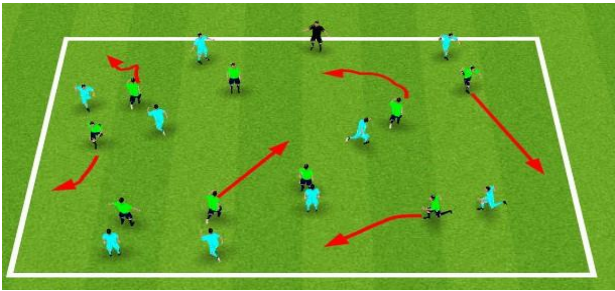




# U3-U4 Kick Start Outdoor 2017

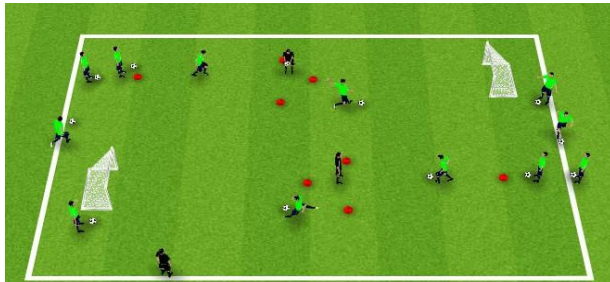
## WEEK 5



### 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:**

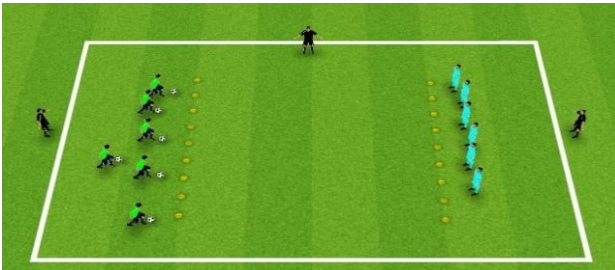
2 Lines with 6 players in each line  
Triangle with Parent inside about 6 yards from goal

#### **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:**

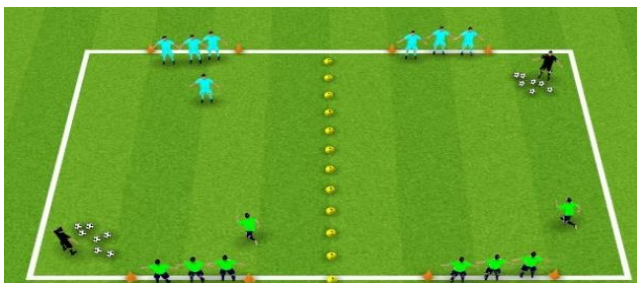
Closer or further to goal  
Pass or dribble into coach



### 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



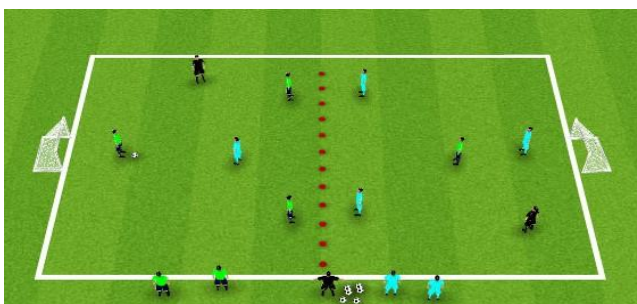
### Chain Soccer (10-12mins)

#### **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*