




**THEME: Get comfortable with the ball and teammates**

**Character Builder: What does it look like to be a good teammate?**




- Say Hi, Look in the eye, Encourage, Include when left out, Help everyone have fun

<p align="center"><b><u>Ignition Game</u></b></p>  <p align="center">www.sports-graphics.com</p>	<p align="center"><b><u>Organization</u></b></p> <p>“Categories” (10 mins)            Each player with a ball in small space            Dribble with diff parts of feet, no collisions            Coach calls category and dribble to find group ,e.g. school, grade, # of siblings, # of pets, fave food            After find group, intro selves to each other.            Coach calls scatter, and repeat with new category.</p>	<p align="center"><b><u>Coaching Points/Questions</u></b></p> <ul style="list-style-type: none"> <li>• Can you dribble without bumping into anyone else? (eyes up/awareness)</li> <li>• Do you give a firm handshake and look teammate in eye during intro?</li> <li>• What should we do if a teammate is left out? (Invite them into group)</li> </ul>
<p align="center"><b><u>Spotlight Activity</u></b></p>  <p align="center">www.sports-</p>	<p>“Ouch!” (10-15 mins)            Each player with a ball in small space            3-4 adults walk inside space            Players score when hit them below knee with ball            (Adults say “Ouch” when hit)            Adapt to player ability by moving quicker/slower            Can’t hit same adult twice in row            Add-a-rule: Only use inside of foot to hit            - Allow kids to be Ouch targets</p>	<ul style="list-style-type: none"> <li>• Can you dribble fast to get close to the targets? (use side of pinky toe)</li> <li>• How do you keep the ball low? (strike ball above midline)</li> <li>• Heel down/toe up and out to pass with inside of foot</li> <li>• Can you score more points this time?</li> </ul>
<p align="center"><b><u>Spotlight Game</u></b></p>  <p align="center">www.sports-graphics.com</p>	<p>“Get Outta Here” (15-20 mins)            Small goals at both ends of 20 yd field            2 teams lined up next to Coach on sideline            Coach plays ball and 1<sup>st</sup> two players play 1v1            Clear field when Coach says “Outta here”            (10-20 secs or when ball goes in goal or O.B.)            Next ball and players go in            Progress to 2v2</p>	<ul style="list-style-type: none"> <li>• Which way is your goal to score in?</li> <li>• Which part of your foot do you use to steer? (inside/outside)</li> <li>• Which part of your foot do you use to go fast? (Pinky toe/outside)</li> </ul>
<p align="center"><b><u>Game</u></b></p>	<p>4v4-6v6 to goals (20 mins)            Introduce restarts when ball goes out and after goal</p>	<ul style="list-style-type: none"> <li>• Can you dribble fast to get closer to goal?</li> <li>• Can you score?</li> <li>• How should we celebrate a goal?</li> </ul>
<p><b>Before we go:</b> What did you learn today? I CAN . . . A) Dribble with both feet B) Use pinky toe to go fast C) Say hi to my teammates by name and give a firm handshake</p>		

**THEME: Changing direction and speed with ball**

**Character Builder: What should it look/sound like when we win? When we lose?**





- W: High 5, Handshake, Good Game; Nothing mean – need other team for game
- L: High 5, Handshake, Thank/Congratulate other team, Good Game

<p style="text-align: center;"><b><u>Ignition</u></b></p>  <p style="text-align: right; font-size: small;">www.sports-graphics.com</p>	<p><b>“Gates” (10 mins)</b>          Set up randomly placed dribble gates in small space          Players get a point for each one they dribble thru in any direction and any order          30-45 second rounds          Add gate guards to move and stand in gates to close them. Players must find open ones.</p>	<ul style="list-style-type: none"> <li>• How can you get thru more gates next time?</li> <li>• Can you steer with the insides of your feet (big toe)?</li> <li>• What do you do when a gate guard closes a gate? (Head up to find next gate and change direction)</li> </ul>
<p style="text-align: center;"><b><u>Spotlight Activity</u></b></p>  <p style="text-align: right; font-size: small;">www.sports-graphics.com</p>	<p><b>“Sharks and Minnows” (10-15 mins)</b>          Each player with ball at one end of grid          Dribble and stop ball on opposite endline          Adult sharks let them go first few times across, then try to knock ball away with feet. Players do 10 toetaps on ball if they lose it.          Add-a-rule: Safe if put foot on ball (keep ball close, then big touches when space)          - Allow players to be sharks; become shark if lose ball</p>	<ul style="list-style-type: none"> <li>• When do you go fast? (space ahead)</li> <li>• Use outside of foot (pinky toe) to go fast</li> <li>• Slow down and use inside of feet (big toe) to steer around sharks</li> </ul>
<p style="text-align: center;"><b><u>Expanded Activity</u></b></p>  <p style="text-align: right; font-size: small;">www.sports-graphics.com</p>	<p><b>“4-Gate game” (15-20 mins)</b>          1v1 or 2v2 to 2 small gates at each end.          Teams defend one end and attack the other.          Players can dribble through either gate to score          Rotate new players after each goal or 20 seconds          Progression:          - Allow players to pass through goals          - Add another player for 3v3</p>	<ul style="list-style-type: none"> <li>• What would you do if one goal is blocked? (dribble or pass to other one)</li> <li>• How can you help your teammate with the ball? (get away from them so they can pass to you)</li> </ul>
<p style="text-align: center;"><b><u>Game</u></b></p>	<p>4v4 or 6v6 game to goals (15-20 mins)          Regular restarts when ball goes out or after goal</p>	<ul style="list-style-type: none"> <li>• Can you dribble fast when space in front of you?</li> </ul>
<p><b>Before we go:</b> What did you learn today? I CAN . . . A) Dribble fast with pinky toe when space B) Steer with big toe to get around defenders C) How to act when we win or lose</p>		

**THEME: Passing and Receiving**

**Character Builder: What does it mean to compete?**


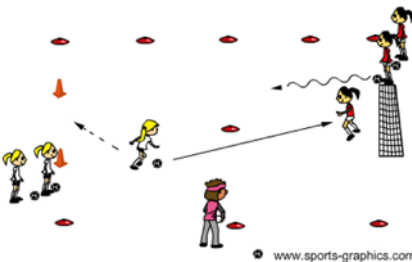

- Try hard all the time, Want to get better than last time, Be brave taking on challenges

<p><b><u>Ignition</u></b></p>  <p>www.sports-graphics.com</p>	<p><b><u>Organization</u></b></p> <p>“Partner Gates” (10 mins)                      Randomly placed gates in small space; partners w/ball                      Partners get point for each gate they pass thru in any direction and any order                      Add gate guards to move and stand in gates to close them. Players must find open ones.                      Add-a-Rule: Can’t go thru same gate twice in a row</p>	<p><b><u>Coaching Points/Questions</u></b></p> <ul style="list-style-type: none"> <li>• Use inside of foot for short pass, heel down toe up</li> <li>• Who decides which way to go next? (quicker if player without ball does = pass and move)</li> <li>• 1<sup>st</sup> touch in direction of teammate</li> </ul>
<p><b><u>Spotlight Activity</u></b></p>  <p>www.sports-graphics.com</p>	<p>“Keepaway” (15 mins), 25x20 yd grid                      Two teams, 1 team in grid. Other team off field. Coach plays ball in and 1-2 defenders go onto field to try to win ball and pass to Coach.                      Point for 5 passes or 6 seconds of possession.                      Rotate in new defenders on each ball and switch team roles every few minutes</p>	<ul style="list-style-type: none"> <li>• How to make defender chase ball? (spread out and pass)</li> <li>• Pass and receive with inside of foot - Heel down, toe up</li> <li>• Who is fastest player on field? (<u>the ball</u> if we spread out and make strong passes)</li> </ul>
<p><b><u>GK Skill Practice (for safety)</u></b></p>  <p>www.sports-graphics.com</p>	<p>Goalkeeping (5 mins), small cone goals 8 yds apart                      Partners facing each other in front of goals with ball ball to partner                      Feed ball to partner to save with hands</p> <ul style="list-style-type: none"> <li>• Roll for scoop → Throw for catch → Pass with feet to mimic shot, but not trying to score</li> </ul>	<ul style="list-style-type: none"> <li>• Ready position: hands in front of body, knees bent, balls of feet</li> <li>• Low scoop: Pinkies and elbows together</li> <li>• High catch: Thumbs and pointers together</li> <li>• Hands shaped round like the ball</li> </ul>
<p><b><u>Spotlight Game</u></b></p>  <p>www.sports-graphics.com</p>	<p>“3v2 to big goal and counter targets” (15 mins)                      3 attackers start with 1 ball vs. 1 defender + GK                      Attackers score in big goal and defender scores by passing to targets (attackers waiting to come on)                      Rotate players after goal or ball goes out of bounds                      If GK saves shot, pass ball out to a target player</p>	<ul style="list-style-type: none"> <li>• When to dribble, when to pass? (dribble if space; pass if defender)</li> <li>• Where to go to help teammate with ball? (away and to sides)</li> </ul>
<p><b><u>Game</u></b></p>	<p>4v4-6v6 to goals (15-20 mins)                      Reinforce how to restart when ball goes out or after goal</p>	<ul style="list-style-type: none"> <li>• When to dribble and when to pass? (space vs. crowd)</li> </ul>
<p><b>Before we go:</b> What did you learn today? I CAN . . . A) Pass and receive with inside of my foot B) How to collect the ball when Goalkeeper C) What it means to compete</p>		

**THEME: Ball Striking and Scoring**

**Character Builder: What do you do when something is too hard to do right away?**

- Watch others, Listen to Coach, Keep trying, Be patient, Positive self-talk (I CAN, just not yet)

<p><b><u>Ignition Game</u></b></p>  <p>www.sports-graphics.com</p>	<p><b><u>Organization</u></b></p> <p>“Dodge Ball” (10 mins)                  2 players with ball in small grid; everyone else w/out ball                  Dribble and pass to hit free players below knee                  When hit they get their ball and join the “its” until all players have been hit. Then start new round.                  Add-a-rule: Can only use laces to strike ball at targets</p>	<p><b><u>Coaching Points/Questions</u></b></p> <ul style="list-style-type: none"> <li>• How can you get close? (peek up, steer with sides of feet)</li> <li>• Can you use your laces to hit them, toe down, ankle locked?</li> <li>• Can you beat your own score this next time?</li> </ul>
<p><b><u>Spotlight Activity</u></b></p>  <p>www.sports-graphics.com</p>	<p>“Shoot/Keep/Retrieve” (15 mins)                  Two teams next to big goals, each player with ball                  Drop cone where shots must be taken behind (6-10 yds)                  1<sup>st</sup> Team A player dribbles and shoots at goal, then drops back to be GK vs. B player, then retrieves shot and gets back in line.                  Pattern continues for both teams: Shoot, Keep, Retrieve                  As soon as shot is taken, opposite team player enters from endline to dribble and shoot</p>	<ul style="list-style-type: none"> <li>• Try using laces to strike ball; Lock ankle with toe down</li> <li>• Plant foot next to ball (will often be too far back)</li> <li>• “Run through” your shot (low follow through at target)</li> <li>• As GK, get ready for opponent’s shot with hands in front of body</li> </ul>
<p><b><u>Spotlight Game</u></b></p>  <p>www.sports-graphics.com</p>	<p>“Quick Changes” (15-20 mins)                  Big goals on 20-25 yd long field with GK’s in goal                  Two teams behind own endline. One player dribbles in to play 1v1 until shot is taken. Player that shot stays on to defend new player from other team. New player has a ball to dribble in. Previous defender rotates out.                  Progress to 2v2; 2 players enter with 1 ball after their team gives up shot and defenders rotate out.</p>	<ul style="list-style-type: none"> <li>• Dribble fast</li> <li>• Can you shoot while the ball is rolling? (slide planted foot forward more)</li> <li>• Can you use your laces to score?</li> <li>• Transition to defense after shot</li> </ul>
<p><b><u>Game</u></b></p>	<p>4v4 to 6v6 to goals (15-20 mins)                  Enforce rules of play</p>	<ul style="list-style-type: none"> <li>• Take opportunities to shoot</li> <li>• If you can’t shoot is there a teammate you could pass to who can?</li> </ul>
<p><b>Before we go:</b> What did you learn today? I CAN . . . A) Strike the ball with my laces B) Shoot a rolling ball on goal C) Keep trying when things are hard to do right away</p>		