

## *Under 4 & 5 Recreational Training Program*

- Week 1: Warm Up – Tag / Tunnel Tag  
Activity – Dribble through Gates  
Game Theme- Dribble into space
- Week 2: Warm Up – Ball Tag  
Activity - Norwegian Passing Game  
Game Theme – Pass and Move into space
- Week 3: Warm Up – Cops & Robbers  
Activity - Stealing Balls  
Game Theme – Dribble passed opponent
- Week 4: Warm Up – Blob Tag  
Activity – Follow the Leader 1  
Game Theme – Dribbling into space
- Week 5: Warm Up – Traffic Lights  
Activity – Collect Balls  
Game Theme – Dribbling with the head up
- Week 6: Warm Up – Tag / Tunnel Tag  
Activity - Kick the Ball into the Goal  
Game Theme – Shooting at the Goal
- Week 7: Warm Up – Ball Tag  
Activity – Pass thru the tunnel  
Game Theme – Pass to a teammate
- Week 8: Warm Up – Cops & Robbers  
Activity – Follow the Leader 2  
Game Theme – Create an overlap
- Week 9: Warm Up – Blob Tag  
Activity – Wall Pass  
Game Theme – Create a wall pass
- Week 10: Warm Up – Traffic Lights  
Activity – Wall Pass with Shot  
Game Theme – Create a wall pass & shot at goal

