Week of June 28 – U4-U6



Information

Race Track

Organization: 30mx25m field, cones, everyone

has a ball.

Procedure: Players dribble around the "race track", and imitates a car on the track: 1 st gear = slow, 4th gear = fast, breaks=stop, encourage players to be as animated as they can be, and make car noise.

Time: 8 minutes

Tidy up your room:

Organization: Two boxes 15 mx15 m field and a 5 m neutral zone between them, cones, everyone has a ball.

Procedure: Players shoot the ball out of their room into friends room. When coach stops the game in 6-8 minutes, the team with most balls in their room, has to make funny faces.

Repeat: 5 to 8 times

Ball Swap

Organization: 25mx25m field, cones, everyone

has a ball.

Procedure: Players dribble around the field, on coach's call, players pick up their balls, and run to the cone, leave their ball, and go to take another ball and continue to dribble.

Progression: Player ask to touch the cone or jumping on the spot, before running to get the ball.

Repeat: 5 to 8 times

Organization: A 15mx15m field divided to 4 equal fields.

Procedure: 1v1 game. Playersvs parents.

Time: 8 minutes







