Four Year Program

Week #1

**Warm Up**

1. Coach leads the players and parents in a trip around the grid.

The players and parents copy the different movements.

Movements will include – walk, run, skip, move sideways, move backwards

Imitate different animals

1. Coach Dribbles the ball in a pattern in the grid.

Players follow the coach dribbling their own ball

Parents run beside the player



1. Parents and payers work together

Parent rolls the ball to the player

Player controls the ball and kicks it back

1. **Shooting Races**

Players line up in pairs

Coach and another adult serves the ball forward

The player dribble forward and score in the plug net

1. **Game Time**

Players play 4vs4 or 5vs5

Half the team is on and half is off

Coaches join both teams on the field