



U4 Spring Season- Training Session Week 2 - Locomotion Skills

Category: Physical: Agility
Difficulty: Beginner

Jane Matejck, Greensboro, United States of America
Individual-Young Member

Description

Player will perform locomotor skills (skipping, galloping, etc.) with proficiency and apply locomotor skills in a variety of settings.
*Please read over training session before you begin, and make sure the field is ready for the players before they arrive.

Four Colors & Corners (10 mins)

Four Colors & Corners - 20x30 yard grid - Let the players know that the area between the cones is the island they must stay on.
Before the session, lay four different color hula hoops in each corner of the grid. Place a variety of matching items within the middle.

Organize the players outside of the grid, tell the players to enter into the grid, and hop, skip, jump, gallop, etc. and select an item from the middle. Once they have picked up an item, they must put it into the same colored hula hoop, run back and give the coach a "high five." Do a few rounds with different locomotor skills, and then add that the players can only move if they are dribbling a soccer ball.



Body Part Dribble (10 mins)

Body Part Dribble: 20x30 yrd grid-Let the players know that the area between the cones is the island they must stay on.

-Have players dribble around the area. On the coaches command the players must stop dribbling the ball and place a body part called out by the coach on the ball.

Tell them that they should try not to collide into any other players or their ball. Each time you stop give them a new dribbling task like stop the ball with the bottom of their foot, making sure to demonstrate. Then have them roll the ball backwards with the bottom of their foot..show them. Then they have to dribble the ball fast or slow, making sure to demonstrate. They try to use the sides of your feet to dribble.

-Keep going and after each dribbling task you'll call out a body part. You can even call out two body parts to make it fun to do at the same time, nose and toe.



Start/Freeze (10 mins)

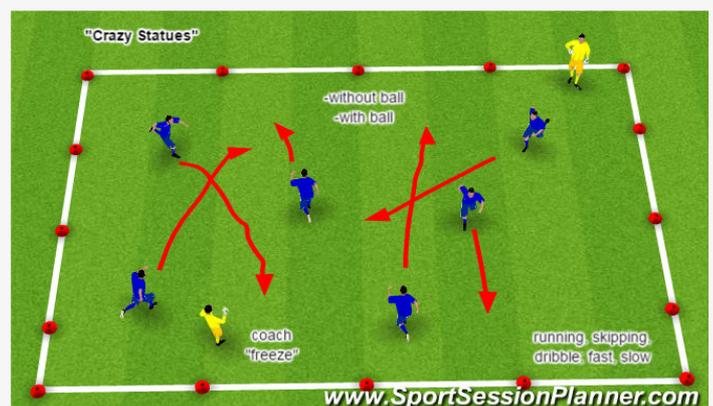
Crazy Statue Freeze/Start Command Game: 20x30 yrd grid-

Let the players know that the area between the cones is the island they must stay on.

Have the players move around the area with a certain movement instructed by the coach.

Start with walking and when you their attention say "Freeze!" The players have to freeze as a "Crazy Statue."

Proceed with the following: running, skipping, galloping, bouncing ball, dribbling fast, dribbling slow



Open Goals (10 mins)

Open Goals: 20x30 yard coned area

Bring all the players into the center of the grid. Tell the players, they will be dribbling to a goal and kicking the ball into the net. Once they score a goal, they must grab their ball and bring it back to the center and give one of the coaches a High Five. Once they High Five the coach they can then go and score on a different goal. How many goals can you score?

-Play for two rounds of a couple of minutes with a rest in between.

