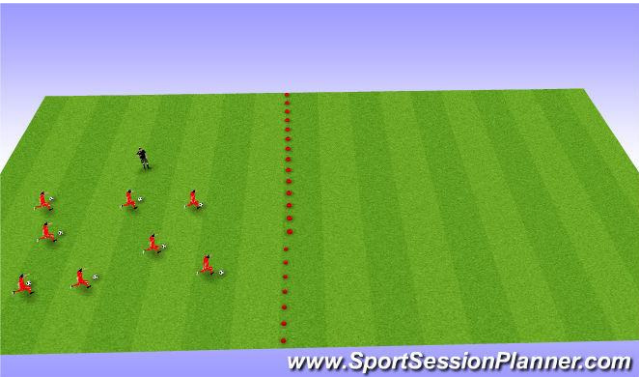


FLAS Session 4

Category: | Difficulty:



Am-Club: TSF Academy
Mark White, Young Member



Stop, Drop & Roll Warm Up (15 mins)

A simple warm up game, that incorporates basic soccer skills while teaching the players about the importance of safety in the house and school.

All players have a ball. when the Coach says "STOP" Players put their foot on the ball. When the Coach says "ROLL" players start to dribble and when the Coach says "DROP" the player stops the ball and sits on it

PROGRESSIONS:

When the Coach says "FIRE" - The players must 'pump the water through the hose' to put the fire out - players perform 10 boxes

When the Coach says "RAISE THE LADDER" - The players must raise the ladder to the top of the house - players perform 10 toe-taps

Make it a story; Make it fun and enjoyable

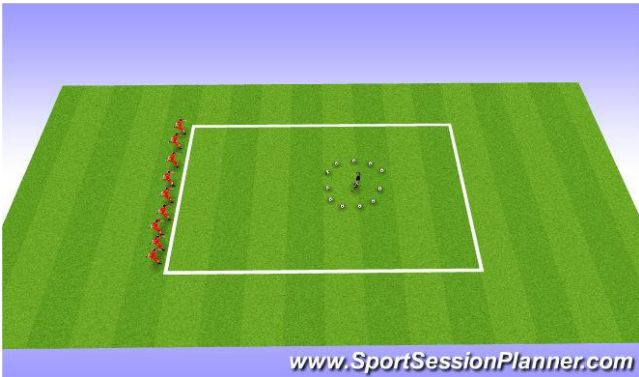


Ice Age Game (15 mins)

Players dribble around the area. Coach is the Ice Dinosaur. If the Ice Dinosaur tags the player, they player is FROZEN. The player must put their foot on the ball and shout out "ICE AGE" - A fellow player can then tag the frozen player to UNFREEZE them.

PROGRESSION:

Let the players take turns to be Ice Dinosaur



The Cuckoo Clock Game (15 mins)

All players are at one end of the area. Coach is in the middle surrounded by soccer balls. The soccer balls represent a clock, and the coach is the cuckoo. The players shout out "Whats the time Cuckoo?"

The Coach 'cuckoos' the time (ie one cuckoo is 1 o'clock; two cuckoos is 2 o'clock etc). The players take that many steps forward. When the players get to the circle of soccer balls, they look to dribble back to the start line before the Cuckoo Bird (coach) can tag then and get the ball back!

PROGRESSION:

Have the players perform a specific skill/turn when they retrieve the ball

Keep it fun, and make sure all players are actively involved. Coach must play the part with a smile on their face!



The Flintstones Game (15 mins)

All players have a ball. When Coach shouts out commands players perform specific skills:

BARNEY RUBBLE - Players dribble the ball slowly

WILMA - Players stop the ball

FRED FLINTSTONE - Players dribble as fast as possible and shout out "Yabadabadoo"

DINO DINOSAUR - Players dribble to the outside of the area and sit on the ball

PEBBLES - Players perform two turns (coaches can determine what turns - drag back; L-Turn; Inside Hook;Outside Hook)



Finding Nemo (15 mins)

Coach tells the story of Finding Nemo... Nemo is a clownfish who likes to hide in the Coral Reef. Coach uses a specific color pinnie to be Nemo. Coach puts out lots of different colored pinnies (discs are acceptable if pinnies are not available) and explains this is the Coral Reef. The Coach hides 'Nemo' under one of the pinnies (the players must be asked to look the other direction)

All players have a soccer ball. - this is their oxygen and allows them to "dive" into the Coral Reef to search for Nemo. Players must dribble around and pick up the pinnies/discs to find Nemo.



Small-Sided Games (15 mins)

Small-Sided Game:

use Pug Goals or equivalent. Play 4v4 game with no GK.

By playing 4v4 you allow the players an opportunity to be involved in the game, get lots of touches on the ball and show creativity. Do not over coach in these games