

Weekly Activities - Ages 5 - 6

Theme: S.A.F.E.SM

Session: One

Daily Topic: Random

Daily Activity Breakdown:

0:00-0:10 Activation time (warm-ups involving ducking, diving, dodging and twisting)

0:10-0:30 Fun & Games (a selection of games following a daily technical theme, including favorites like The Big, Bad Wolf, and Hungry Hippos)

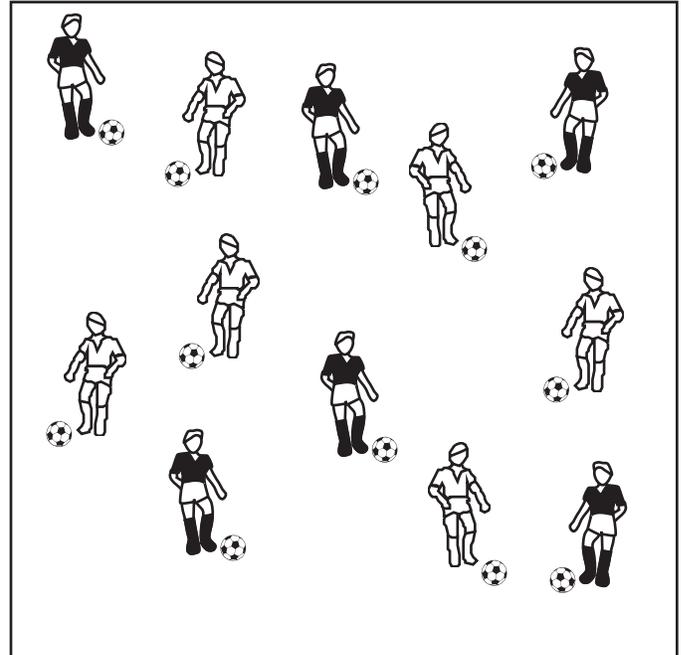
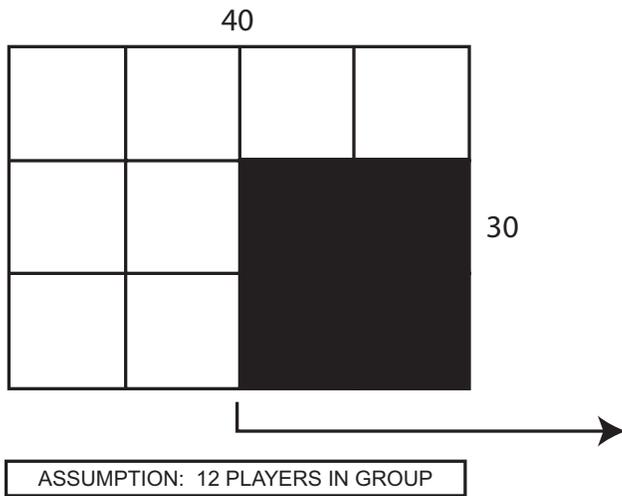
0:30-0:50 More Fun & Games (a further selection of games following the daily technical theme)

0:50-1:10 Massive Munchkin Match (M, M & M's - free play)

1:10-1:15 Activity break (following a daily theme, including story book day, animal day, crazy dress day, cartoon day and picnic day)

ACTIVATORS - Ball Feeling

Simon Says



Purpose

To develop close control and coordination skills.

Organization

Set out a 20 x 20 yard area. Each player must find space in the area. 1 ball per player.

Game Objective

Players react to the commands of the coach, only when the command is preceded by "Simon Says." If the coach says "Stop the ball" and not "Simon says—Stop the ball," then each player should continue to do the same activity that they were doing before the command.

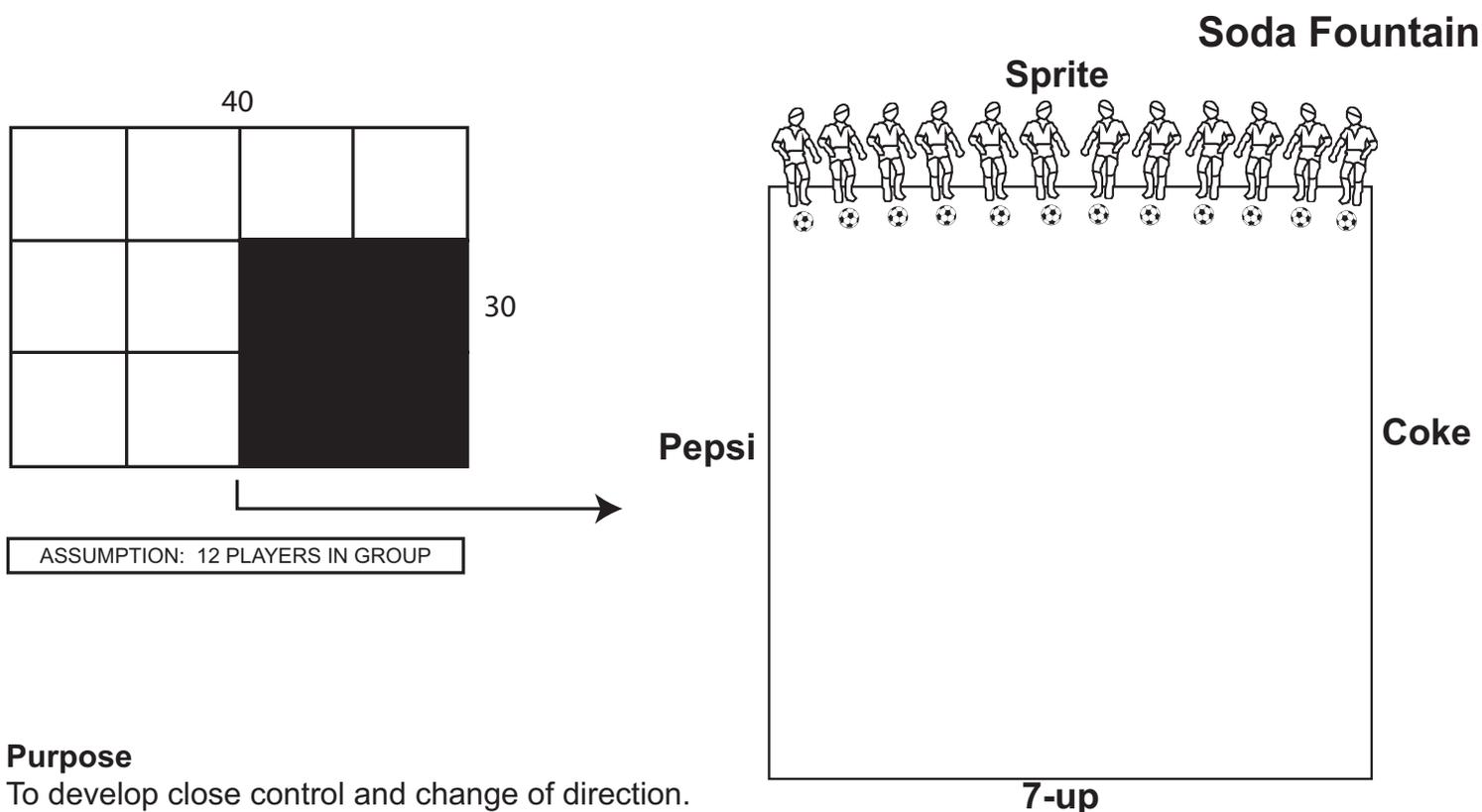
Story

Commands include: turn, stop, elbow on the ball, head on the ball, sit on the ball, dribble with one foot only, speed up, and slow down.

Key Coaching Points

Are your players able to respond quickly to your instructions?

FUN & GAMES - Running With The Ball



ASSUMPTION: 12 PLAYERS IN GROUP

Purpose

To develop close control and change of direction.

Organization

Set out a 20 x 20 yard area. All players start on one endline. 1 ball per player.

Game Objective

The coach calls out any of the directions, Coke, Pepsi, 7-Up, Sprite. The players must dribble their ball towards the line which corresponds to the command. Other commands include 1.) Milk Shake – Kids do a forward roll, 2.) Vertical with Dew – All players run through the coaches legs, 3.) AllSport– All players circle up and link hands to make a human chain around the coach. 4.) Juice Box – Hop around on 1 leg, 5.) YooHoo – Coach shouts out, “YooHoo!” and kids respond with “BooHoo!”

Story

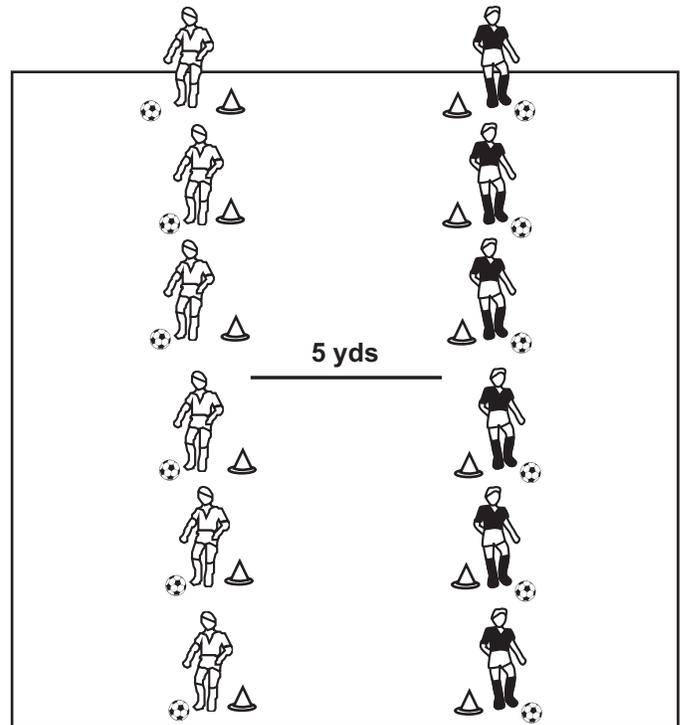
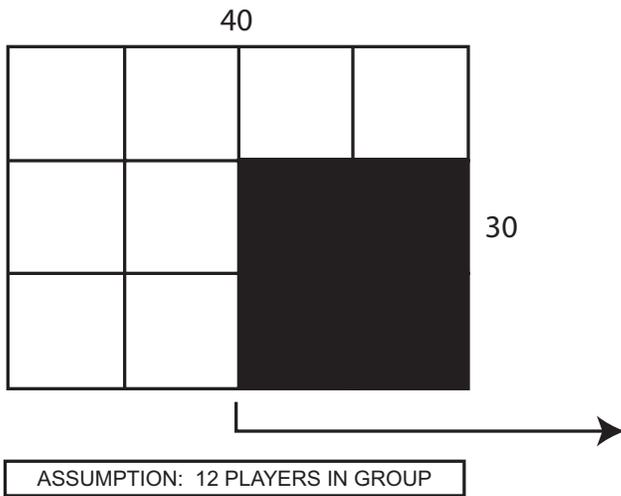
It is a hot, hot day and everybody is gasping for their favorite fun time drink.

Key Coaching Points

1. Run through without a ball first so that the players can learn the directions.
2. Change direction by using the sole of the foot to stop the ball and roll it behind you.

MORE FUN & GAMES - Running With Ball

Rats & Rabbits



Purpose

To develop close control over a short distance.

Organization

Set out a 20 x 20 yard area. Set out two lines of six discs approximately 5 yards apart. Station one player by each disc. One ball per player. The Light players are the "Rats" and the Dark players are the "Rabbits."

Game Objective

When the coach calls out "rabbits", the dark rabbits team chase the rats to the end line. The dark team must tag the light players before they reach the safety of their end line. Repeat in opposite direction when the coach calls out "rats." Increase the pace of the game by having players a.) jump over the ball, b.) touch the ball with the sole of their feet, or c.) sit up and down on the ball, when standing in position, etc.

Story

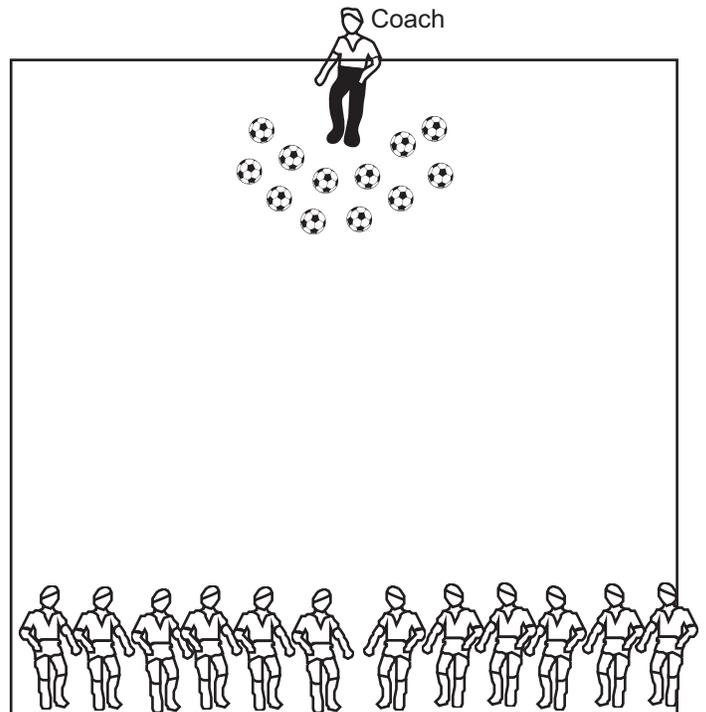
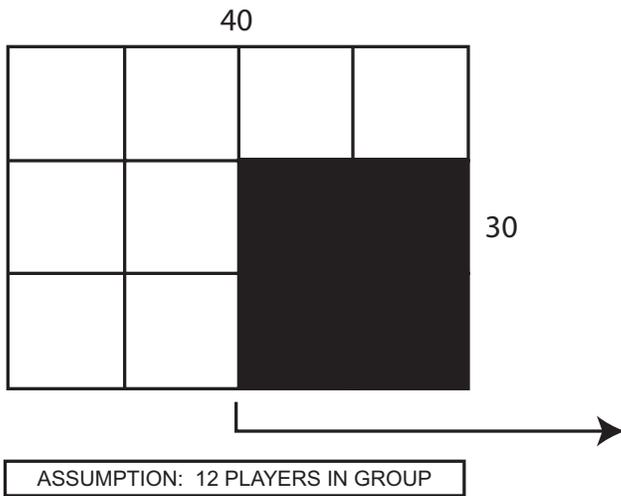
The rats scurry to their sewers while the rabbits dive into their hutch.

Key Coaching Points

1. Cover the ground as quickly as possible when running with the ball.
2. Try to stop the ball on your endline with the sole of your foot.
3. Get the ball out from under your feet.

FUN & GAMES - Ball Feeling & Turning

The Spider's Web



Purpose

To develop keeping the ball under close control.

Organization

Set out a 20 x 20 yard area. The coach stands on one endline with his back to the players. The players are spread along the opposite endline. Place all the balls behind the coach.

Game Objective

The players creep up to the coach, collect a soccer ball and dribble back to the start line. The coach chases the players back to the start line. Any player that is tagged joins the coach as a spider on the far endline.

Story

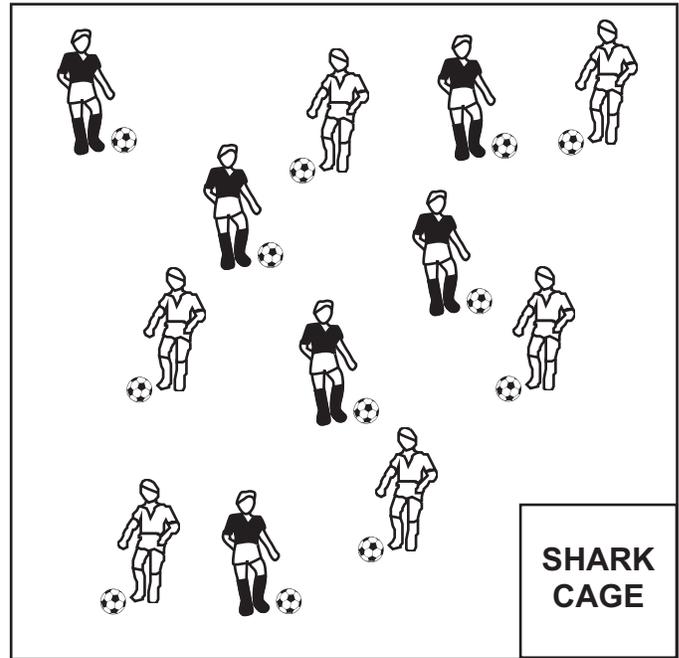
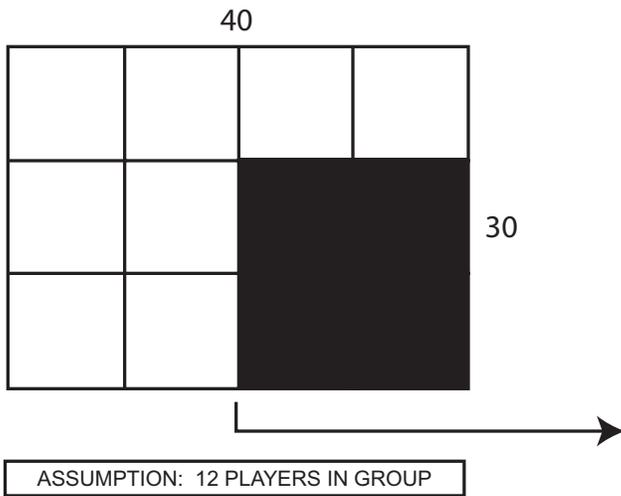
The coach is a spider, the kids are flies. The spider is sleeping in his web but awakes to find the flies stuck to his silky trap.

Key Coaching Points

1. Keep the ball within 2-3 feet between touches as if the ball were a puppy on a leash.
2. Try to stop the ball at the start line using the sole of the foot to trap the ball.

MORE FUN & GAMES - Running With The Ball

All Hands On Deck



Purpose

To develop keeping close control when running with the ball.

Organization

Set out a 20 x 20 yard area. Create a 5 x 5 yard square in one corner of the grid. All players start inside the larger area with a soccer ball.

Game Objective

Players dribble around the area. They must react to the following commands. a.) “Scrub the deck” = move the ball forwards and backwards with sole of foot. b.) “Walk the plank” = players run into the shark cage, c.) “Hoist the main sail” = throw the ball in the air, jump and catch it, d.) “Shark attack” = coach runs into the area to tackle and challenge the dribblers.

Story

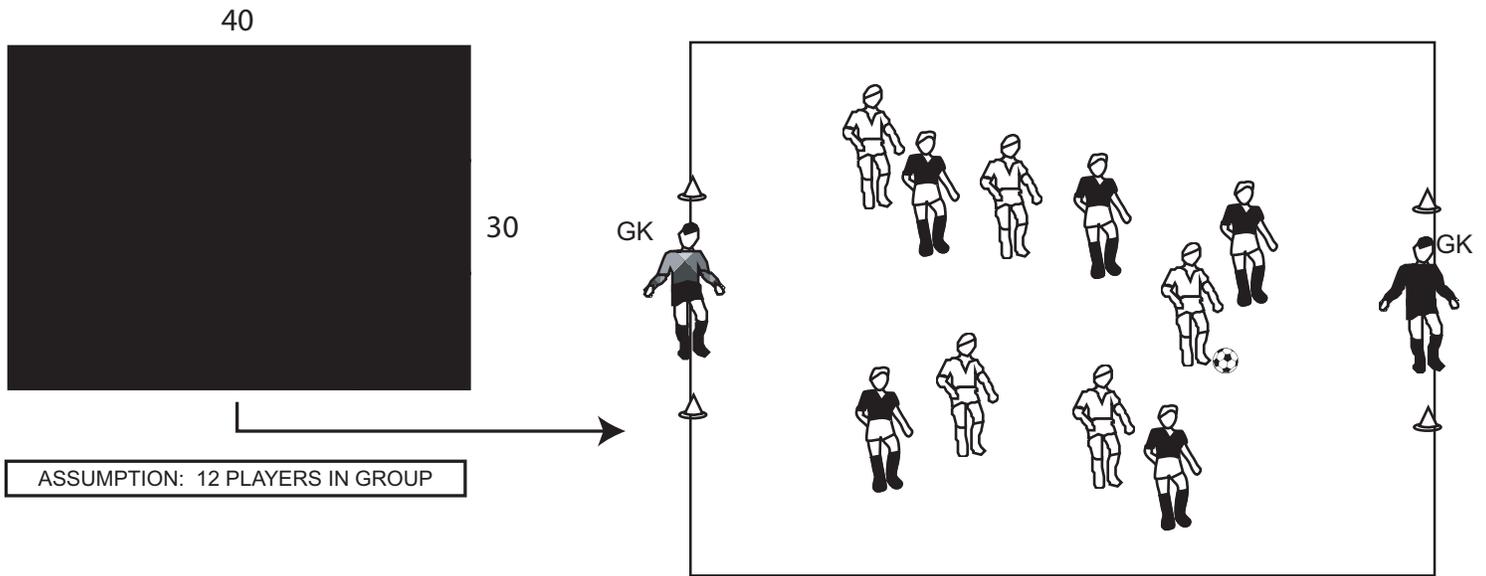
As a fun exercise, anyone tagged by the coach must go to the “shark cage” where they do “Australian push-ups” – lie on your back, hands and feet in the air.

Key Coaching Points

Make the practice fun by putting a cone on your foot and pretending to be a wooden legged pirate.

MASSIVE MUNCHKIN MATCH - Free Play

MLS All Stars



Purpose

To develop soccer skills and team play.

Organization

Set out a 40 x 30 yard area. Play 5 v 5, plus 2 goalkeepers.

Game Objective

The object of the game is to score a goal in the opposing goal past the goalkeeper. When the ball rolls out of bounds, it should be rolled in underhand by a player.

Story

It's the MLS All Star Game and the best of the best are gathered to compete in front of 70,000 screaming fans.

Key Coaching Points

1. Try not to bunch up around the ball.
2. Try to pass to someone in a better position than you.
3. Shoot at the goal whenever you have the chance.
4. Try to get between the ball and your goal when defending.
5. At goal kicks, make players from both teams go through the coach's legs to ensure that the ball enters the field of play.