

2011 Little Lights Program

Topic: U4s and U6s



Key Points Players should learn

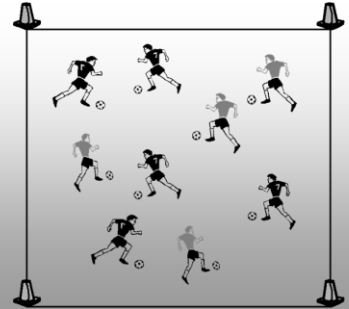
1. Body movement and awareness
2. Ball familiarity
3. SOCCER IS FUN!

Arrival: Learning the Stops and Turns

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. -Statue (stop ball with foot and freeze)
2. -Seagull (dive and cover up ball)
3. -Stop-hop-and turn
4. -Stop and spin (pullback)



Activity One: Across the River

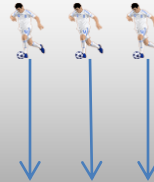
Balls are placed on a line 10 yards away. Players follow coach instructions to move ball from side to side.

Example:

- 1.) Get ball any way
- 2.) Stop-leave ball halfway
- 3.) Stop-spin, go back
- 4.) Add coaches to get in the way

Coaching Points:

1. -learning the turns
2. -learning how to stop the ball quickly
3. -recognizing when to stop ball and go back

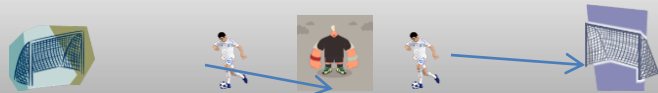


Activity Two: Mission impossible

Set Up: Set up 4-6 squares. Players dribble to as many squares as possible. A player must exit the same side they entered, working on turn. Add a defender that tries to win the ball inside the square.

Coaching points:

1. -technique of turns
2. -speed of turn
3. -recognizing pressure from defender



Game: Turn challenge

Place two cones 8 yards apart with two soccer balls halfway between the two cones. Players compete against each other, lining up at a cone. Player runs to ball, dribbles back to cone, turns, and dribbles ball back to center, and then runs back to the cone.



Coaching Points:

- 1) Technique of turn
- 2) Speed of turn
- 3) Make it fun!

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.