

U4 & U6 Soccer - Coaching Quick Reference

Before the Session: Check the field for glass, etc. and check the balls and nets for damage (pg 1)

Warm-up: Play *Follow the Leader*, then do literacy movements and/or toe-taps and push-pulls (pg 5)

Activities: Select 4-6 of the listed activities to be done for 5-8 minutes each, with water breaks in between.

	Weeks 1 & 2	Weeks 3 & 4	Weeks 5 & 6	Weeks 7 & 8
Movement & the Ball	Fruit Salad (pg 8) Nuts & Squirrels (pg 9)	Pirates (pg 8) Lightning McQueen (pg 9)	Nuts & Squirrels (pg 9)	Lightning McQueen (pg 9)
Space & Escaping		Pirates' Treasure (pg 10)	Animal Crossing (pg 10)	Aliens (pg 11)
Kicking the Ball	Gates (pg 11) Mosquito (pg 12)	Mosquito (pg 12)	Mosquito (pg 12)	Coconuts (pg 12)
Travelling with the Ball	Red Light, Green Light (pg 13)	Trick or Treat (pg 13) Swamp (pg 14)	Red Light, Green Light (pg 13) Mario Kart (pg 14)	Trick or Treat (pg 13) Mario Kart (pg 14) Swamp (pg 14)
Game Play	Numbers Game (pg 16)	3v3 No Goalkeeper (pg 15)	Bumpers (pg 16)	3v3 No Goalkeeper (pg 15)

U4 can omit the *Game Play* activities and the more complicated *Travelling with the Ball* activities until the group is ready to try them. These lists of activities are suggestions for you to try with your team each week to give variety and take the guesswork out of coaching. Feel free to use other activities or do the same activities each week based on what your players enjoy. For any remaining weeks, repeat your favourite activities.

Most of all, enjoy being on the soccer field with your child and their teammates!