Session 3

Warm-up/Physical Literacy:

Driving Around
Tell kids we are going driving. Call out different instructions as they run around:
- Speed limit: Walking
- Narrow Road: Galloping
- Road Construction: Leap over pot holes (spots on field, like lines or cones)
- Highway driving: Running
- Out of gas: take a break at your spot, and fill up
- Raining: Windshield wipers (do 5 Jumping Jacks)
- Stuck in the mud: Run in place
- Bumpy Road: Skipping
- Crosswalk: Slow Motion Walking
- Flat Tire: Hopping (one foot)
- Ambulance Coming: run to closest sideline

Flamingo Tag
If tagged you must balance on 1 leg. You are freed when someone high 5’s you.
(this promotes practicing balance which you need to strike a ball)

Soccer Drills:

“Step, Stomp, Kick”
Set the kids up, with their individual ball.
Ask them what part of their body they use to kick the ball?
Tell them we are going to practice kicking the ball hard.

Have each child with the ball in front of them.
Tell them that there is a little (imaginary) bug beside their ball... (if they are right foot dominate, the bug will be on the left side of their ball)
Their job is to stomp the bug then using their other foot, they are to kick the ball.

Get them all to practice this... (if you can get their parents out to receive the kick, that might be helpful).

Cues to tell them:
- Stand behind your ball...
- Take a STEP towards the ball (right foot)
- STOMP the bug..(left foot)
- KICK the ball!! (Right foot).

This reminds them that their planted foot it beside the ball, many kids like to stand behind the ball and kick resulting in minimal power behind their kick.
Clean your Room!

- Put cones across half the field to mark off where one room is (for half the kids) and the other room is.
- All the soccer balls are in the playing area and the players need to kick the balls that are on their side (in their room) into the other room.
- Coach can stop the game every 2 minutes (play a few times). the team with the dirtiest room (most balls) has to make funny faces, or do two jumping jacks etc. Make it fun!
- Object of the game is to practice their strong kicks and clean their room faster than the other side!

Small Sided Game: 5v5, 4v4 or 3v3

- Each team sets up their two pug nets, across from each other, running across half of a field
- Each of the two teams on the field divide into two groups of 3, 4 or 5 depending on numbers. If one team has more... that's okay just go with it.
- Each of the team’s two groups will separate to either half of the field and play a game with half of the other team
- After 10 minutes, one team will switch their two groups to play the second group of the other team
- It’s okay if a group has one less player (i.e. 4v5)