



SESSION PLAN

Club West – Mont USA Session 1 Date _____

Session Title U5 - Ball Familiarity

Objectives _____

PHASE and ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p>TRAFFIC LIGHTS – Car or SUV/Jeep or NASCAR (Drag Back move must be introduced- reverse car) Red light=stop. Yellow light= go slow. Green light= move with the ball. Avoid others= use horn when near others. Reverse= perform drag back. Get gas= dribble to cone roll feet back and forth over ball. Super green = players dribble as fast as they can. Round the Block=dribble in a complete circle around cone. Go to Garage – left foot on ball then right foot then left- 10 times.</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>ALL PLAYERS HAVE A BALL.</p> </div>	15	Points
<p>PETER PAN Players are Peter Pan, Wendy, Captain Hook and the Crocodile. The balls are the treasure. Divide group into 4, Players runs to treasure (the balls in middle of field), steal a ball and the brings it back to their corner. Team with most balls at the end of 'time', wins the game.</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>XXX XXX</p> <p>XXX XXX</p> </div>	15	Points Use drag back to steal ball.
<p>MAILMAN MICKEY Players dribble their ball (mail van), delivering the mail, pinnies, to different houses, must do 3 tic tocks to ring doorbell. Count how many houses you can deliver to. Can use pinnies as mail to deliver or to collect See how many pieces of mail a child can collect or deliver in one minute. Each house is a different Disney Character's house.</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>X X X</p> <p> X X</p> <p>X X</p> <p>X X</p> </div>	15	Points Lots of little touches. Head up. No hands. No bumping. Fast feet for tic tocks
<p>FINDING NEMO All players have a ball and must find Nemo (Pinnie). Nemo has been hidden underneath one of the many cones spread out all over the field. Players must shout out “Nemo” where are you? Introduce a defender, coach, as “Bruce the Shark”</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>X X X</p> <p> X X</p> <p>X X</p> <p>X X</p> </div>		Points: AS above.