



Week 4 Rec (3-4 75 min)

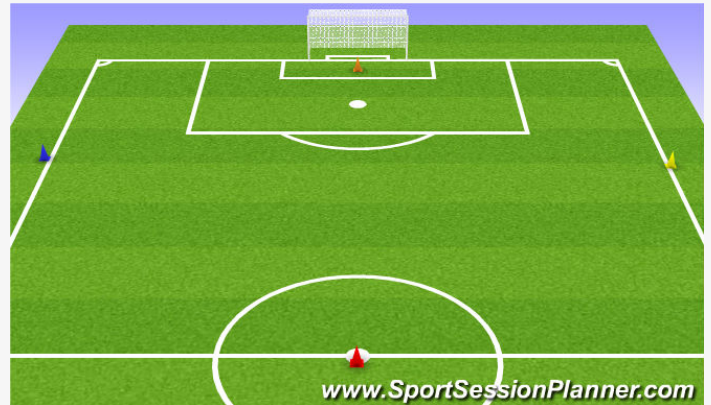
Category: Warm-ups

Difficulty: Beginner

Am-Club: TSF Academy
Daniel White, Fair lawn, United States of America

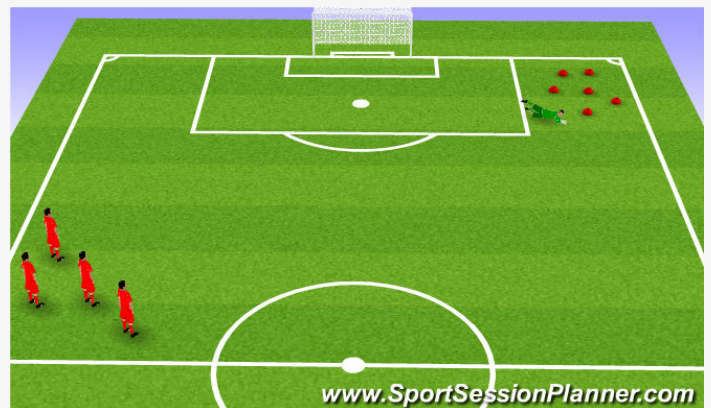
Animal Game (15 mins)

Coach explains that the players are going to be exploring the jungle and visiting animals. Coach says that at the blue cone that's where the Monkeys live, yellow cone = Lions, Orange = Snakes and Red cone = Bears (can be any animals) Players must remember where all the animals live. When coach says go the players are going to explore the jungle (dribble) When the coach shouts out an animal the players dribble to that cone as quickly as they can. While at the cone the coach can ask what sound does that animal make.



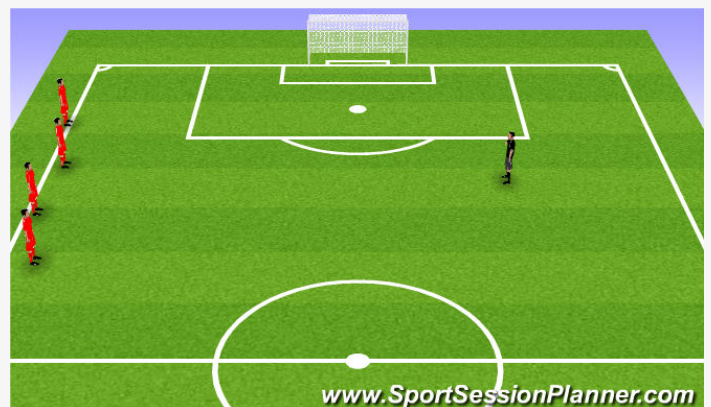
Sleeping Giants (15 mins)

Coach puts pinnies at one side of the field and sleeps on them. While the giant is asleep the players can slowly dribble closer to the pinnies. If the giant wakes up the players have to hide behind their soccer ball. Play until all of the giant's pinnies have been collected.



Whats the time Mr.Fox (15 mins)

Mr.Fox = Coach stands at one end Players ask "whats the time Mr.Fox?" Coach then says a time and the players have to take that many steps towards the coach. When the players get closer to the coach he can then say "Dinner time!" and the players have to dribble their ball back to the start without getting caught by the coach.

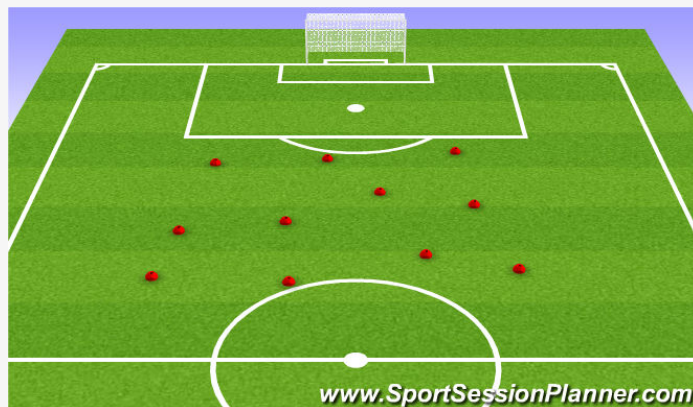


Finding Nemo (15 mins)

Cones spread out all over. Players close their eyes and count to 20. Coach then hides an orange pinnie (Nemo) under one of the cones. Players have to dribble and check under all of the cones to find Nemo.

Progression

Add a blue pinnie (Dory)



Tom And Jerry (15 mins)

Give all the players a pinnie and tell them to put their mouse tails on (pinnie in back of shorts) they have to dribble their soccer ball without the coach catching them. If the coach catches them they turn into a cat and have to help catch the mice.

