

2011 Little Lights Program

Topic: U4s and U6s



Key Points Players should learn

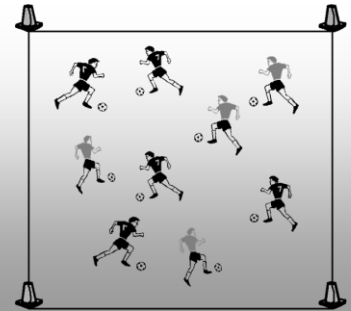
1. Body movement and awareness
2. Ball familiarity
3. SOCCER IS FUN!

Arrival: Fun and Games

Copy the Coach: Players move around with ball, following commands by Coach. Start with ball in hand, and then move ball to the feet. Be creative And funny!

Coaching Points:

1. -teach body parts, movement
2. -be creative, loud, and funny
3. -keep players moving



Activity One: Fetch

Coach tosses balls and gives instructions on how the players must bring the ball back.

Example:

- 1) One hand
- 2) Head
- 3) Touching knee and two hands
- 4) Feet
- 5) Zig Zag dribbling

Coaching Points:

1. -Safety—know where you toss a ball
2. -Encouragement and excitement
3. -body awareness to dribbling



Activity Two: Where will we eat dinner?

Set Up: Arrange three or four squares (restaurants) in the area. Coach will ask “where can we eat” and players will go to that square and bring back “food”.

Coaching points:

1. -decision and remembering
2. -make up foods
3. -combine foods



Game: Mountains and Valleys

Place cones around (half upside down). Split group into two and have players flip cones over (mountains vs valleys). At the end, see how which team flipped over the most cones.

Coaching Points:

- 1) Have players start without a ball
- 2) Include body awareness
- 3) Move to dribbling

Finale: 1v1 Player challenge. Players play one vs one in a small area with gates to score through. Can use multiple gates. Number players off 1-? And call out which two players play. Can use multiple balls.