

Week 4 Instructions (U4-U6)



PREPARATION

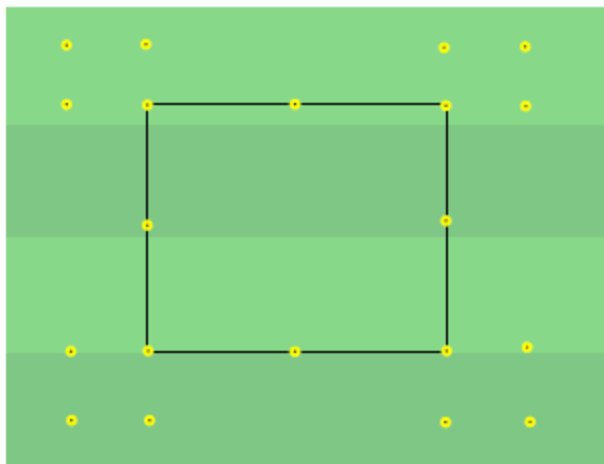
10 x 10 area

PLAYERS

1 players

INSTRUCTIONS

Setup: Use 16 to 20 cones to create a 10yd x 10yd box with a smaller 3yd x 3yd box on the outside of each corner. This will be used for both drills tonight. No other setup required.



Busy Bees



PREPARATION

Cones required
10 x 10 area

PLAYERS

1 players
(1 ball per player)

 **5 min**

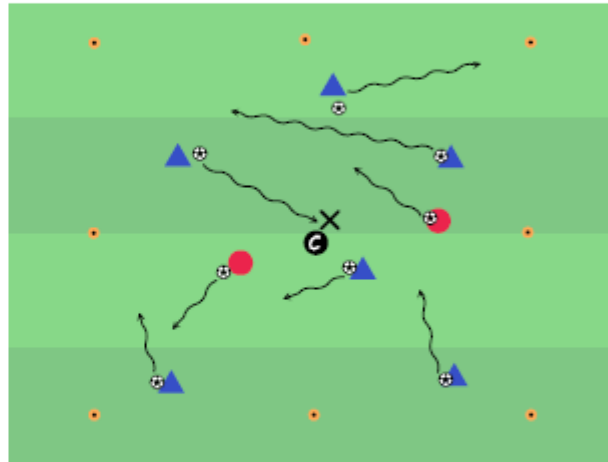
5 reps
1 min +

INSTRUCTIONS

Each player has their own ball and should be spread out. Players will buzz like bees while dribbling in any direction within the area. Player should be encouraged to look up so they don't run into their teammates.

The coach should move around within the area to "sting" the players by tapping their ball away if they get too close to the coach. Player must retrieve their ball and return to the drill area to resume the game.

5 reps of 1 minute each with a 30 second rest after each rep (total 7 minutes)



COACHING POINTS

- Key Words: Keep the ball close, find openings
- Guided Questions: How do you keep the ball close?
- Answers: Use soft touches to keep the ball close.
- Coaching Tips: "Look up", "Little touches"

Tag, You're It!



PREPARATION

Cones
3 x 3 area

PLAYERS

1 players
(1 ball per player)

 **5 min** 5 reps
1 min +

INSTRUCTIONS

Use 3x3 yard boxes for each pair of players (if there is an odd number of players, you can put three to a box). Each player will have their own ball. For each box, one player will be "it" while the other one or two players will try to avoid getting tagged. Everyone must dribble around the outside of the 3x3 box, including the tagger, changing directions to try to avoid the tagger.

Once a player is tagged, they are now "it" and should start chasing the other player(s). The goal is to encourage the kids to have their eyes up to know which direction the tagger is going around the box, and change their own direction to avoid getting tagged. Taggers should be encouraged to switch directions to try to catch their target. If a player is unable to tag anyone, make sure to switch the tagger at the start of the next rep.

5 reps of 1 minute each with a 30 second rest after each rep (total 7 minutes)



COACHING POINTS

- Key Words: Laces, Outside (of the foot), Inside (of the foot), Eyes up
- How do we change direction? What part of the foot will help you go stop or turn?
- Don't forget to look up so you avoid the tagger
- Coaching Tips: "Can you change directions?", "Make sure you dribble the ball", "Which part of your foot will you use to change direction?"