

TUSC - U4 practice plan 1

(Remember to provide time for frequent water/drink breaks)

Warm-up : 5mins

- *set up* cones in a circle big enough for whole team to be spread around it and running.
- *instruct* kids to run around circle with coach giving instruction to change direction after each lap completing 2 laps in each direction.
- Repeat drill with ball at feet.

Drill 1 : 5 minutes

Everyone takes a ball into the circle. Coach says "Green Light" and the players must dribble the ball around, staying inside the circle. This makes them change direction frequently. Coach says "Red Light" and each player must stop with the sole of the foot on top of the ball.

- add variation as game progresses by stopping the ball with knee, head and sitting on ball.

→ Can also be played with kids lined up on one side of the field and coach has back turned when saying green light. When coach calls red light he turns to see who's ball is still moving. Players who are still moving you go back to start. First to get to coach wins.

Drill 2 : 5-10 minutes

Freeze Tag - The key point here is to not bump into one another with ball at feet. This is a space awareness activity. They also learn to develop as a team as they help each other out when frozen. Make sure you are the "it" person and always section the area off with a circle or square appropriate for the number of players.

- Once a player is tagged by you they can be untagged by their teammates.

Drill 3 : 5-10 minutes

Dribble and Shoot - This is simply to prepare for the game. Each player takes a turn at dribbling the ball the length of the field and into the goal. Discourage a long shot with the toe, and encourage passing the ball with the inside of the foot. Demonstrate and have players tap the inside of the foot.

- add cones as obstacles halfway through drill.

Finish practice with a full field game for the remaining 20 minutes.

- followed by *stretching* with coach in middle of circle leading a 5 minute stretch/cool down.

