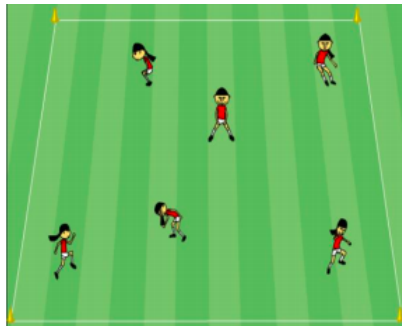


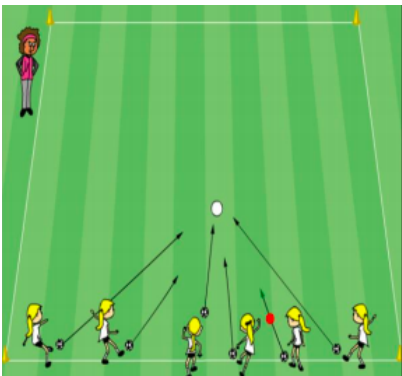
U5 Week 2 Practice #1

ACTIVITY NAME	DESCRIPTION	DIAGRAM	COACHING POINTS
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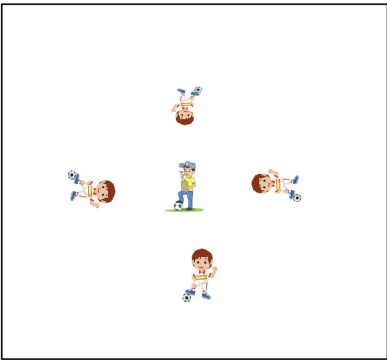
Warm Up (5 minutes)

<p>Rhythmic Movement</p>	<ol style="list-style-type: none"> 1. A variety of movements in confined space. 2. Hopping, Skipping, Sidestep, Moving Backwards, Kariokum, Turning on the Move 		<p>This warm up will help with: General Coordination Balance Agility Proprioceptor muscle development</p>
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Activity Name (10 minutes)

<p>Soccer Marbles</p>	<ol style="list-style-type: none"> 1. Line up all players on the end line. Place a colorful ball on one part of the field. 2. Instruct the players to use their ball to hit the target ball. 3. Move the ball after each player has tried twice and have the players remain in the same place. 		<p>Technique: Teaching the kids how to properly kick the ball at a young age will help them establish a strong foundation for passing, and shooting in the future. Be sure to teach the kids to kick with the inside of their feet and not their toes.</p>
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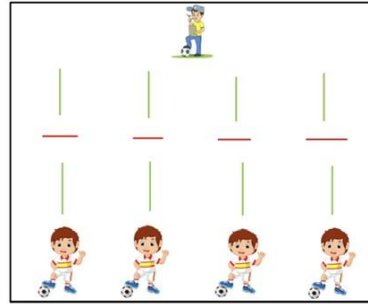
Activity Name (10 minutes)

<p>Simon(Insert Coach Name) Says</p>	<ol style="list-style-type: none">1. Have players create a circle with you standing in the center. Explain the game Simon says to the players.2. Examples of instructions to give are: "Coach Richins says to kick the ball" Coach Richins says to pick up the ball" Coach Richins says to kick the ball in the goal". All instructions given should include the ball.	 An illustration within a rectangular frame showing a soccer scene. In the center, a coach wearing a blue cap and a yellow shirt stands with his hands on his hips. To his left, a player in a blue jersey is kicking a soccer ball. To his right, another player in a blue jersey is also kicking a soccer ball. Below the coach, a player in a red jersey is standing. The background is plain white.	<p>Psychology: This activity will help kids learn the social part of having a coach. They will begin to build good listening skills and understand the concept of having a coach.</p>
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Activity Name (10 minutes)

Red Light, Green Light

1. Have all players line up on the end line, each one with a ball.
2. Explain to the players the rules: Red light means stop, green light means go.
3. There will be three rounds: Round 1 the players will not use a ball and they will just play to give them a chance to understand the game. Round 2 the players will pick up the ball and play while holding it. In round 3 the players will attempt to dribble the ball.
4. Repeat each round 3 times.

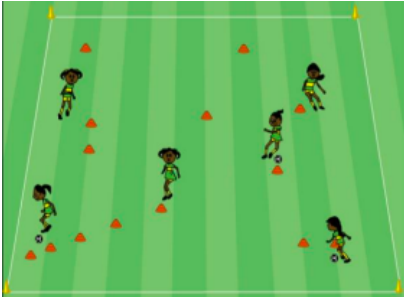


Technique: This activity will help build kids ball control along with improving their listening skills.

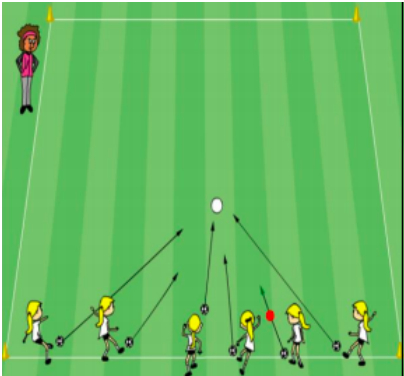
U5 Week 2 Practice #2

ACTIVITY NAME	DESCRIPTION	DIAGRAM	COACHING POINTS
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Warm Up (5 minutes)

<p>Random Cones</p>	<ol style="list-style-type: none"> 1. Weave in and out of the cones First without the ball. Second with the ball (dribbling). 		<p>Keeping the players healthy and warming up their muscles should be the goal to help avoid injury.</p>
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Activity Name (10 minutes)

<p>Soccer Marbles</p>	<ol style="list-style-type: none"> 1. Line up all players on the end line. Place a colorful ball on one part of the field. 2. Instruct the players to use their ball to hit the target ball. 3. Move the ball after each player has tried twice and have the players remain in the same place. 		<p>Technique: This will help establish feel for the ball and help them learn how to kick a ball.</p>
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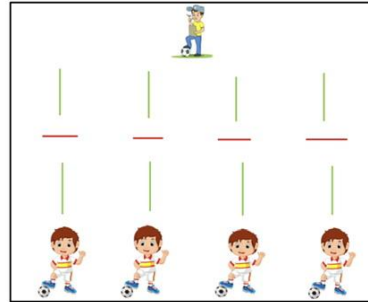
Activity (10 minutes)

<p>Follow The Coach</p>	<ol style="list-style-type: none">1. Every player follows the coach dribbling around the field. Along the way, the coach does goofy things like hopping on one foot, rolling on the ground, sitting on the ball and spinning, etc. This will help show players that coach can have fun!2. Make sure to incorporate shooting the ball in the goals during this game.		<p>Psychology: This will help players' listening skills along with teaching the social part of calling your instructor "coach".</p>
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Activity Name (10 minutes)

Red Light, Green Light

1. Have all players line up on the end line, each one with a ball.
2. Explain to the players the rules: Red light means stop, green light means go.
3. There will be three rounds(repeat each round 3 times): Round 1 the players will not use a ball and they will just play to give them a chance to understand the game. Round 2 the players will pick up the ball and play while holding it. In round 3 the players will attempt to dribble the ball.



Psychology: This activity will help build kids ball control along with improving their listening skills.