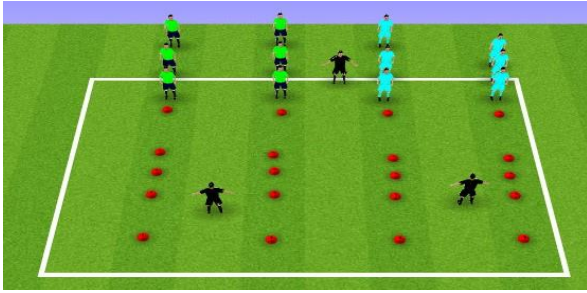




U3-U4 Kick Start Outdoor 2018

WEEK 7



Relay Warm Up (6-8 mins)

Instructions:

Kids go through the coned area completing a variety of movements (bunny hops, 1 leg hops, skips, running, etc.)

Add a ball towards the end



Gate Game or Follow The leader (10 mins)

Set Up:

Drop 8-10 gates down in the area

Each player with a ball / parent follows

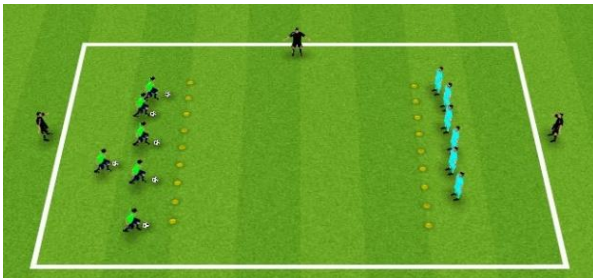
Instructions:

"Go" players dribble through as many gates as they can as parent follows

Reverse roles

Options:

Make it a game



Shark Attack (10-12 mins)

Instructions:

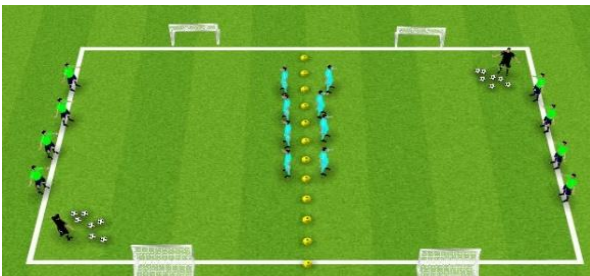
Fish have a Ball Each on the reef

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



#s Game (10-12 mins)

Instructions:

-Split Group Up into 2 teams

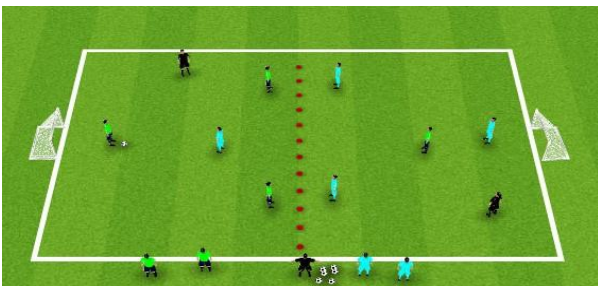
-Number off each player and match them with a player from the other side

-Players Stand with Parent along sideline until # is called out

Option:

Send out a ball each for so all can score

Send out one ball only for more competitive players



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*