



## U4 Spring Season - Training Session Week 4 - Spatial Awareness

Category: Physical: Agility  
Difficulty: Beginner

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Individual-Young Member

### Description

Objective: Ability of to be aware of oneself in space.

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

### Copy Cat (10 mins)

**Copy Cat** - Within the 20x30 yard grid, let the players know that the area between the cones is their island, and they must stay on the island.

Have all the players spread out in their own personal space (you can have them stand on spots). The coach starts out as the "cat" that all the players want to copy. Start with basic movements - marching, stomping, clapping, swinging your arms - be creative. Start off slowly with your movements, starting off slow and adding faster movements. Once all the players get a hang of copying the coach, start moving off and around your polyspot - jump off, walking around, etc. Emphasize everyone being in their own space and not being able to touch anyone else. Next, start moving all over the area using different movements.

Once the players get a hang of copying the cat. Ask for volunteers to be the "cat". Take turns so that everyone that wants to gets a chance to be the "cat". Add copy cat moves by using the soccer ball.



### Pirate Ship (10 mins)

**Pirate Ship** - 20 x 30 yard area, create a small safe zone (5x5)

Teach the players the following commands:

**1. Walk the Plank** - move the ball forwards using the inside of the feet, turning each foot outward like you are walking a plank.

**2. Scrub the Deck** - Show the players to move the ball stationary without moving (putting the foot on the ball and moving it around). Go back and forth between the two commands. Have the players dribble around and you can add the next two commands.

**3. Hoist the Sail** - Have players reach down with both hands, grab the ball on both sides, and lift the ball as high as they can. Players return the ball back to the ground, and start dribbling.

**4. Shark Attack** - When the coach yells shark attack, this is the cue for the players to quickly dribble their ball into the safe zone without being tagged by the coach.



### Rainbow Fish to the Rescue (10 mins)

**Rainbow Fish to the Rescue** - Organize in a 20 x 30 yard grid

Teach the players to be able to return to their base upon signal without colliding with the other players and that they must work together with others; how to save a member of the same family in a safe and respectful way.

**Equipment:** Polyspots in 4 colors - blue, green, red and yellow that create a home for the fish in each corner of the area. These are the homes of the different colored fish. A hoop is the "bucket" of the Fisherperson, the coach, and is placed in the middle of the ocean.

1. The players are little rainbow fish each in their own corner "their home" and they are divided into families (red fish, blue fish, green fish and yellow fish). The players can swim in the area between the "homes." And the players move about in the given area.

2. When the coach calls out "STORM," and the players are to swim back to their home.

3. When the Storm is over, and the fish can swim again. This time however, when the coach calls out "STORM" he/she will also attempt to catch/tag a "fish" when the storm comes. If the coach catches a fish, they take fish to the "bucket in the middle." The player can only be saved by their own fish family.

4. Add ball once players grasp the game.



## Small Sided Game (10 mins)

**Small Sided Games (3v3)** - 20 x 30 yard area with a goal at each end of the field.

**MAIN FOCUS - DIRECTION!**

Introduce direction to each individual team. Each individual team will focus on the trying to get the soccer ball into given goal. If ball rolls out then the coach will throw a new ball in by saying "ball in."

\*To help with direction, place the same colored bib on top of the goal that the team is trying to score on.

