


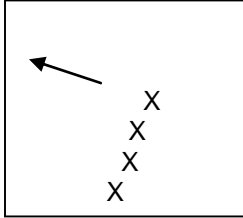
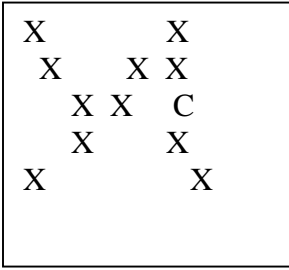
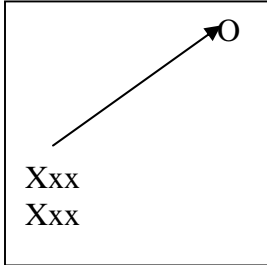


SESSION PLAN

Club West – Mont USA Session 2 Date _____

Session Title U5 Dribbling Close Control

Objectives _____

PHASE and ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p>TRAFFIC LIGHTS – Truck or Monster Truck</p> <p>See Ball Skills for how game works</p> <p>Skill: Stop and go move must be introduced.</p> <p>Note: Extra Large horn for Trucks</p>		15	<p>Points; Head up. Don't use toes. Keep ball close.</p>
<p>POLAR EXPRESS or THOMAS THE TANK ENGINE</p> <p>As a group, the coach is the engine of a train, the children are the carriages. (Could also be a snake). Keep up with coach as he/she twists and turns.</p> <p>Train goes to the Zoo, Beach, Disneyland etc...</p>		15	<p>Points; Children-X's</p>
<p>BUZZ LIGHT YEAR:</p> <p>All the players fly around using their ball. They must listen for coaches command as to which planet they are visiting. If they hear black hole must dribble ball through coaches/parents legs.</p> <p>Use 4 corners as different planets: Moon, Mars, Pluto etc... Also blast off at each planet</p>		15	<p>Points; Close control Head up No bumping</p>
<p>SHREK</p> <p>Coach (Shrek) is asleep, in the corner in his swamp; villagers have to steal his clothes (pinnies) from him. If he stirs the villagers must control and stop their ball and stand still. If they reach Shrek's clothes they can steal it and dribble back with it to the safety of the village.</p>		15	<p>Points; X's are villagers. O is Shrek.</p>