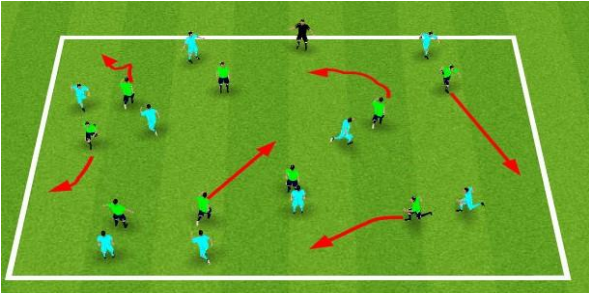




U3-U4 Kick Start Outdoor 2018

WEEK 1



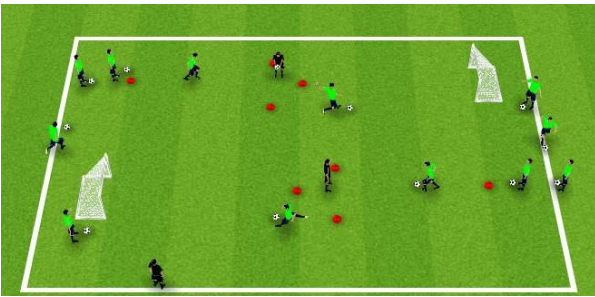
Donkey Tails (6-8 mins)

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:

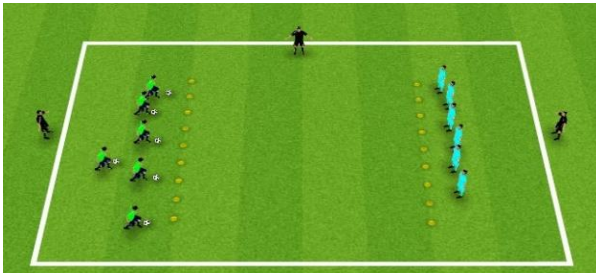
Each player has a ball and dribbles into the coach

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 (10-12 mins)

Instructions:

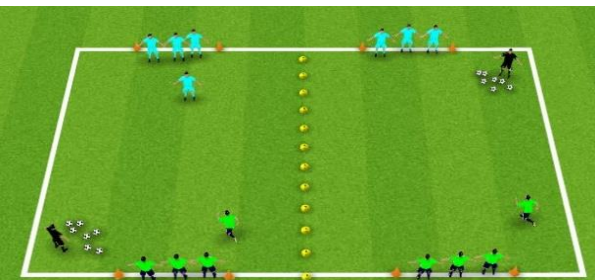
Fish have a Ball Each on the reef

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



Chain Soccer (10-12 mins)

Instructions:

-Split Group Up into 2 teams

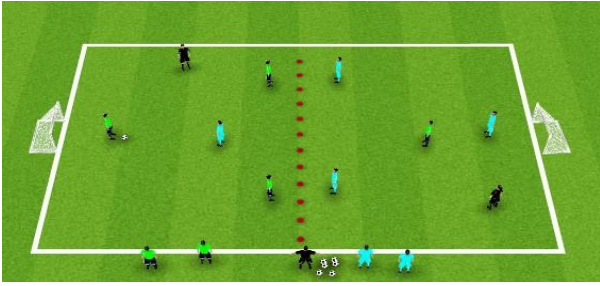
-Number off each player & match them with a player from the other side

-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*