
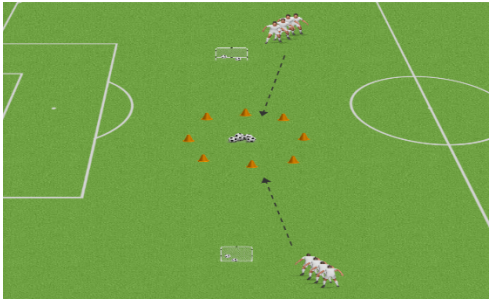




# Mini's Week 5 & 6 – Ball Striking

<p><b>Partner Gates</b></p> <p><i>Length – 7-10 mins</i></p> <p><b>Goal:</b> Passing &amp; Fun</p>	<p><b>Area size/setup –</b> 20x20 space. Every player needs a partner and one ball. <u>Parents are great partners at this age.</u> Set up various gates around the practice field</p> <p><b>Activity Description –</b> The objective is to pass the ball through a gate to your partner. After players have success passing the ball back &amp; forth 2-3 times, they run to a new gate. Player should dribble and find the parent at the new gate.</p>	<ul style="list-style-type: none"> <li>● Inside the foot pass is ideal</li> <li>● Head up</li> <li>● Left foot Only, Right foot Only</li> </ul> 
<p><b>Hungry Hippos</b></p> <p><i>Length – 7-10 mins</i></p> <p><b>Goal:</b> Running with the ball, Shooting &amp; Fun</p>	<p><b>Area size/setup –</b> 20x20 space. Divide the group into the two teams. Place all the balls in a circle of cones in the middle of the field. Pug nets on each side. No goalies. Each team lines up to the side of their goal.</p> <p><b>Activity Description –</b> One player at a time from each team will run into the middle to collect a ball with their feet, dribble and strike it into their goal. If they miss, try again until they make it. The next player then races to get a ball in the goal.</p>	<ul style="list-style-type: none"> <li>● One player at a time is ideal but</li> <li>● Laces for power -Toe pointed down</li> <li>● Instep for accuracy -Toe up to shin</li> <li>● Encourage them to not use their toe</li> </ul> 
<p><b>Ouch!</b></p> <p><i>Length – 7-10 min</i></p> <p><b>Goal:</b> Striking the ball &amp; Fun</p>	<p><b>Area size/setup –</b> 20x20 space. Every player needs a ball.</p> <p><b>Activity Description –</b> Each player starts with a ball and must dribble around. When Coach says play, the players try to strike the ball and hit the Coach who is running around the space trying to avoid being hit. Every time Coach is hit, he/she yells “Ouch”</p>	<ul style="list-style-type: none"> <li>● Head down when we strike the ball</li> <li>● Plant foot alongside the ball</li> <li>● Laces for Power/Inside of foot accuracy</li> <li>● Land on foot you kick it with - full swing</li> </ul> <p><b>How do we strike it hard? Is our foot soft?</b></p> <p><b>COACH, have fun and sell it, be goofy!</b></p>
<p><b>Musical Soccer</b></p> <p><i>Optional</i></p> <p><b>Goal:</b> Running with the ball, Listening &amp; Fun</p>	<p><b>Area size/setup –</b> 20x20 space. Every player needs a ball, Coach needs to Sing or play music.</p> <p><b>Activity Description –</b> When the song is playing, they are dribbling. Sing Fast and Slow to encourage speed. Shout “Freeze” to help players stop</p> <p><b>The Song is not important, please don't search on your phone for the perfect song.</b> Lyrics are not even needed “Doo Doo Dah” “La La La”</p>	<ul style="list-style-type: none"> <li>● Head up (no crashing)</li> <li>● Little touches, keep ball close</li> <li>● Use both feet</li> </ul> <p><b>Song Ideas:</b> Mary had a Little Lamb, Old McDonald, Row Row Your Boat, Wheels on the Bus, etc. “Tequila!” but instead “Dribble!”</p>