

Week 2 U4

1. Get every player a ball and let them score on the goals (4-5 min).
2. Collect the players in sit them down. Welcome them tell them. Introduce yourself and any other coaches on the same field. Tell them how excited you are to coach them today.
3. **Train:** Driving Around (4-5 min)

Tell kids we are going driving (no ball). Call out different instructions as they run around be as creative as you want but here are some suggestions:

- Driving: Jog around change directions
- Speed limit: Walking
- Narrow Road: Galloping
- Road Construction: Leap over potholes (spots on field, like lines or cones)
- Highway driving: Running
- Out of gas: take a break at your spot, and fill up
- Raining: Windshield wipers (do 5 Jumping Jacks)
- Stuck in the mud: Run in place
- Bumpy Road: Skipping
- Crosswalk: Slow Motion Walking
- Flat Tire: Hopping (one foot)
- Ambulance Coming: run to closest sideline

4. Break (1-2 min)
5. **Train:** Flamingo Tag (4-5min)

If tagged, you must balance on 1 leg. You are freed when someone high 5's you.
(this promotes practicing balance which you need to strike a ball)

6. Break (1-2 min)
7. **Train:** Kicking the ball. Get the players to line up on a line and on the coach's shout (Go) then get them kick the ball as far as they can. Get the ball bring it back to the line with their feet. No Hands repeat but get them to back up a bit and have a longer run up. *Note don't get them back to far as they loose track of which is their ball causing confusion.
8. Break (1-2 min)
9. **Game:** Game Time

Items of Note

U4's its ok to have multiple balls going in the game. Pinnies may not be necessary

All - When the ball goes out throw in Roll in another ball. Even better try to keep the ball in play through coaches and parents.