



Coach Challenger Trainers Session date Week 5 Team/Age Group U5

Body Awareness & Teamwork
Ball control
Protecting the ball

Session date Week 5 Team/Age Group U5

Time available
45 minutes



## - In a small grid nominate 2 players to be the taggers - The pair must hold hands and tag as many players as possible - When tagged, players should look to high five one another to free teammates - Change the nominated pair each minute

Pairs Tag

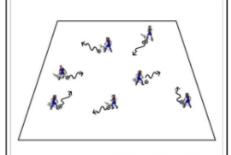
## Dora the Explorer



- Dora is going exploring! Each player has a ball and should dribble about the grid going through gates into new worlds

NOTES

- Encourage players to tell you which new world they have just discovered e.g. "I'm in space"/"I've found Disneyland" etc. and ask them what they can see there?
- After a few minutes introduce 'Swiper' who tries to swipe the soccer balls and stops Dora finding new worlds.
- If Dora traps the soccer ball and shouts "Swiper no swiping!", Swiper must retreat.



## Captains Ship

- All players have a ball. Make best pirate noises.
- They should dribble (explore) around the ship and follow various commands;
- Coach: Aye Aye Matey. Kids: Aye Aye Captain (trap)
- Coach: Climb the rigging. Kids: toe taps
- Coach: Look out to sea. Kids: stop and say what they see.
- Coach: Walk the plank. Kids: Roll over
- Coach: The seagulls are coming. Kids: jump and protect ball from the seagulls (coaches)
- Coach: scrub the deck (seagulls pooped on deck). Kids: heel to toe rolls, both feet, fast.

Marbles

- Each player has a ball and dribbles around the grid
- They should try to kick their soccer balls at as many others as possible while attempting to not allow others to hit their own



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