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| Session Objectives:* Self-Awareness (Agility, Coordination, Balance)
* Ball Manipulation
* Spatial Awareness
* Competition vs Opposition
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| Station #1 – Rabbit Run: * 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. The players are the bunnies.
* The coach is the fox.
* The area is the garden.
* Start with the ball on the ground.
* Players trap the ball with both feet and then jump in the air while holding onto the ball.
* The coach attempts to steal the ball away from the players as they hop around the garden.
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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 fast with the command of “Green Light”, and go slow with the command of “Yellow Light”
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| Station #3 – Retrieve: * 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 starts with each player’s ball.
* Coach throws players ball toward a cone and player is to retrieve the ball by trapping the ball and return it to the coach by dribbling the ball back under control.
* Start slow and then encourage the players to go faster as they obtain confidence.
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| Station #4 – Kick the Coaches: * 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:* Every player has a ball.
* The coaches move around space and the players start with controlled passes to hit the coaches.
* Advance to where the players become more confident and attempt further passes or shots.
* Players are to chase down their ball and dribble back to the area.
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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 – Play the Retrieve game and have the player “cut” the ball back when trapping the ball and dribble back to the parent as fast as they can, under control.
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