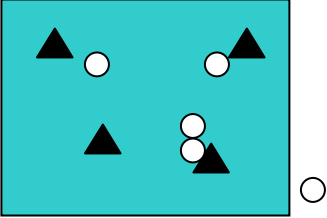
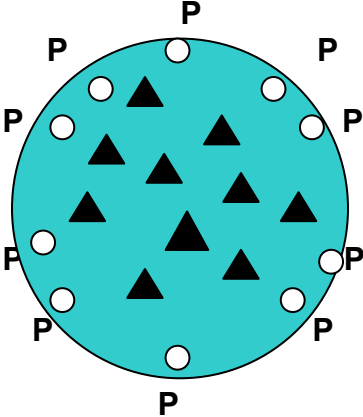
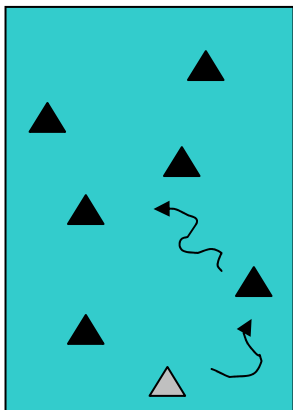




**SESSION 1 - SPACE AWARENESS**

| <u>SKILL</u>   | <u>COACHING POINTS</u>   | <u>APPROXIMATE TIME</u> |
|--|--|-------------------------|
| <p><b>Small group play with multiple balls - Warm up</b></p>  | <p>Explain program's structure to parents and coaches<br/>           Add balls so that each child ends up with a ball<br/>           At break, introduce space concept<br/>           How we see, feel and react to changes in space</p>   | <p>10 minutes</p>       |
| <p><b>Circle up</b></p>                                      | <p>Parents form large circle holding balls - start at minimum 12 yard diameter, bigger for larger group<br/>           Children learn by emulating --instructor demonstrates each of the following activities before the children participate.<br/>           Walk to other side of circle and touch a ball on the side, then walk back.<br/>           Walk to the other side of the circle with a ball in their hands without touching anyone, then walk back<br/>           Walk to other side of circle with a ball at their feet without touching anyone, then walk back<br/>           Walk to other side of circle with a ball at their feet without letting their ball touch another ball, then walk back.</p> | <p>10 minutes</p>       |
| <p><b>Water Break</b></p>  | <p>Insist on water, so patterns are established</p>  | <p>5 minutes</p>        |
| <p><b>I can do something, can you?</b></p>   | <p>First, the parent does something with the ball, and then the child must do the same thing.<br/>           Be creative! Bounce it, kick it, throw it, roll over it, lay down and throw it up and catch it, balance it on your forehead, have fun! Laugh and giggle!<br/>           After five minutes reverse it!</p>  | <p>10 minutes</p>       |

### Freeze Tag



Explain this activity by demonstrating it first.

10 minutes

Once a person is tagged, they are frozen. In order to be unfrozen, another player, who is not it, crawls under their legs and they return to the game.

Children cannot be tagged while "unfreezing"

Make one person "it" for every six to eight children involved in the activity, two for 12-16, etc.

While this is being played, make the field smaller by moving the boundaries. When it is at its smallest stop the game and ask the children if its harder or easier and why. Begin play again and make the field larger, once again stop the game and ask them if it is easier or harder and why?

Add parents if game slows down.

*You are leading them through the understanding of things spatial. In soccer, space equals time. They are experiencing this within this game so there is no need to explain it, they will work it out on their own, but be sure and answer their questions.*

### Spare Activity--Juggling

Have parent juggle ball with thigh by striking the ball with their thigh and catching it.

5 minutes

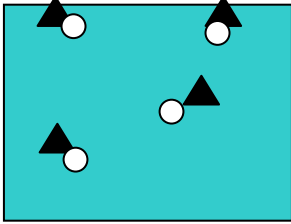
Demonstrate this for the parents then have them work independently with their children.

Once children are comfortable juggling, form a line or train with the instructor or parent at the front.

\*Show ball juggling with feet

## SESSION 2 - BALL TOUCHES

### Small group play with multiple balls - Warm up

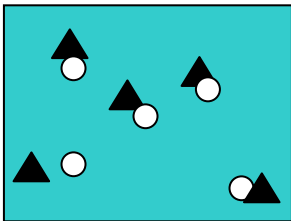


Moving around area with ball

10 minutes

Getting used to people and moving a ball

### Body part dribble



Each child with a ball

15 minutes

As they dribble within an area, call out a body part that the player must stop the ball with (i.e. elbow, knee, forehead, shoulder, etc.). Make it fun (i.e. left ear, back of head, bottom)

Between stops they are to dribble without touching each other.

### Juggling

Have parent juggle ball with thigh by striking the ball with their thigh and catching it. Show feet juggling as well.

5 minutes

Demonstrate this for the parents then have them work independently with their children.

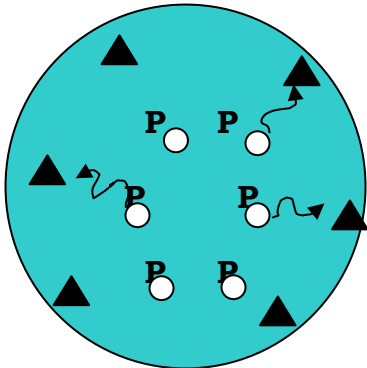
Once children are comfortable juggling, form a line or train with the instructor or parent at the front.

### Water Break

Insist that they all take water

5 minutes

### Meg



Parents inside circle, children on outside with legs spread apart and touching the side of their neighbors foot.

10 minutes

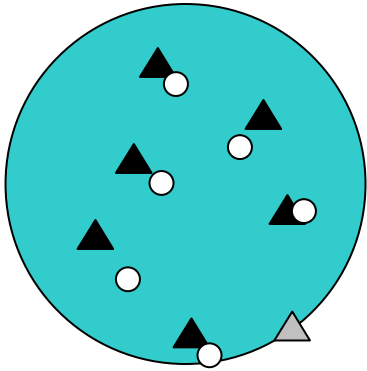
Parents must score under and between their child's leg.

When they do so, they then swap places with their child and the child is free to score between anyone's legs and swap places with them.

Players on the outside are not allowed to move their feet but can use their hands to stop the ball.

Keep in mind that we want children to experience lots of success. Success = scoring goals!

### Pirates



All players inside the parents circle with a ball  
Two players, without balls, are Pirates (use one  
Pirate for every five or six players)

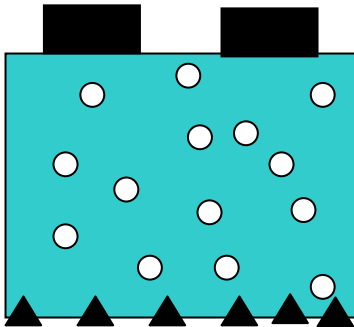
Pirates try to kick other players balls out of the circle  
When a player is hit out of the circle, they must  
jump over their ball, and they get to come  
back in.

Repeat, change size of confined space and number of  
Pirates. Allow all players to experience being a  
Pirate.

Tip: Give players nicknames: Black Beard, Red  
Beard, No Beard, etc.

10 minutes

### Spare activity-Egg Hunt



All players at one end of field facing out, 2 goals at  
opposite end.

Have parents spread multiple balls between children  
and goals. More balls than players.

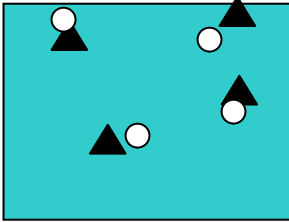
At signal, children turn find a ball and go to goal until  
all balls are kicked in goal.

You can time the team and have them play again in  
order to beat their time.

10 minutes

## SESSION 3 - BALL TOUCHES

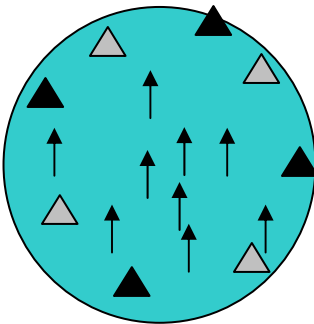
### Small group play with multiple balls - Warm up



Moving around area with ball  
Getting used to people and moving a ball

10 minutes

### Bulldozers & Cranes



Parents form a circle with children  
Tell half the children they are bulldozers and the other half they are cranes  
Tell bulldozers their job is to knock over cones and cranes' job is to set them back up.  
Introduce the ball and have bulldozers and cranes dribble and touch the cone with their ball  
Bulldozers knock the cone down or turn it over while cranes pick it up or turn it right side up.

10 minutes

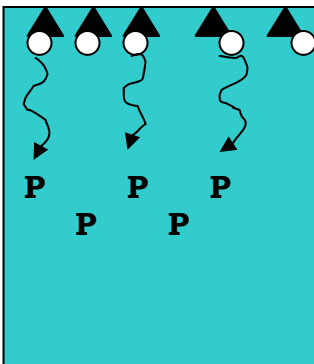
Note: Cones are designated as arrows in the diagram

### Water Break

Insist the take water

5 minutes

### Parent/Child-Snake in the Grass



Using space that is 10 to 20 yards long with players on sideline of field, parents in the middle of the field.

Object is for players to get from one side of the field to the other as many times as possible in a given time period.

Parents in the middle are allowed to kick the ball away in order to stop the children, keeping in mind that we want children to experience success (get through the grass!).

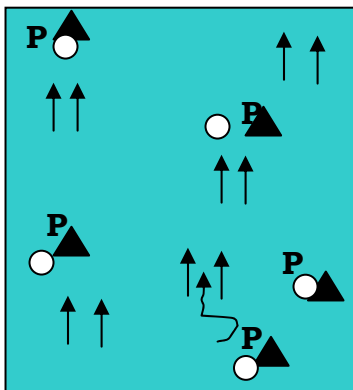
Reverse (Run two revolutions)

Variation: Have the children be firefighters and Parents act as the fire. Parents wave their hands like fire and hiss like fire sounds.

Variation: Parents can also sit and attempt to kick players balls away by moving like a crab only.

10 minutes

**Parent/Child - Dribble through the gates**



Place cones in pairs, in random places throughout the field, in order to form 10-12 gates. Use 2 colors.

Object for player and a parent is to get through as many gates as possible in a one or two minute period, first using only hands with the ball on the ground (once) then using only feet (once).

Remove parents and have players go alone with only feet (once), then try to go through more gates in the same amount of time (*hold hands*)

Challenge players to get through every gate at least once.

Variation: Can't go through the same gate twice.

Dribble to coach who throws ball out and directs player to go through blue gate and bring ball back.

Variations: Go through orange gate or blue and orange and score goal on parent and bring ball back.

10 minutes

**Spare activity - Juggle**

Have parent juggle ball with thigh by striking the ball with their thigh and catching it.

Demonstrate this for the parents then have them work independently with their children

Once children are comfortable juggling, form a line or train with the instructor or parent at the front

5 minutes

**SESSION 4 - BALL TOUCHES**

**Warm up**

Small group play with multiple balls

5 minutes

**Simon or Simone Says**

Come up with as many combinations as you can think of in ways to do things with the ball, but do not limit to only ball work!

10 minutes

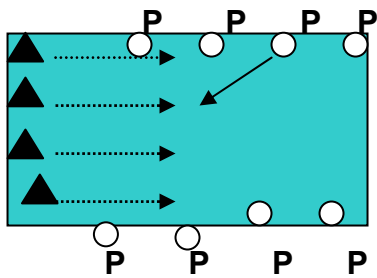
- ~a forward roll or a forward roll while holding the ball
- ~skipping
- ~jumping over the ball
- ~running around the ball
- ~catching the ball
- ~touch your feet

**Water Break**

Insist they take water

5 minutes

**Parent/Child-Ball Tag**

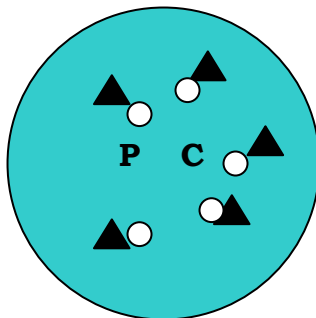


Using whole field, object is for parents to tag their child by passing the ball and hitting them below the waist. No too hard.

10 minutes

- Once the child is hit, then the child is "it" and tries to tag the parent with the ball
- Run 3 three minute games
- Mix parents and children up

**Sharks & Minnows**



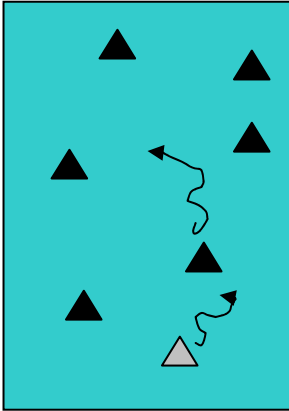
All players are "sharks" inside the parents' circle with a ball.

10 minutes

Two parents/coaches, without balls, are "minnows" (use one minnow parent for every six to eight players).

The sharks try to hit the minnows beneath their knees with the ball. Be sure all succeed.

## Spare Activity



## Freeze Tag

Explain this activity by demonstrating it first.

10 minutes

Once a person is tagged, they are frozen. In order to be unfrozen, another player, who is not it, crawls under their legs and they return to the game.

Children cannot be tagged while "unfreezing"

Make one person "it" for every six to eight children involved in the activity, two for 12-16, etc.

While this is being played, make the field smaller by moving the boundaries. When it is at it's smallest stop the game and ask the children if its harder or easier and why. Begin play again and make the field larger, once again stop the game and ask them if it is easier or harder and why?

If game slows down, add parents.



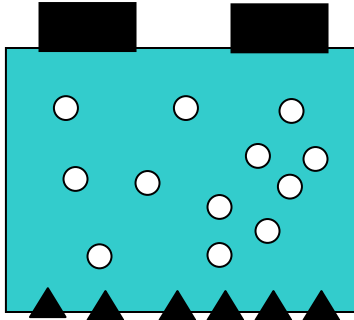
**SESSION 5-TACTICAL AWARENESS**

**Warm up**

Small group play with multiple balls

10 minutes

**Egg Hunt**



All players at one end of field facing out, 2 goals at opposite end.

10 minutes

Have parents spread multiple balls between children and goals. Use more balls than players.

At signal, children turn find a ball and go to goal until all balls are in goal.

You can time the team and have them play again in order to beat their time.

**Water Break**

All players take water

5 minutes

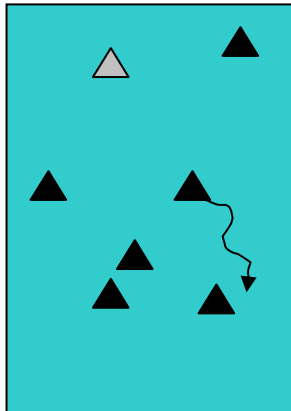
**Parent/Child - Juggle**

Have parent teach child to strike ball with thigh straight up and catch it.

10 minutes

After knee is accomplished, try to kick the ball with feet and catch it.

**Parent/Child - Team Freeze Tag**



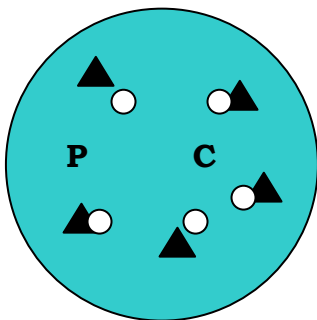
Parents vs. kids!

10 minutes

For parents to become unfrozen they must either run around the frozen player twice or crawl under and through the frozen players legs.

For kids to become unfroze they have to be tagged by a teammate

**Spare activity-Sharks & Minnows**



All players are "sharks" inside the parents' circle with a ball.

10 minutes

Two parents/coaches, without balls, are "minnows" (use one minnow parent for every six to eight players).

The sharks try to hit the minnows beneath their knees with the ball. (Make it easy for slowest players to succeed.)

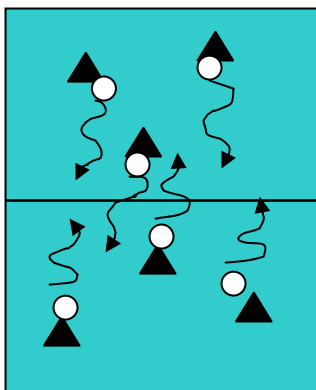
## SESSION 6-BALL TOUCHES

### Warm up

Small group play with multiple balls

10 minutes

### Switching Balls & Fields



Game begins with half of children on one side of grid and half on the other with cones dividing the grid.

15 minutes

Have children dribble the ball, then call out the following progression of commands:

~dribble fast like a cheetah

~dribble slow like a turtle

~freeze

~switch balls with another player on your half of the grid

~change fields and dribble to the other side of the grid

~after the progression is complete, mix up commands

### Water Break

All player must take water

5 minutes

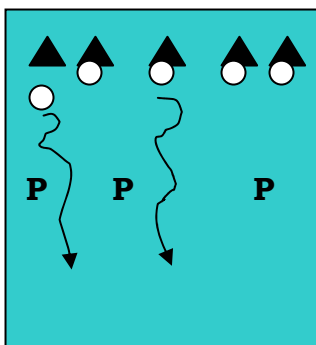
### Juggle

Have parent teach child to strike ball with thigh straight up and catch it.

5 minutes

After knee is accomplished, try to kick the ball with feet and catch it.

### Gators & Frogs in the Swamp



Parents form a rectangular grid or "swamp" Children are "frogs" and stand on end of grid with their balls

10 minutes

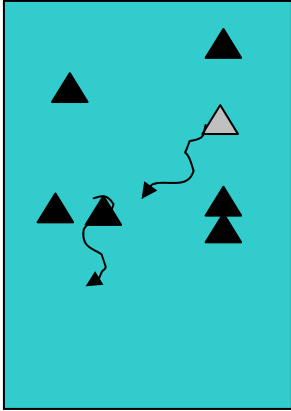
Coach and one or two parents are "gators" and stand in the middle of the swamp

Object is for children to get to the other side of the swamp without gators knocking their ball out

Children that lose their ball do a frog jump high into the air, and then join the next round

How many times can you cross the swamp?

**Spare activity**



**Freeze Tag**

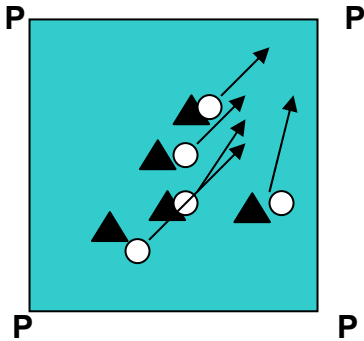
Parents vs. kids!

For parents to become unfrozen they must either run around the frozen player twice or crawl under and through the frozen players legs.

For kids to become unfroze they have to be tagged by a teammate

10 minutes

**Cartoon Tag**



Every player has a ball dribbling around a grid.

Designate the 4 corners of the grid as kid's cartoons (ie. Spongebob, scooby-doo, rocket power, etc.)

Kids dribble around and on coach's command, "Scooby-Doo" the players run with their ball as fast as they can to that designated corner.

10 minutes

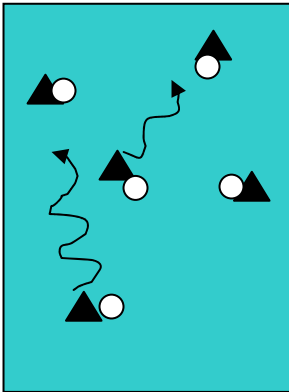
## SESSION 7-PLAYING IN PAIRS

### Warm up

Small group play with multiple balls

10 minutes

### Clothespin Tag



Game begins with all players having a clothespin to the back of their shirt with a ball and dribbling within an area.

10 minutes

The object is to remove other players' clothespins and then attach them to you.

The one with the most clothespins attached at the end of the time wins.

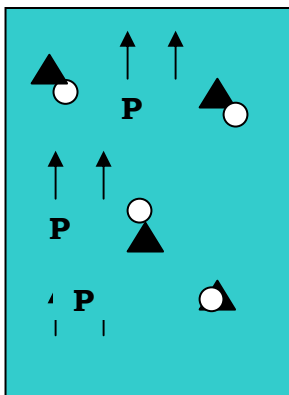
If you capture a clothespin, you are to go down on one knee while pinning it on your back.

While you are on one knee, no one can take a clothespin from you. If you go out of bounds, you lose a clothespin.

There is no pushing and you can only touch pins, no touching or pulling clothes or the body.

Be creative-coach may add clothespins by entering the game with them attached to his/her body, parents may do the same

### Water Break

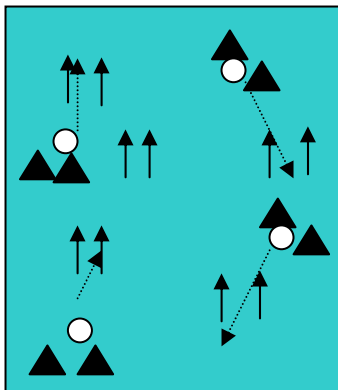


5 minutes

Get out of my house. Need multiple goals. Can use cones. One parent is housekeeper for each goal. Housekeeper tries to prevent goals yelling "Get out of my house." (Let them succeed) Also puts balls in net back into play yelling "Get out of my house." How many can you score in 2 minutes. Repeat and players compete against their previous number.

**Parent/Child - Pairs and Goals**

Set up multiple goals



Divide into pairs

Each pair holds hands and shares a ball

The object is to score on different goals as many times as possible.

See how quickly pairs can score on all the goals.

15 minutes

**Spare activity**

Children's choice