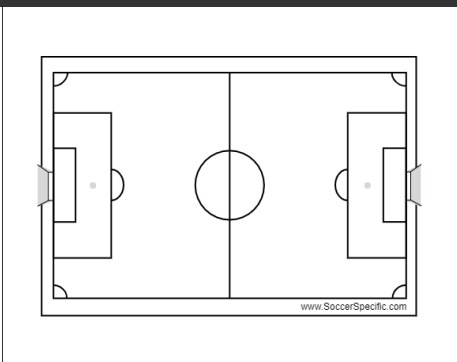




U4 Session 3

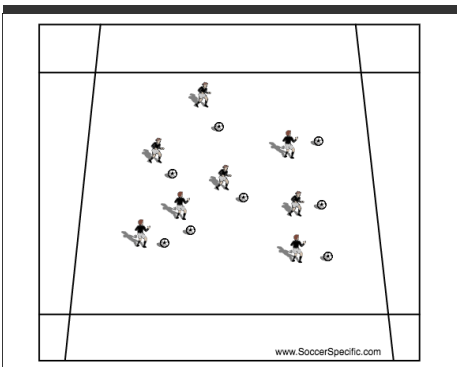
Date: -



1

⌚ 15

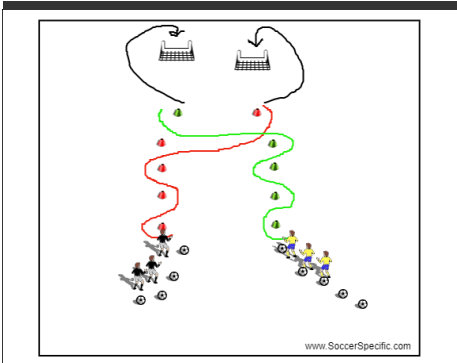
Setup: 5v 5 game (pass or dribble to restart U6-U10)
 u4 coach restarts by tossing ball back in
Instructions:
Coaching Points:



2

⌚ 10

Setup: -15X15 box
 -Ball each
Instructions: -Players dribble around inside the box
 -Fist command: when coach says "stop" you dribble, when coach says "go" you stop.
 (U4/U6 keep commands the same as the actions)
 -Second command: When coach says "pineapple", players boxes the ball
 -Third command: When coach says "coconut", player does fire dance
 Fourth command: When coach says "Papaya", player does toe rolls
 -Fifth command, when coach says "in", players dribble outside the box, when coach says "out" players get inside the box
Coaching Points: -fast feet

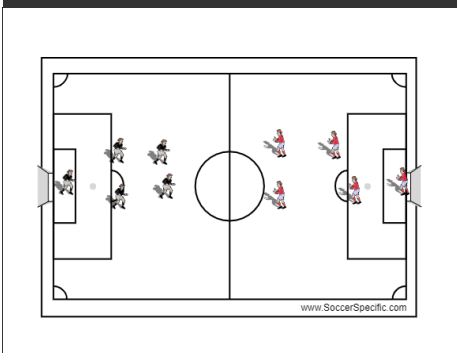


3

⌚ 10

Setup: Ball each
 2 lines of cones
 Spaced far apart for U4/6
 One ball with yellow

U4/6 green cones only 7yds apart
 U8 green cones 15yds apart
Instructions: First black and Yellow dribble through the line of cones
 Cross to opposite side and shoot



4

⌚ 15

Setup: -2 GK
 -Set out clear boundaries
 -5X5
Instructions: -No real structure as far as shape
 -Just let them play
 -if it goes out kick it back in
Coaching Points: