



Session Plans

U4/6 Age Appropriate Activities

Topic: Fun
Age: U4-U6

Duration: 45 Minutes
Players: 6-12

Paint the Island



Description:

Players choose a colour each and try to paint the island in their chosen colour imagining that their soccer ball is the brush.

If their ball leaves the island all of their colour is washed away.

Body Parts



Description:

Dribble anywhere in the area listen for the coach's command on which body part to use to stop the ball.

Have the players come up with some suggestions too.

Freeze Tag



Description:

Dribble in area with ball. If caught by tagger freeze with ball in hands above head and stand with legs apart. Player can be freed by a team mate passing ball through their legs.

Traffic Lights



Description:

Dribble in area.
On the coach's command:
Red= Stop. Sole of foot on ball as quickly as possible
Amber=Ready to go. Toe Taps
Green=Go. Dribble.

Progress by holding colours in the air rather than calling them out so that players must now keep their head up while dribbling in order to react to the command.

Bumper Cars



Description:

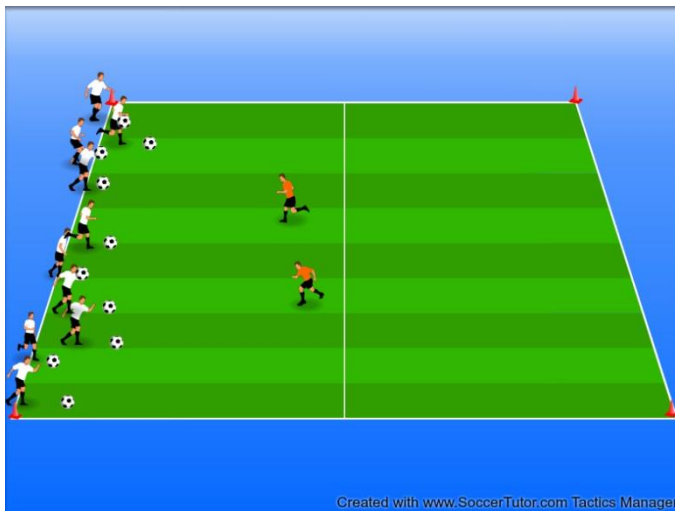
Dribble in area. Player tries to pass their ball into another player's ball. Each successful attempt = 1 point.

Progress by adding extra points if a player can knock a ball out of the square with a strong pass.

Lose all points if ball leaves the square.

Encourage passing the ball with the inside of the foot.

Sharks and Minnows



Description:

Each player has a ball each. Objective is to dribble across the 'ocean' without being eaten by a 'shark'.

Player must dribble from one side of the area to the other without their ball being kicked out by a shark. If unsuccessful they become a shark. Successful players continue until everyone is out. Last one out wins.

Astronauts and Aliens



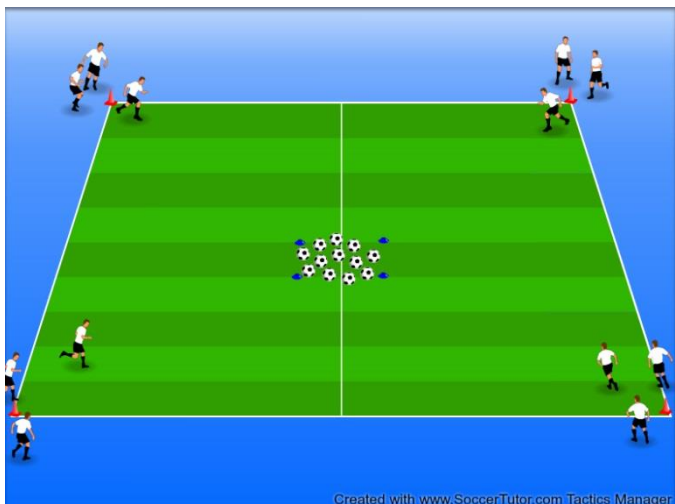
Description:

Astronauts must dribble their ball from Earth to the Moon for 1 point. (Earth is outside of the big square, the Moon is the small square inside)

Aliens must try to stop the Astronauts by kicking their ball back to earth. When successful the astronauts go back to earth and try again. Continue for 1 minute. How many points can the astronauts gain? How many times can the aliens stop them?

Switch defending players after each minute.

Rob the Nest



Description:

4 teams split into the corners.

Objective is to have the most balls in your 'nest' when the game ends.

All balls start in the middle. 1 player at a time can leave their 'nest' to go and get a ball. When all balls in the middle are gone players can go and take balls from other teams.

Balls must be dribbled. Encourage using specific turns to take the balls from the middle and from other teams.

Small Sided Game



Description:

Small sided game 3v3 No GKs

Coaching Points:

Encourage Creativity
Be Positive