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