

Fall 4U- Session #3



	Game	Set-Up	Rules	Phases & Progressions (if appropriate)	Coaching Points/Purpose
Technical Warm-Up	<p>Drive the Car</p> <p>[Can use a listening game prior to this if necessary IE Coach Says, Follow the Leader, etc...]</p>	-5x5 grid -5'	<p>-Start the Car</p> <p>-Drive the Car</p> <p>-Don't 'Crash'!</p> <p>-Turn the Car</p> <p>-Don't go off the road</p>	<p>-Can progress to a 3x7 to create 'roads' and 'lanes'</p> <p>-Can progress to Red light, Green light, and Yellow light for speed, listening, etc...</p> <p>-Players score in goal prior to water break</p>	<p>-Skill</p> <p>-As many touches as possible</p> <p>-Comfort with the ball</p> <p>-Dribbling in small spaces</p> <p>-Control</p> <p>-Use of feet..."What do we use to touch the ball?"</p> <p>-Foot placement on ball</p> <p>-Fun!</p>
Small-Side Game	Hula-Hoop/Hungry Hippo	-Use at least 1/2 the field with different colored hoops or 'hippos' -5'	<p>-Players will now drive their car to a larger area.</p> <p>-Hoola hoop can be a 'garage'</p> <p>-Coach calls out a garage color for the group to dribble to</p>	<p>-After hula hoops, can progress using the goals to get kids used the them</p> <p>-Can then progress using the whole field & moving all the cars from one garage to the other...who can do it the quickest, etc...</p> <p>-[Can be called hungry hippo]</p> <p>-Players score in goal prior to water break</p>	<p>-Dribbling with direction</p> <p>-Dribbling over distance</p> <p>-Keeping the ball close</p> <p>-Stopping the ball in the garage</p> <p>-Head up</p> <p>-"Where's the red garage?"</p> <p>-"Who can get to the green garage quickest?"</p> <p>-"Can we drive our cars with lots of touches?"</p> <p>-Fun!</p>
Expanded SSG	Zombies/Pirates	-Use whole field, end line to end line -5'	<p>-1 side of players has balls (pirate treasure)...starts at one end line</p> <p>-Other side of players are pirates...starts at the opposite end line</p> <p>-Coach starts play and pirates try to take away the treasure and score going the opposite direction</p>	<p>-Can start with all players on one side having a ball (4 v 4 with 4 players having a ball)</p> <p>-Can progress to fewer balls (still 4v4, but now with 2 balls on one side to start)...</p> <p>-etc...until just starting with 1 ball to get closer to the normal game concept</p> <p>-Players score in goal prior to water break</p>	<p>-"Which direction are the pirates going?"</p> <p>-"Pirates...what do you do when the coach says 'Go'"?</p> <p>-"Pirates...what do you do after you take away the ball?"</p> <p>-"If you have the ball, what do you do if it gets taken away?"</p> <p>-Fun!</p>
Scrimmage	Game: Team vs Coach Players vs Players	-Whole field -5-7'	<p>Normal rules:</p> <p>-Kick offs</p> <p>-Kick ins</p> <p>-</p>	<p>-Can start with all players playing against the coach to get a feel of direction and competition</p> <p>-Can progress to normal 4v4</p>	<p>-Work through concepts: kick off, direction, etc...</p> <p>-"Which team is kicking off?"</p> <p>-"What do you do after the ball is kicked?"</p> <p>-"Can the pirates get the ball and score?"</p> <p>-Kick-Ins..."Can you kick to a teammate?"</p> <p>-Keep questions coming but coach should focus a lot more now on</p> <p>-Fun and Energy!</p>