

2011 Little Lights Program

Topic: U4s and U6s



Key Points Players should learn

1. Body movement and awareness
2. Ball familiarity
3. SOCCER IS FUN!

Arrival: Fun and Games

Copy the Coach: Players move around with ball, following commands by Coach. Start with ball in hand, and then move ball to the feet. Be creative And funny!

Coaching Points:

1. -teach body parts, movement
2. -be creative, loud, and funny
3. -keep players moving
4. -teach ability to stop ball with sole



Activity One: Across the River

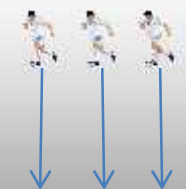
Balls are placed on a line 10 yards away. Players follow coach instructions to move ball from side to side.

Example:

- 1.) Get ball any way
- 2.) Can't use hands
- 3.) Use 'funny foot' only
- 4.) Use different surfaces—or introduce a turn

Coaching Points:

1. -Encouragement and excitement
2. -body awareness to dribbling
3. -Problem solving and creativity



Activity Two: Pine wheel shooting

Set Up: Set up 2-4 goals on the edge to field. Place all balls in middle of field, surrounding the coach. Players run in a circle around the coach waiting for the coach to toss out his ball. Once his ball is in play, he must score on both goals.

Coaching points:

1. -awareness of ball
2. -finding the goal
3. -SCORING!!!



Game: Mountains and Valleys

Place cones around (half upside down). Split group into two and have players flip cones over (mountains vs valleys). At the end, see how which team flipped over the most cones.

Coaching Points:

- 1) Have players start without a ball
- 2) Include body awareness
- 3) Move to dribbling

Finale: 1v1 Player challenge. Players play one vs one in a small area with gates to score through. Can use multiple gates. Number players off 1-? And call out which two players play. Can use multiple balls.