



FUNdamentals

Station A

Physical Literacy - Connect Four



Organization

16 cones that are 5 x 5 m. Two teams of four.

Procedure

Players must run out and look to 'connect 4' by standing on a cone. They can connect, diagonally, horizontally or vertically. First team to connect 4 players win a point. Once a point is scored the activity restarts

Emphasis

Creating a safe environment
Positive reinforcement
Allow players to make decisions
Demonstration of activity

Progression

Be creative and have the players move with and without the ball in a variety of different ways. Can the players be creative and come up with moves on their own? Backwards running, hopping, bear-crawls...



Timing	Area
8 – 12 minutes	16 cones-5 x 5 m

Objective

Develop players ability to problem solve & move in a variety of different ways with confidence & competence

Outcome

All players- will be able to perform in a variety of movements
Most players- will be able to perform a variety of movements & make decisions
Some players- will be able to perform a variety of movements, make decisions & communicate

Technical / Tactical	Psychological
Ball mastery Running with the ball Dribbling	Safety Decision Making FUN
Socio - Emotional	Physical
Problem Solving Communicating Celebrating Teamwork	Agility Balance Co-ordination Change of Speed & Direction

Top Tip

Check out the FUNdamentals Grassroots Curriculum at: <http://www.ontariosoccer.net/grassroots-resources>