

Coach	Challenger Trainers	Session date	Week 1	Team/Age Group	U7
Theme	Body and Spatial awareness Ball control and changing direction			Time available	60 minutes



NOTES

Volcanos and twisters

- Players are divided into 2 teams; volcanos and twisters
- The volcanos attempt to turn all of the cones the right way up while the twisters are turning them upside down
- See who has the most after 1 minute



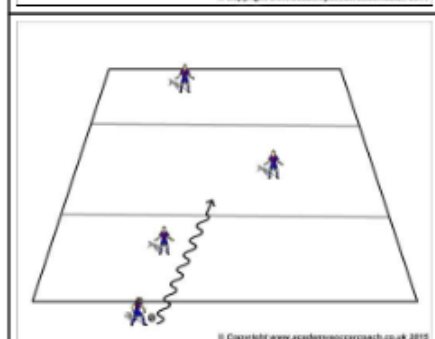
Jack in the box

- The coach can start as the 'Jack'
- All other players move around the larger square and try to sneak behind the Jack to touch inside the box with their hand without being tagged by the Jack
- Encourage players to try and get a point from all 4 sides of the square...how many points can they get in a minute?
- Progress to having a player be the Jack and/or having players run in through one side of the square and out of another.



Batman

- The jokers are trying to destroy Gotham city by knocking down all of the buildings
- Chose a Batman who will run around to rebuild them (stand the cones back up)
- The jokers dribble around the grid trying to kick their soccer balls at the cones to knock them down



Gauntlet

- 3 players are placed in each third of the field
- All other players have a ball and start at one side of the 'Gauntlet'
- For each section they get through without the defender winning the ball they get 1 point, so if they get through all 3 areas they get 3 points
- Defenders cannot leave their areas
- Encourage players to start the gauntlet as soon as the player preceding them has left the first area

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