Session 5

Simon Says

If the leader says Simon says before an action then students should follow command. If students do not hear ‘Simon says’ they do not follow command (Simon is trying to trick you). If they tricked they have to jump 3 times, or jumping jacks, or 1 burpee etc. You choose.

Try to incorporate good warm up movements:

- Running on the spot
- High kneed – “like you are marching really fast”
- Jumping Jacks
- Reach really really high into the sky
- Touch your toes
- Make yourself into a ball
- Jump really high
- 3 little jumps
- jump on 1 foot
- jump on the other foot

*throw something funny in there – they will like it!

Cone/Ball Relay (working on running, taking turns and dribbling)

- Set up two lines of kids, and two pug nets.
- Each line should have the same number of cones & balls so each child can ‘go’ twice in this relay.
- Line them up, face them each towards the pug nets (field width wise, maybe not quite that long, pick a distance that will work for the kids)
- Tell the kids that they have to take turns and move ALL the balls and ALL of their cones into the net!
  - Remind them they need to use their feet to move the ball
  - They can use their hands to grab a cone and run as fast as they can!
- Once all the balls and cones are in the pug nets the relay is over! You can do it again if they kids are enjoying it.
BSC U4-6 House League Sessions

How many goals can you get?!

****You could coordinate with the other coach to set up all the pug nets etc and use the whole surface if your kids have lots of energy to burn!

- Set up two pug nets, two nets made from cones and you can use the net on your side of the field.
- All players should have their own ball!
- When the coach says go, children have 90 seconds to see how many goals they can get. Once they score on one net, they must go to a different net!
- Encourage the kids to dribble with control and use both feet.

Pirate Ship Adventure

- Create a playing area using the cones
- Players are to dribble the ball around and perform different movements with the ball as the coach calls out different commands
  - SCRUB THE DECK ➔ tap the ball with the inside of their feet back and forth for 5-10 seconds, then tell them to move around again
  - CAPTAINS COMING ➔ trap the ball, which is 1 foot on the ball in one place. Salute the Captian and shout “ay, ay Captian!” …then continue to move
  - MAN OVERBOARD ➔ players are to dribble to the edge (outside line on the field), hand on their forehead like they are looking out and shout “man overboard!”
  - FIRE THE CANNON ➔ kick the ball into open space
  - WALK THE PLANK ➔ they can pretend to jump/fall/dive onto the ground! Then get back up and move.

*** you can add other things if you like..
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)