

Fall 4U- Session #1



	Game	Set-Up	Rules	Phases & Progressions (if appropriate)	Coaching Points/Purpose
Technical Warm- Up	Listening and Calisthenics -One-Leg Standing -Two-Leg Hopping -Skipping -Jumping Jacks -Sprinting	-Players on End- Line -Space between each player -Coach demonstrates each movement and then asks players if they can do it -5'	For Coach: always with questions...IE: -Can you stand on one leg? -Who can stand the longest on one leg without falling?	-Coach: may have to use variations of wording to accomplish the task. Eg...Instead of saying 'Jumping Jacks', you may need to say 'Tunnel' for leg-opening and 'Tree' for leg-closing. -Progress speed of tasks as the become more comfortable. -Keep players engaged by pointing out which player is doing a good job at a certain task. -Can have players score ball into goal before going to water break.	-Listening & Direction following (essential to implement early for team organization and player decision making) -Introduce the necessary physical characteristics for the sport: single-leg balance, alternating limb tasks, etc... -Fun and Energetic throughout!
Small-Side Game	Tag Dribbling	-5x5 7x7 -all players with a ball, dribbling in the grid -5'	-Players cannot abandon their ball; must be at their feet when making a tag -Players use their hands to tag	-Can have players only tag others if they are actively dribbling (to avoid players standing still) -Can have players keep count of tags as they grasp the concept -Can have players score balls into goal just prior to water break.	-Steer ball towards other players -How do players know where other players are? -Can you turn the ball quickly towards someone to tag? -Eyes are where? -How many tags can you get? -Fun and Energetic!
Expanded SSG	Hit The Coach	-10x10 -All players with a ball -Players try to hit their ball against the coach's legs -5'	-No more tags with hands -Players must use their ball to 'tag' the coach	-Can ask the player that hits the coach for their favorite animal. Coach then makes that animal sound. Do it loud and proud, coach! -Coach: be sure to get every player a hit. Move slower and closer to some players to get this accomplished. -Can have players score ball into goal just before water break.	-Looking for dribbling with eyes up to locate the coach -Looking for turns of the ball and body position changes to get a shot on coach -Where am I? -Can you turn quickly? -Can you shoot quickly? -Can you find me quickly? -Fun and Energetic!
Scrimmage	1) Players vs Parents 2) Players vs Coach	-1/2 field for players vs parents...all players with a ball -Full Field for players vs coach	-Don't worry about out of bounds yet, let them keep dribbling	-Progress from 1/2 field to full field of play -Can progress to fewer & fewer parents as players get more comfortable & independent on the field. -Can progress to all players with a ball against the coach, then just 1 ball, all players against the coach. -No Instructions from the Parents!	-Keep questions going: -Who can score fastest? -Who can steal the ball from their parents?...from the coach? -Fun!