game.
- Let all players know that the cones where each player is standing is a different candy shop with the most delicious candy you have ever seen.
- Explain that when the coach shouts 'Go Get Your Candy' players should run around (without a ball at first) through as many candy shops (cones) as they can in 30 seconds.
- At the end of 30 seconds, the coach should shout 'Freeze'. The players stop and the coach asks if anyone went to one candy, three candy shops, etc. etc.
- Play again and the player that went through the most candy shops is the winner of the game.

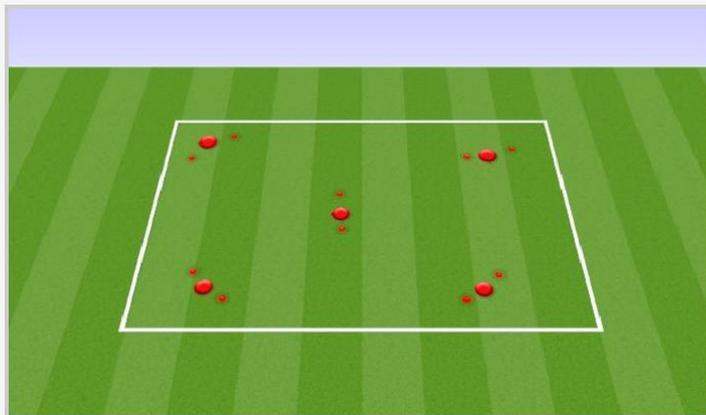
Progressions:

- Have players dribble a ball around with them as they go through the candy shops.
- Have players stop and do a ball manipulation skill at each candy shop...e.g., 4x toe taps, 4x soccer boxes.
- Have players do the skill/move of the week as they go through the candy shop...step-over and others they know once they grasp the step-over.

Coaching Points (Go over coaching points after each round of the game):

- Look up when running/dribbling around -- this is important so players do not run into others and so they can see the space.
- When dribbling, keep the ball close and under control.
- For dribbling in a straight-line, players should point their toes down and dribble with their laces.
- To change direction players should use the inside and outside of the foot, along with the sole of the foot.

IMPORTANT: When explaining coaching points be sure to visually demonstrate these points with a ball.



Scrimmage (35-40 mins)

4v4 Game

Duration: 35- 40 Minutes (two 15min halves, 3min break– have one of the teams switch so each can play against one another. I.e., England 1 v France 1 in first half/ England 2 v France 1 in 2nd half.

Organization:

Teams play two simultaneous games: 4v4 with no goalkeepers.

Sit back and watch them play...**NO COACHING!**

-- Minimal coaching at best so players can learn to be creative and just help with placing soccer balls on the sides when the ball scrolls too far out of play. If players understand the concept of

throwing the ball in, allow them to do so and explore that option.

-- Have players back up when goals scored and other team starting with ball near their goal.

-- See different sheet for one sided scoring, and other info!

