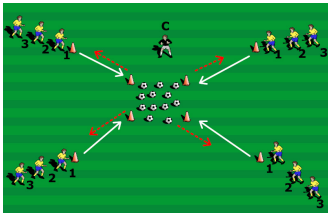


TSF:A	PROGRAM	FAIR LAWN ALL-SPORT
	LEVEL	RECREATIONAL
	AGE	KINDERGARTEN

ORGANISATION	WEEK FOUR
	WARM UP

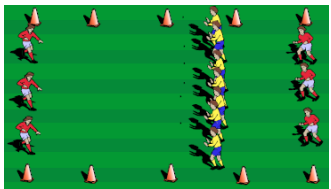
GAME #1:	10-15 MINS	SKILL DEVELOPMENT	SIMON SAYS
		- All players have a ball, and dribble around inside area. - Coach uses a number of commands, but players must only react to the ones that start “Simon Says....” “Simon Says Stop” - the players should put their foot on top of the ball. - OTHER COMMANDS: “Boxing” - players box the ball 5 times between their feet “Turn” - players perform a turn - Use imagination - “elbow” can be players stop the ball and put an elbow on it. - REMEMBER - if you just say “Toe-Taps” then the players should NOT do the command as you did not say “Simon Says”	
COACHING POINTS		- Reinforce dribbling skills. - Reinforce correct techniques.	

ORGANISATION	MAIN GAMES
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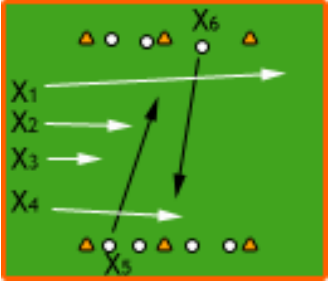
GAME #2:	10-15 MINS	DRIBBLING-TURNS	ROB THE CASTLE
		- All the balls in centre square of grid. - Players split into 4 equal teams - They are the ‘Knights’ - Coach is the ‘King of the Castle’ - Number the players in each team. - Coach calls out number. That number player from each team runs out gets ball, and dribbles back to their corner. Coach tries to ‘tag’ players to stop them stealing the soccer balls. Progress: Players have to dribble the ball back into the castle without being tagged.	
COACHING POINTS		- Reinforce dribbling from previous games. - Be fast to the ball & sprint out. - Slow down on approach to ball. - Execute quick-turn with sole of the foot. - Keep eyes on the ball and drag under body. - Turn away from ball and onto it then dribble away with the laces.	

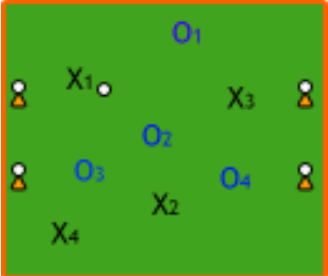
TSF:A	PROGRAM	FAIR LAWN ALL-SPORT
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GAME #3:	10-15 MINS	DRIBBLING & TURNS	COPS AND ROBBERS
		- Grid is split into 2 halves via cones. - Players split into 2 teams, One team with a ball each (Robbers), One team without (Cops). - Game lasts for 1 minute, the 'Cops' need to steal as many soccer balls as they can and dribble them into the 'Prison'. A Robber can steal the ball back at anytime, UNLESS it is in the prison. If the ball is in the 'Prison' the 'Robber has been captured and sits on the side until the game ends. - Switch roles (cops become the robbers, robbers become the cops).	
COACHING POINTS		- Reinforce dribbling from previous games. - Use turns to change direction.	

GAME #4:	10-15 MINS	DRIBBLING & PASSING	BREAK THE CHAIN
		- Divide the team into two groups. - One group becomes a chain in the middle of the area. - The other group split, one in front of the 'chain' with a ball each, the other behind the chain. - On coaches command the team with the balls try to pass the ball to their team-mate, without the chain getting it. - The chain MUST hold hands, and stay linked. If they break then the ball remains in play. - The team with the ball can dribble up to the chain but cannot go past it, the players behind the chain can move to create space and a passing channel. - When chain get the ball they kick it out of the area - it cannot be retrieved. - Play for 2 minutes or when all soccer balls are out of area - SWITCH ROLES	
COACHING POINTS		- The coach should encourage players to use the correct technique when passing. - Encourage team-work	

TSF:A	PROGRAM	FAIR LAWN ALL-SPORT
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GAME #15:	10-15 MINS	PASSING	COWBOYS & INDIANS
		- All balls lined up along both sides of the grid. - All players without the ball on one side of grid. - On (C) call all players run from one side of grid to other. - X5 & X6 must attempt to pass ball across area and hit other players below knee with ball. - If player gets hit then that player becomes a Cowboy on side of grid. - Last player to get hit wins.	
COACHING POINTS		- Reinforce passing & control technique previous games. - Reinforce Control not power.	

SCRIMMAGE	15 MINS	4 v 4	
		- Split group into 2/4 teams depending on numbers. 2 teams play, one team rest OR set up two field so all four teams play. - No Goalkeepers - Do not add players - Do not keep score - Let the players play	
COACHING POINTS		- Try to keep players in area - Let the players play - Do not keep score	