



Tactics Manager



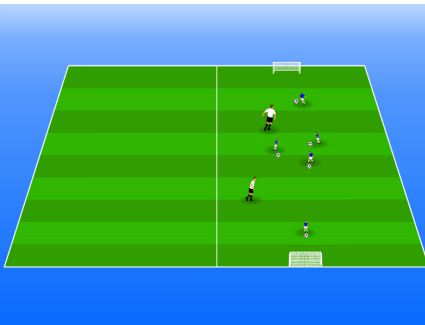
Coach: Glenn
Club: Calgary Rockies FC
Role: Technical Director
Qualf: None (Canada)

Date: 15/05/22
Time: N/A
Duration: N/A
Age/Level:

Session: FUN FUN some soccer
Objective:

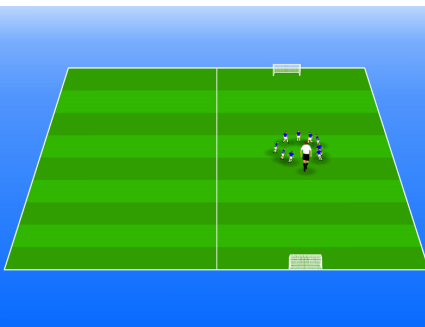
U4 Week 3

Scoring on Goal



Description: As players arrive get them to grab a ball and start by scoring on the goals. If they score can they score on the other goal. Do this for 4-5 min time starts at 5:15. Collect them in

Starting Circle



Description: Collect the players in your group in. Sit them down. Welcome them. Introduce yourself. Quick general explanation of what you are going to do i.e. we are going to do three drills and then play a game. Start the first drill

Builders and Destroyers



Description: 8-9 min Place a 10-20 cones in a 10x10 area. Some face up some face down. The colors don't matter. Split the group in half. and have them on two sides. Group1 is the builders on go they are going to turn all the upside down cones the right way up. Group 2 is the destroyers and they are trying to turn all the cones upside down. Go for 30-45 seconds. Stop see who is the winner, 1 jumping jack 4 the losers. Switch roles. Repeat 4-5 times. Last round everyone is a builder, see how fast they can turn all the cones right side up. Leave the cones out. WATER BREAK

Cone Dribbling



Description: 7-8 min Using the cones from builders and destroyers. Have the players line up on either side. On you command they try to dribble to the other side without hitting the exploding pinnapples/tomates (cones). after a few roundsee if they can go a bit faster. Then if they can go supper fast. At the end see who can pick up the most cones and bring them to you. WATER BREAK



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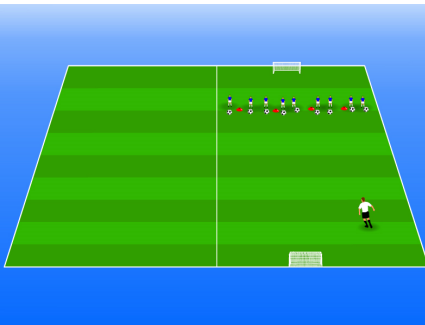
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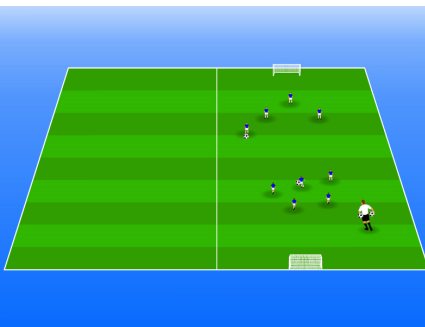
U4 Week 3

Kick the Ball



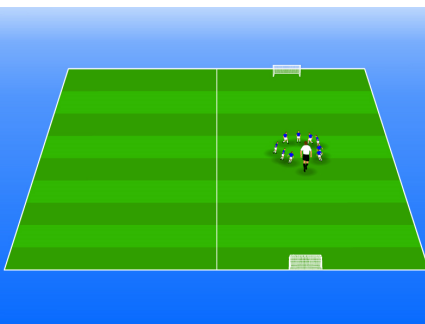
Description: 7-8 min Line the players up with there ball and on your command see how far they can kick it. Once they kick can they get and bring it back to the line without using their hands. After a few rounds get them to leave the ball on the line and take 1 big step back. Now they are going to run and do the same thing. Increase the steps back.(no more than 5 steps back). WATER BREAK

U4 Game



Description: 7-8 min Split the players no pinnies needed. Tell group 1 which goal they are scoring on. Same with Group 2. Get them playing 2 balls in play.

Finishing Circle



Description: Collect the players in your group in. Sit them down Ask them if they had fun. Tell them you couldnt hear them ask again did you have fun. Repeat if desired. Thank them for participating. Send them Home Prepare for the next session.