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| Session Objectives:   * Self-Awareness (Agility, Coordination, Balance) * Ball Manipulation * Spatial Awareness * Competition vs Opposition | |
| Station #1 – Simon Says:   * Area: 10 x 10 yards * Intensity: Low * Instruction: 1-2 Minutes * Duration: 5-7 Minutes * Recovery: 1-2 Minutes   Development Objective:   * Listening skills, body/self-awareness, and movement ability. | Coach Instructions:   * Every player has a ball. * Start with the ball on the ground. * Provide simple, clear commands for players to execute, with the ball and without the ball.   + Stand on left/right leg   + Touch your toes, Jump up   + Look to your left/right   + Step on the ball with your left/right foot   + Put your elbow/head/knee on the ball   + Pick your ball up, skip/run/hop |
| Station #2 – Red Light / Green Light:   * Area: 10 x 10 yards * Intensity: Medium * Instruction: 2-3 Minutes * Duration: 5-7 Minutes * Recovery: 1-2 Minutes   Development Objective:   * Listening and observation skills, self-awareness, and spatial awareness. | Coach Instructions:   * Every player has a ball. * Start with players dribbling within the area. * Coach verbally tells players to stop with the command of “Red Light” and go with the command of “Green Light” |
| Station #3 – Sharks & Minnows:   * Area: 10 x 10 yards * Intensity: Medium-High * Instruction: 2-3 Minutes * Duration: 5-7 Minutes * Recovery: 1-2 Minutes   Development Objective:   * Ball manipulation, self-awareness, and spatial awareness. | Coach Instructions:   * Coach is the “Shark”, no ball. * “Minnows” start with a ball. * Minnows line up on one side, Sharks on the other. * Sharks objective is to kick the ball away from the Minnows. * Minnows objective is to get to the other side without losing their ball. * If Minnow loses ball, they become a Shark. |
| Station #4 – Kick Around:   * Area: 20 x 20 yards * Intensity: High * Instruction: 1-2 Minutes * Duration: 12-15 Minutes * Recovery: 3-4 Minutes   Development Objective:   * Ball manipulation, self-awareness, spatial awareness and competition vs opposition. | Coach Instructions:   * Two equal teams with players wearing opposite pennies. * Two 6’ goals opposite each side. * One ball in play to start. Coach and assistant/s will facilitate the game by keeping it flowing. If a ball goes out, coach has multiple balls available to throw back into the game. * If players are progressing well, coach can add multiple balls into play. * The goal is for each team to score as many goals as they can and to end the session on an exciting high note. |
| Homework:   * “The ball is your friend” | Parent Instructions:   * Inside - Encourage parents to allow their player to walk around the house with a ball at their feet (rolling the ball with their feet under control, not kicking) or in their hands. * Outside - Challenge the player to play keep away from their parent and/or siblings. Player is to control ball at their feet. If parent wins ball, give it back and restart. * Outside - Simon Says with and without the ball. |