



## U4 Spring Season - Training Session Week 6 - Pathways & Directions

Category: Physical: Agility  
Difficulty: Beginner

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Individual-Young Member

### Description

Objective: To help young children develop problem solving techniques through movement.

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

### Freeze and Thaw (10 mins)

#### **Freeze and Thaw**- 20 x 30 yard area

Tell the players to walk or slowly jog a short distance behind the coach. When the coach turns around, the players must "freeze" on the spot. For extra challenge, players must "freeze" standing on one foot. Tell them if you change speeds then they have to change speeds. Play several rounds.

For each round, the coach can change the type of locomotion to skipping, galloping, etc.

Add soccer ball as the players gain better understanding of the activity.



### Through the Forest (10 mins)

#### **Through the Forest**- 20 x 30 yard coned area.

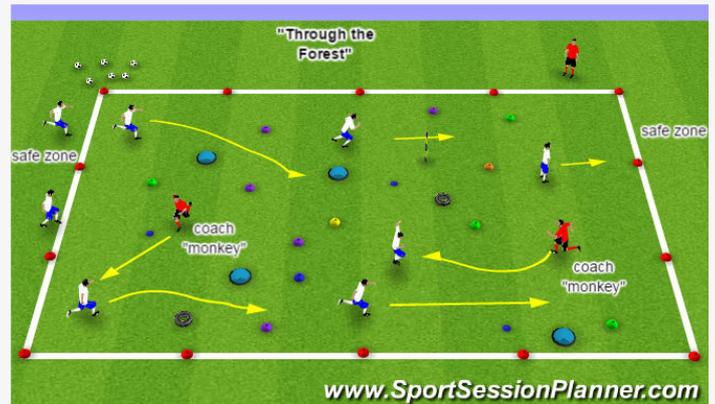
Put all your cones, poly spots, hula hoops, and noodles inside the area to create obstacles for the players.

On the coaches command they players must walk through the obstacles to the other side without touching anything.

Next have them run through but they must go a different way each time. Then:

- Hop through the forest
- Gallop through the forest
- Dribble through the forest

Add, the coach as a monkey who can tag them. The players will try to get across the forest without getting tagged by the monkey.



### The Baby Chick Trail (10 mins)

#### **Chick Trail:** In a 20x30 yard grid -

Start out with the players on an "island," a coned off area. Each player has their ball "an egg" and is told that the Mama Hen needs help delivering them to the island across the grid. Tell the players that they must follow the Chick Trail to deliver the "egg". The Chick Trail is an obstacle course that may contain as many or as few stations as you feel your players can handle.

You may want to include some of the following: hopping through a line of hoops, jumping over a river made from cones, kick the ball through small areas, and/or following different shaped pathways.

Ask the players to perform certain parts of the course while skipping, crawling, tip-toeing, and/or going backwards. The path should end at the island at the other end of the grid where the "egg" is put in the basket (the net). Have the players repeat, by then grabbing their egg out of the "basket," and trying again!



## 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 throw an 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.

