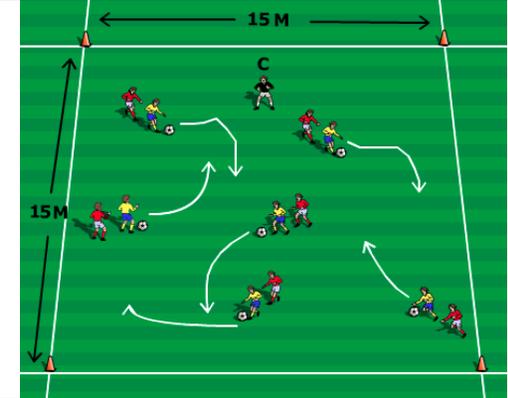
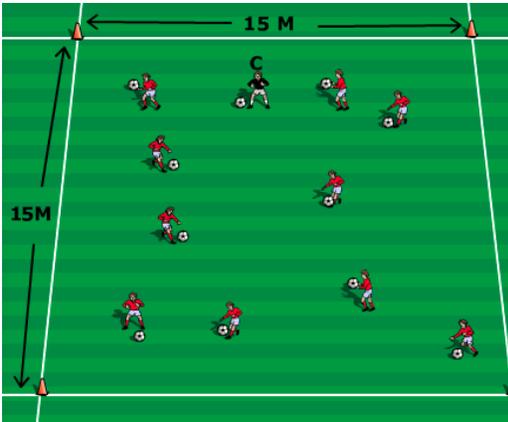
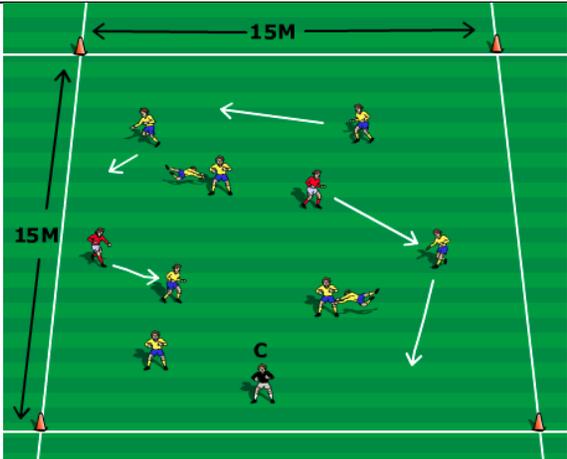




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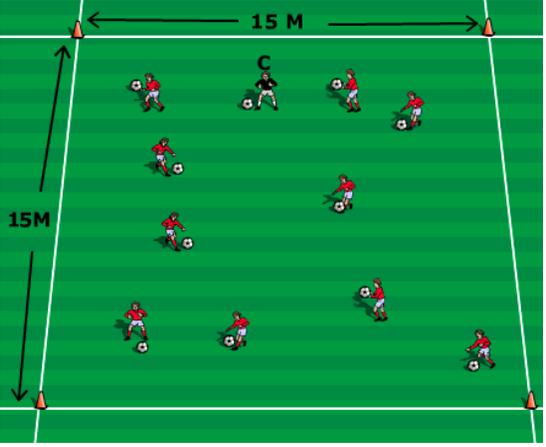
PRACTICES - FOUR AND FIVE YEAR OLDS

Activity	Diagram	Instruction	Emphasis
Follow the Leader		<p>Organization Each child partners with his/her parent and finds space inside the playing area not too close to other pairs. As well as being purposeful each exercise described should be treated as fun/inventive and is performed alternately by the child and parent together. Jogging forward – child follows parent – parent weaves around the area. As coach shouts change they quickly switch roles:</p> <p>Variations As above but skipping, hopping (one foot), bunny hopping (two foot) giant steps, walking backwards Coach calls out commands, touch ground with hand, sit down, stand up, dive and roll on ground etc</p>	<p>Listening Following Instruction Physical Literacy Having Fun!</p>
Making Friends with the ball		<p>Organization Players partner with their parents and find space in the area. Game starts with parents rolling the ball back and forth with the children. Parent and children take turns tossing and catching the ball back and forth to one another. Parents then hold the ball out (quite low to start) and drop it letting the child control it with the bottom of the foot. Have the child shout “Ole!” when successful in controlling the ball. Parents can play a pass 5-6 yards away and have child run and get the ball and bring it back. Parent stand with legs shoulder width apart and child kicks the ball between their legs – child then dives on the ball on the other side. Repeat with child retrieving the ball with feet. Switch role to have child play a pass and parent retrieving the ball. Have parents set up a small net with cones and have them act as a passive goalkeeper with child taking shots on them to score.</p> <p>Variations Harder – Instead of parents perform in partners. Increase distances and add Competition between partners</p>	<p>Becoming familiar with the ball. Basic kicking passing motions. Fun with mom or dad.</p>

Freeze Tag		<p>Organization Set up a 20m x 20m grid. Players travel around the grid with a ball. Coach/parent tries to tag the players. When a player is tagged he/she must stand still with legs shoulder width apart and pick up ball. Players are unfrozen when a teammate can dribble a ball through their legs.</p> <p>Variations Easier (U4): Start with no balls, players hold hands out to side - player freed by going under an arm – progress to under legs Harder (U6): Have players replace coach(es) as taggers. Harder (U6): Players must perform 2 juggles to unfreeze.</p>	<p>Running Dribbling Change of directions Teamwork Having Fun!</p>
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Active Start	u4	Players at this age have a very short attention span, they are very easily distracted. They all want to play with their ball, the toy. There is no sense of sharing toys, especially with strangers,
	u5	There is no ability yet for team play. As sharing is still an alien concept, passing the ball is not yet comfortable for them. They are only able to understand very simple rules.

<p>Technical Introduce basic individual techniques</p>	<p>Physical Develop agility, balance, coordination with/without the ball</p>	<p>Tactical No tactical objectives at this stage</p>	<p>Social Feel comfortable and confident with the ball and with others.</p>	<p>Psychological Create a safe, positive environment, with lots of praise</p>
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<p>Red Light Green Light</p>		<p>Organization</p> <p>Players move around the grid dribbling the ball – when coach shouts red light players stop. Green light players go. Go speeding – players go faster. Crash - players dive on their ball., Coach can be creative. Yellow slow down.</p> <p>Broken Lights! Red means go, Green means stop.</p> <p>Alternatives Easier – Players play without a ball Harder – hold up colored pinnie.. Green pinnie – Go. Red Pinnie Stop</p>	<p>Keeping control of the ball, Stopping with control Change of pace</p>
<p>Nuts and Squirrels</p>		<p>Organization</p> <p>Teams are divided into 4 groups - each group is given a different colored pinnies. All the balls positioned in middle square. On coaches command 1 player from each group collects a ball (nut) from the middle. Player dribbles ball back to their triangle (tree) – next player can go when the ball is stopped in the triangle. When the coach stops the game, the team with the most balls (nuts) in their triangle wins the game.</p> <p>Alternatives Easier – Instead of dribbling players use hands. Harder – One player from each group is allowed to steal a ball from the other team's triangle.</p>	<p>Running Turning – different types Gets first touch out of feet to travel quicker Keep ball in close control when approaching your tree. Stopping the ball Teamwork Having Fun!</p>
<p>Pirate Pete</p>		<p>Divide the players into two teams. Put the teams in two different pinnie colors. One team has to run through the channel to get to the treasure (balls). The other team kicks the ball to their team mate trying to hit the other team with the ball below the knee as they run through. If players get struck by the ball they have to go back and try again. When players get to treasure (Ball) they bring back a peace back to their ship. Players change roles after a set time. Count the pieces (Balls) each team collects.</p> <p>Variations Easier (U4): Players can role the ball rather than kick it. Players can carry treasure back in their hands. Parents can help. Harder (U6): Players can shoot the ball. Players can dribble both ways with the ball.</p>	<p>Running Dribbling Spatial Awareness Kicking (passing/shooting) Hitting a moving target Having Fun!</p>