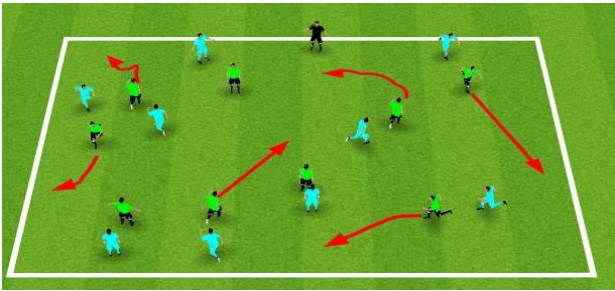




U3-U4 Kick Start Outdoor 2018

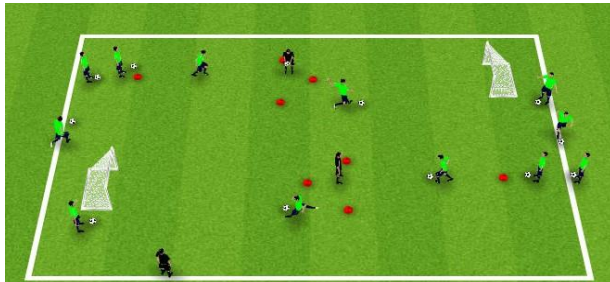
WEEK 5



Donkey Tails (6-8mins)

Instructions:

Children place a pinnie into their pants/shorts and let it hang out like a tail
Parents chase their child and grab their tail
Reverse Roles



Bermuda Triangle (10 mins)

Set Up:

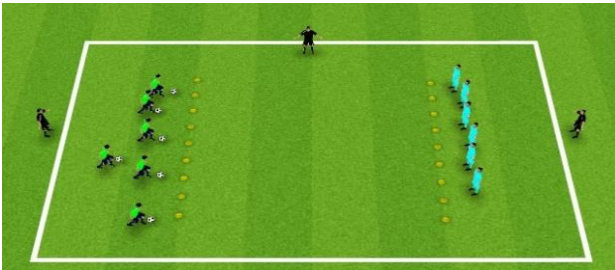
2 Lines with 6 players in each line
Triangle with Parent inside about 6 yards from goal

Instructions:

Each player has a ball and dribbles into the coach
Coach lays off the ball to a side and player strikes the ball

Options:

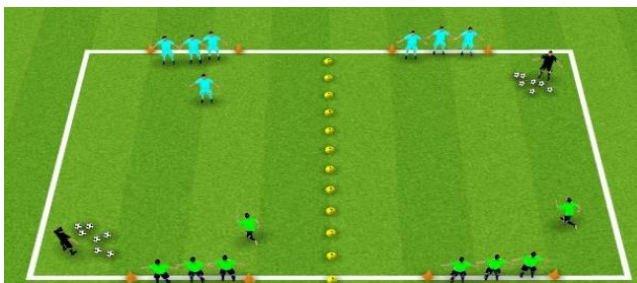
Closer or further to goal
Pass or dribble into coach



Shark Attack (10-12mins)

Instructions:

Fish have a Ball Each on the reef
Sharks are waiting on the other end
"Go" the fish start dribbling forwards
"Attack" the sharks attack while the fish turn and try to get back to the reef
Reverse Roles



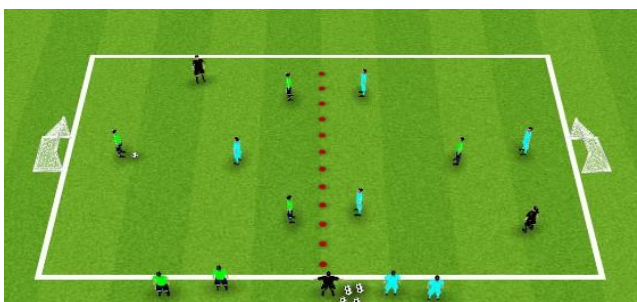
Chain Soccer (10-12mins)

Instructions:

Split Group Up into 2 teams
Number off each player and match them with a player from the other side
All players must hold hands across their goal
Only when your number is called are you aloud to break the chain and challenge for the ball(s)

Option:

Send out a ball each for so all can score



Regular Small Sided Game 4v4 (10 mins)

The focus of this Small Sided Game is to foster real time decisions and allow the players to PLAY

Encourage:

Spreading Out in a *Diamond*
Staying *High/Wide/Deep*
Keep their heads *UP*

Of Note:

Restarts from own end after goal
Opposing team backs up past center line
Kicks ins when Ball goes out
First Pass is *Free*