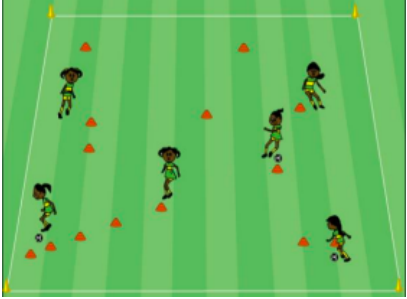


U5 Practice

ACTIVITY NAME	DESCRIPTION	DIAGRAM	COACHING POINTS
Warm Up (5 minutes)			
Random Cones	<ol style="list-style-type: none"> Weave in and out of the cones First without the ball. Second with the ball (dribbling). 		Keeping the players healthy and warming up their muscles should be the goal to help avoid injury.
Activity Name (10 minutes)			
Q and A	<ol style="list-style-type: none"> Take 10 minutes of the practice to sit the players down and ask them if they have any questions about soccer so far. 	No image	Players have now had enough experience playing soccer that naturally they will have questions. Answer their questions to the best of your ability.

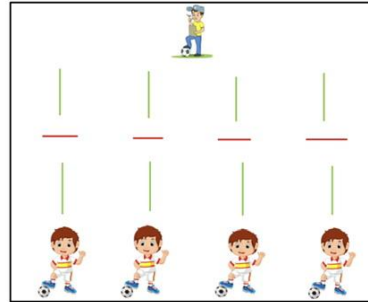
Activity (10 minutes)

<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.