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| Session Objectives:* Self-Awareness (Agility, Coordination, Balance)
* Ball Manipulation
* Spatial Awareness
* Competition vs Opposition
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| 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
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| 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”
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| 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.
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| 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.
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| 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.
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