

Coach	Lucan Soccer Club	Session date	Week 4	Team/Age Group	U5
Theme	Changing direction Ball control Protecting the ball			Time available	45 minutes



**NOTES**

**Shrek & Donkey**

- Players have a pinnie each which they put in their shorts so that it acts as a Donkeys tail.
- Coach can be the first 'Shrek' or pick a player who shows the scariest ugly ogre face!
- Shrek chases donkey and steals the tails.
- Once a donkey loses their tail they help Shrek in catching the other donkeys



**Peppa and George Clean their rooms**

- Mummy and Daddy pig want to see who can clean their room the best; Peppa or George.
- The players are in either Peppas or Georges room and should dribble their soccer balls into the other room (other half) and take one piece of 'trash'.
- All players may go once
- See which room has the most trash by the end of the clean up



**Soccer Safari**

- All players have a ball and they are going on safari.
- Coach calls out different animals, e.g. Zebra - dribble, Lion- stop & stand still crouching over ball, Elephant - go slow, Cheetah - dribble at speed, Kangaroo - ball between feet & jump.
- Each corner is another animal that the players should dribble to and make animal noises and act out- Monkey, Tiger, snake, Flamingo.
- When the 'Hunter' (coach) comes kids must protect ball.



**Sleeping Dragon**

- Coach is the sleeping dragon with all his/her dragon eggs (balls) around him/her.
- Players start at other end of grid and should sneak up to get an egg and dribble it back without the dragon waking, maybe 2 at a time.
- Dragon should yawn/stretch/wake up occasionally in which case players should freeze.
- If dragon wakes, should chase players away.
- Players should always use feet, not pick up the ball, can they dribble back to the line.

Print Session