



## Fall 4U- Session #4

	Game	Set-Up	Rules	Phases & Progressions (if appropriate)	Coaching Points/Purpose
<b>Technical Warm- Up</b>	<b>Ball Tag</b>	-5x5 7x7 -All players with a ball, dribbling in the grid -5'	-Players cannot kick another player's ball with their feet; must be a shot to the other ball -Players attempt to tag other player's ball by kicking their ball -Guided Discovery	-Can ask what part of the foot the players is kicking with (avoid toes) -Can progress by having players keep count of how many tags they get -Can ask how the player thinks they can get more tags: quicker dribbling, turns, etc... -Have players score goal prior to water break	-Quick location of players to tag -Quick turns, dribbles, and shots -Who can tag the most players? -Who can dribble and turn the quickest? -Where are the other players? -Fun!
<b>Small-Side Game</b>	<b>Pac Man</b>	-15x15 -All players with a ball -2 Groups: ½ in pinnies, ½ without -Pinnie group tries to tag other group by hitting the ball or legs of other group -5'	-As a player is tagged, they put on a pinnie and join that group in trying to tag a non- pinnie player -Continue play until one only player remains -Guided Discovery	-Can progress by making grid smaller, especially if no players are getting tagged, or tags aren't happening quickly enough -Talk to players about -Have players score goal prior to water break	-Non-pinnie players need to dribble, evade, and jump to avoid tags. -Pinnie group works on dribbles, turns, and shots -Who can tag the most players? -Who can keep away from the tag? -Fun!
<b>Expanded SSG</b>	<b>Foxes &amp; Chickens</b>	-15x15 20x20 -All players with a ball, except 1. This 1 player is the 'Fox'. -All other players with balls are chickens	-Fox tries to steal the eggs from the chickens -Chickens try to protect their egg from the Fox -When a fox steals an egg, the player who lost the egg is now the fox -Guided Discovery	-Continue until all players have been a fox -Can progress this game by adding an additional fox (2) so that chickens must look for more than 1 Fox and see the whole grid -Create quicker and quicker exchanges from when a ball is stolen and that player becomes a defender -Score a goal just prior to water break	-Reward strong, tough, brave foxes for stealing the egg and playing hard -Where is the fox? -Who can steal the egg quickest? -Who is the toughest fox? -Which chicken can keep their eggs safe? -Fun!
<b>Scrimmage</b>	If necessary, players vs coach. Preferably, begin players vs players, full field. *Most players should be independent on the field at this point (without parents). Continue to use parents as needed otherwise.	-Full Field -5-10'	-Try to work in as many rules as possible, without disrupting play/dribbling at the same time: -Kick-Ins -Kick-Offs -Goal Kicks -Corner Kicks  -Guided Discovery	-Try to begin with just 1 ball, players vs players. If this doesn't work, then players vs coach...  -No Instructions from Parents!	-Who can protect their egg and score? -Who can be the best fox and steal the egg and score? -Fun & Energetic!

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