



Club West – Mont USA Session 3 Date _____

Session Title U5 DRIBBLING.

Objectives _____

SESSION PLAN

PHASE and ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p>TOM AND JERRY Each player has a ball. Half group have a pinny Tucked into shorts (Jerry). The rest are Toms, steal tail to become Jerry. Ongoing.</p> <p>Variations: One or two children are Tom who steal the pinnies from Jerry. The Jerry then become assistant Toms. Pinnies are returned to the coach. All players will have a ball.</p>		<p>15</p>	<p>Points; Dribble with head up. Dribble into space, and away from Tom.</p>
<p>SCOOBY DOO</p> <p>All players are Scooby Doo and start at one end of field and must dribble their ball, Scooby snack, down the other end of the field to see Scrappy Doo. Have to get passed the ghost in the middle of field, coach. The friendly ghost only wants to each their Scooby snacks, ball. If they get caught by ghost they become a ghost too.</p>			<p>Points; Stay away from Coach Dribble fast when space in front of you Head up</p>
<p>SpongeBob SquarePants Spongebob players must run around picking up cones, crab cakes, as they go. Patrick, the Star fish, coach, must try to tag players and that makes them drop all their crab cakes. Can reverse roles.</p>			<p>Points; Children-X's</p>
<p>SCRIMMAGE</p> <p>Players are equally divided into 2 teams –using pinnies. Score past the correct GK (Only go one way) Again all players have a ball</p> <p>CELEBRATION</p> <p>Aeroplane</p>			