

Four and Five Year Olds

SoccersKool Ball Fun!!!

All activities, whenever possible, are to be done with one player & one ball. Coaches are to provide constant encouragement and praise, never criticize the player. Have Fun and be happy! Size 3 Ball only!

Parent and player activities

- Parent kicks ball away- 5- 10 yards, player dribbles back, and continue.
- Parent kicks ball away, player dribbles back and passes ball between parents open legs.
- Parent kicks ball away, player runs after ball turns and "shoots" ball between parents open legs to score a goal...Celebrate!!!
- Parent softly throws ball to player (5 yards away) who "controls" ball with the foot and dribbles ball between parent's legs.
- Parent kicks ball away 10—15 yards, player runs after the ball when player touches the ball parent chases the player who tries to escape from parent by dribbling and changing direction. Parent tags player, to stop.
- Parent kicks ball away, player dribbles ball back and around behind parent passes ball between legs and crawls through between legs to score.....celebrate!
- Parent rolls ball between "goalies" legs, the goalie dives on the rolling ball to save..... Celebrate save!
- Parents stand randomly around area with legs open. Each player has one minute to dribble the ball thru as many parents legs as possible, keep count, to have a winner.
- Who is the quickest? Parents and players pair up facing each other, with ball between them on the ground. Participant's touch body part with hands that coach calls, E.G. Knees touch both knees. When coach calls "soccer" tries to grab the ball first. First to 5 wins.

Player on his/her own activities

- Player dribbles ball (spaceship) around "planets" (discs). Ball can not touch the planets or spaceship will *crash*! Player then orbits each planet with the ball. Player then lands spaceship on the planets by rolling ball onto the planet.
- Dribble ball, when coach shouts body part (Game Reality) E.G. "knee" touch that part to the ball.
- Players find space by dribbling soccer ball to discs randomly scattered around the area. Dribble to another "space". Dribble to another etc
- Discs are randomly scattered around an area. Players are to dribble ball to disc, pick disc up and dribble ball back to parent who will collect the discs. When all the discs are collected player with most discs wins.

Stretching

- Hold ball in hands reach up to the sky, and then down to the ground
- Roll ball as far forward on ground as possible and as far between your legs as possible