

U4-U6 Curriculum

Week 1

Warm Up:

Ball Gymnastics:

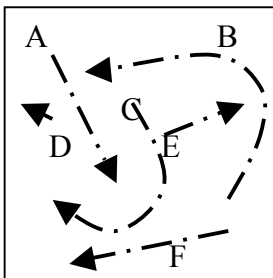
Toe Touches (Hat Dance)

http://www.youtube.com/watch?v=_sL2_vDyKsU

Quick Touch (Tick Tock)

<http://www.youtube.com/watch?v=xbSsXdrbegw>

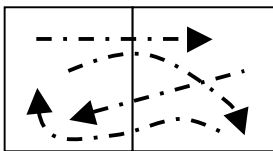
TECHNIQUE: 10 - 15 MINS.



SQUARE ACTIVITIES. (SEE DIAGRAM)

Commands. Move ball inside square. Coach gives Commands like Stop, Go, Turn Left foot, Right foot, Insides, Tic-toc, etc. *Other Commands.* Body Parts. (Touch ball with that body part)

Find Spaces. As kids move their ball inside square try to find as much space as possible. On Coaches command player with most space is winner.



2 Squares A. Add a 2nd square and have players on command move ball into the other square.

2 Squares B. Split kids into 2 groups, 1 in each square, on command they dribble to the other square with the ball and try to avoid bumping into the other players.

Lose your Shadow. In the double square each player has ball and a partner. The Shadow has to try and stay within 1 yd of their partner. Yell stop, and check to see that they are close.

Scrimmage:

3v3 to two small goals