



Club West-Mont USA Session 6 Date _____

Session Title U5 PASSING 1

Objectives _____

SESSION PLAN

PHASE and ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p>TRAFFIC LIGHTS –On Motorbikes/Harley Davison</p> <p>See Ball Skills session for how game works. Pass through Tunnel (Coach legs-also have a countdown before tunnel closes, coach opens and closes legs randomly to catch players) Skill practice is the technique of passing the ball correctly.</p>		15	<p>Points Don't use your toe Lots of touches on ball</p>
<p>Golden Key</p> <p>Players dribble their ball around the area. They pass through the gate and move around the other side to collect a golden key (pinnie) which they bring to the coach. They then go to another gate. Coach is constantly replacing pinnies at the gate.</p> <p>Progression: Introduce 2-3 parents to move around blocking the gates.</p>		15	<p>Points Use inside of foot to pass Player is not allowed through gate.</p>
<p>RUNAWAY ROBOT</p> <p>Each player has a ball; the coach does not, but moves around the field. Players have to try and hit the coach with their balls.</p> <p>Coach loses power in arms and legs when they are hit by a ball. Hit 4 times stop the robot.</p> <ol style="list-style-type: none"> 1. Coach is Robot 2. All players are Robots 		15	<p>Points Use inside of foot to pass ball.</p>
<p>SOCCER MARBLES</p> <p>Every player with a ball. Have to hit your ball against another players, every time you do this you get a point. Divide into 2 teams. If hit the player must sit on the ball. One player (or parent) for each team circulates to free players by touching them on the head.</p> <p>3-4 year olds may struggle with this game</p>			<p>Points Don't hit ball with toes. Use inside of foot.</p>