



U4 Spring Season - Training Session Week 3 - Body Awareness

Category: Technical: Ball Control
Difficulty: Beginner

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Individual-Young Member

Description

Objective: Player's awareness of their body parts or dimensions.

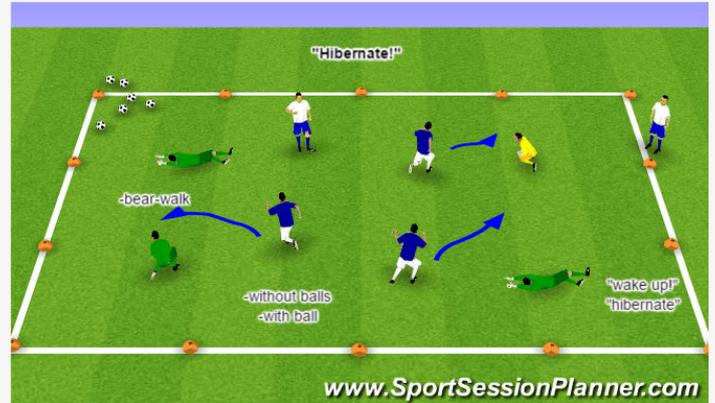
*Please read over training session before you begin, and make sure the field is ready for the players before they arrive.

Hibernate! (10 mins)

Hibernate: Within the 20x30 yard grid - Let the players know that the area between the cones is the island they must stay on. Discuss how bears "hibernate" in the winter and "wake up" in the spring prior to the activity.

Introduce, demonstrate/teach a bear-walk (you can demonstrate either on hands and feet or a walking bear).

Instruct the players to "hibernate" by laying down and making a snoring noise each time the coach says, "hibernate." Once all the players are hibernating, tell the players to "wake up" and start bear-walking again. Have the players go a few rounds without a soccer ball and add a soccer ball for the players to "bear-walk" with.



Body Part Dribble (10 mins)

Body Part Dribble: 20x30 yard 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. "For example, stop the ball with your knee."

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.



Hungry Hippos (10 mins)

Hungry Hippos - Within the 20x30 yard grid - Let the players know that the area between the cones is the island they must stay on.

Create corners for your players to start in. This is their hippo home. Place all the extra equipment (polypots, cones, noodles, etc.) spread out in the middle of the grid (make sure the equipment is not too close to one in another, so the players do not collide).

On your command, say go hungry, hungry hippos. The players run into the middle and collect one piece of equipment at a time and bring it back to their hippo home. Keep playing until all the equipment has been eaten and all the players have won! Progress with starting without the ball, and then adding having the player keep control of their soccer ball as they run and pick up equipment.

Have the players hibernate and put the balls back into the middle, and play again!



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 a goal. Once they score a goal, they must grab their ball and dribble 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 a couple of rounds with rest in between.

