

First Kicks u4 and u5

Oct 30(Memorial) David Lam & UHILL (Nov 2)

Focus- Physical Literacy
Activity Name: Freeze Tag

Introduction

Set up a 20m x 20m grid. Players travel around the grid with a ball. Coach/parent tries to tag the players. When a player is tagged he/she must stand still with legs shoulder width apart and pick up ball. Players are unfrozen when a teammate can dribble a ball through their legs.

Variations

Easier (U4): Start with no balls, players hold hands out to side - player freed by going under an arm – progress to under legs
Harder (U6): Have players replace coach(es) as taggers.
Harder (U6): Players must perform 2 juggles to unfreeze.



Emphasis

- Running
- Change of directions
- Teamwork
- Having Fun!

Focus – Ball Literacy
Name of Game - King/Queen of the Ring

Organization

Players have a ball each. Players must keep ball within a defined area . Players are encouraged to kick other balls out of area. When a player gets their ball kick out of the grid, they must leave the grid and practice a skill (3 juggles, toe taps etc) and then they are allowed to return to grid. Ask players to keep track of how many times they lost possession.

Alternatives

Easier – Parent and child can play keep away in pairs. Parent letting child enjoy success

Harder - Progress to last man standing (King/Queen of the ring). When a player gets their ball knocked out of the square they are now "out" and are not allowed to return to the grid. They remain outside the grid cheering for their teammates. Continue this until everybody is knocked out and there is only one player left. This player becomes the King/Queen of the Ring.



Emphasis

- Keep Ball close
- Dribbling
- Shielding ball
- Moving away from danger
- Having Fun

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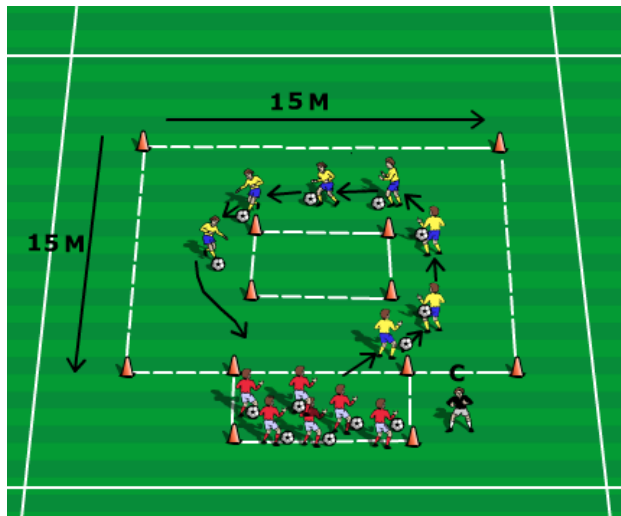
Focus - Ball Literacy
Name of Game: Indy 500

Organization

Players start from "Pit row" with parents. Player starts by exiting the pits and dribbling the ball in a clockwise direction around the track following their parent. If the ball exits the track they must make 3 toe taps on the ball to restart the engine. Parent and player can switch roles with child following parents. Encourage players to make "Vroom! Vroom!" car sounds while driving!

Alternatives

Easier – run the track first with no balls.
 Easier – layers carry ball in hands and run around track
 Harder – Have players drive the truck on their own.
 Harder – Switch directions and have drivers go counter-clockwise.
 Harder – Change direction before completing circuit on coaches' command



Emphasis

- Introduction to dribbling
- Player takes lots of small touches to move the ball forward
- Turning in different directions
- Having Fun!

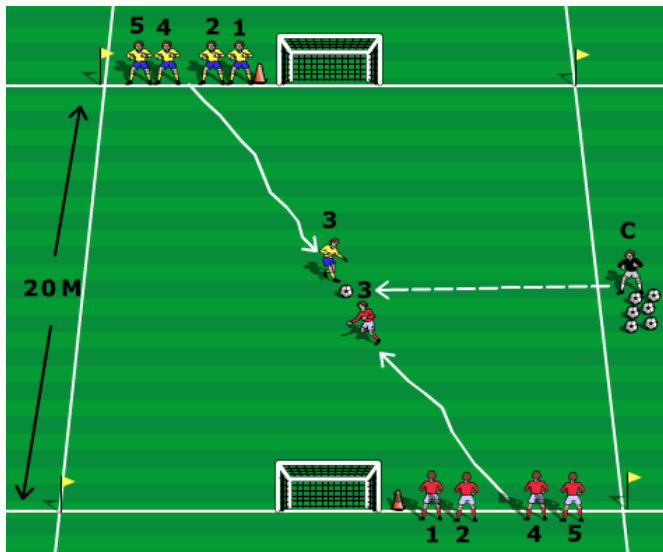
Focus – Small Sided Game
Name of Game: Numbers Games – 2 Goals

Organization

Set up a small grid, depending on number of players. *Separate players into 2 teams as shown below.* Number players 1,2,3,4,5 etc. Call out a number. That numbered player on each team must race around the cones into the field where a ball is placed. Players must attempt to score on their opponent's goal while defending their own. Encourage celebrations after a goal!

Alternatives

Easier (U4): Put two balls so each can score goals
Harder (U6) – Increase number of players to 2 or 3 to encourage teamwork (grid size may need to increase to accommodate this.)



Emphasis

- Dribbling
- Shooting
- Teamwork
- Having Fun!