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Project U5 PROGRAM Page of
Description SOCCER CARNIVAL
Name: 10th WEEK Date: 11/10/07
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EVENT CALENDAR

9:00 AM → 11:00 AM

9:00 AM
WARM UP

→ HOGWARTS

9:15 AM - CARNIVAL OPENS UP

GAMES:

- SPONGE BOB
- COWBOYS & INDIANS
- SHOOTING & SLALOM
- SOCCER BOWLING

SCRIMMAGES : 4 FIELDS // 3V3

WHEN PARENTS ANSWER QUESTIONNAIRE, THEY WILL RECEIVE
TICKETS FOR // REFRESHMENTS,
CLOWN / BALLOON

PARTICIPATION AWARD (AVAILABLE AT END
OF EVENT)

WHEN PLAYERS COMPLETE PARTICIPATION IN GAMES AND/OR
SCRIMMAGES, THEY WILL RECEIVE TICKETS FOR THE
FACE PAINTING



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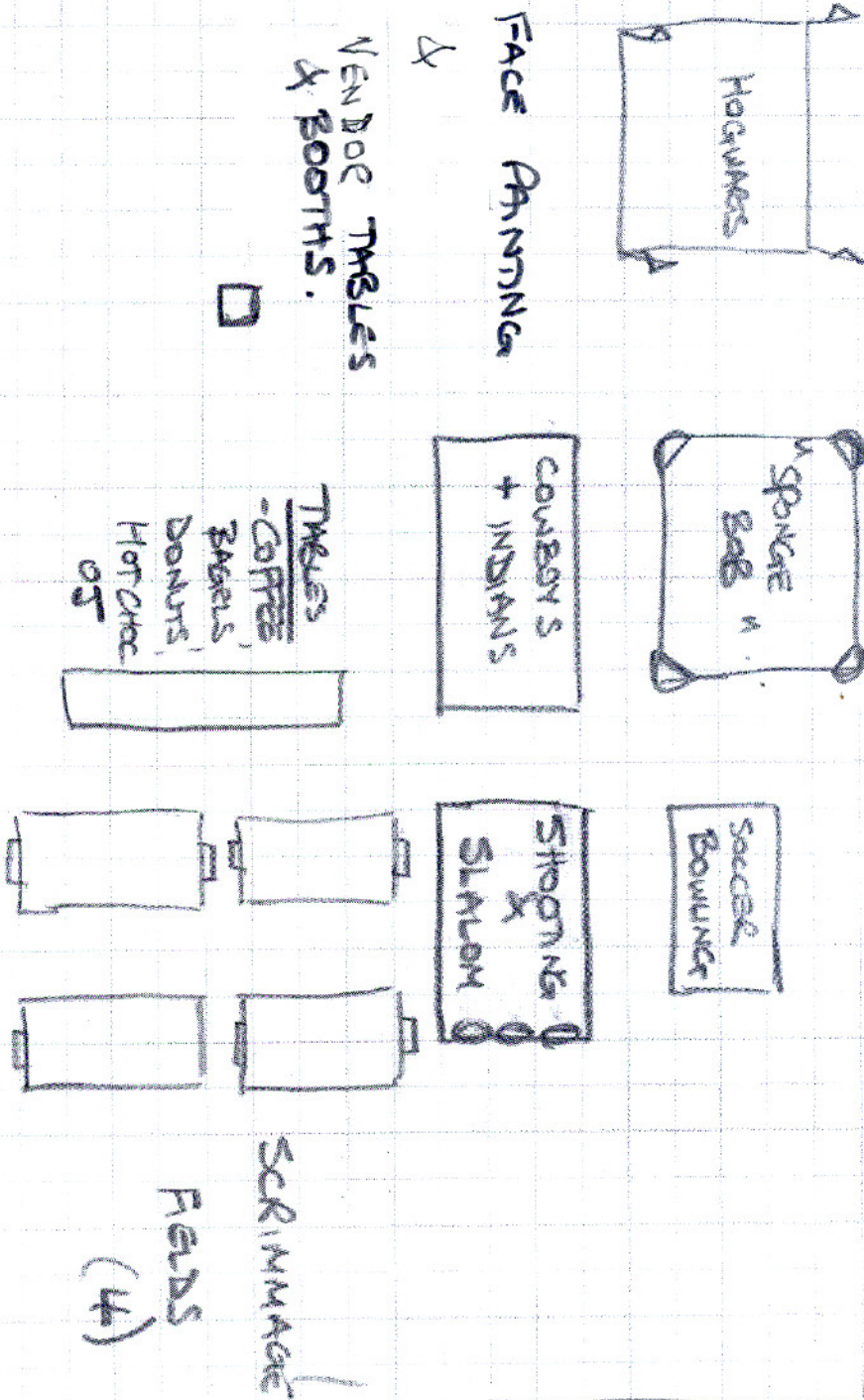
Project US PROGRAM Page of

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COOPER
ENGINEERING, LLC

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Project _____ Page _____

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TICKETS

1 BLUE - PARTICIPATION AWARD

2 WHITE ① - { COFFEE
BAGEL OR DONUT
① - OJ OR HOT CHOC

1 YELLOW - CLOWN / BALLOON

4 RED ≡ 1 SESSION
FACE PAINTING -

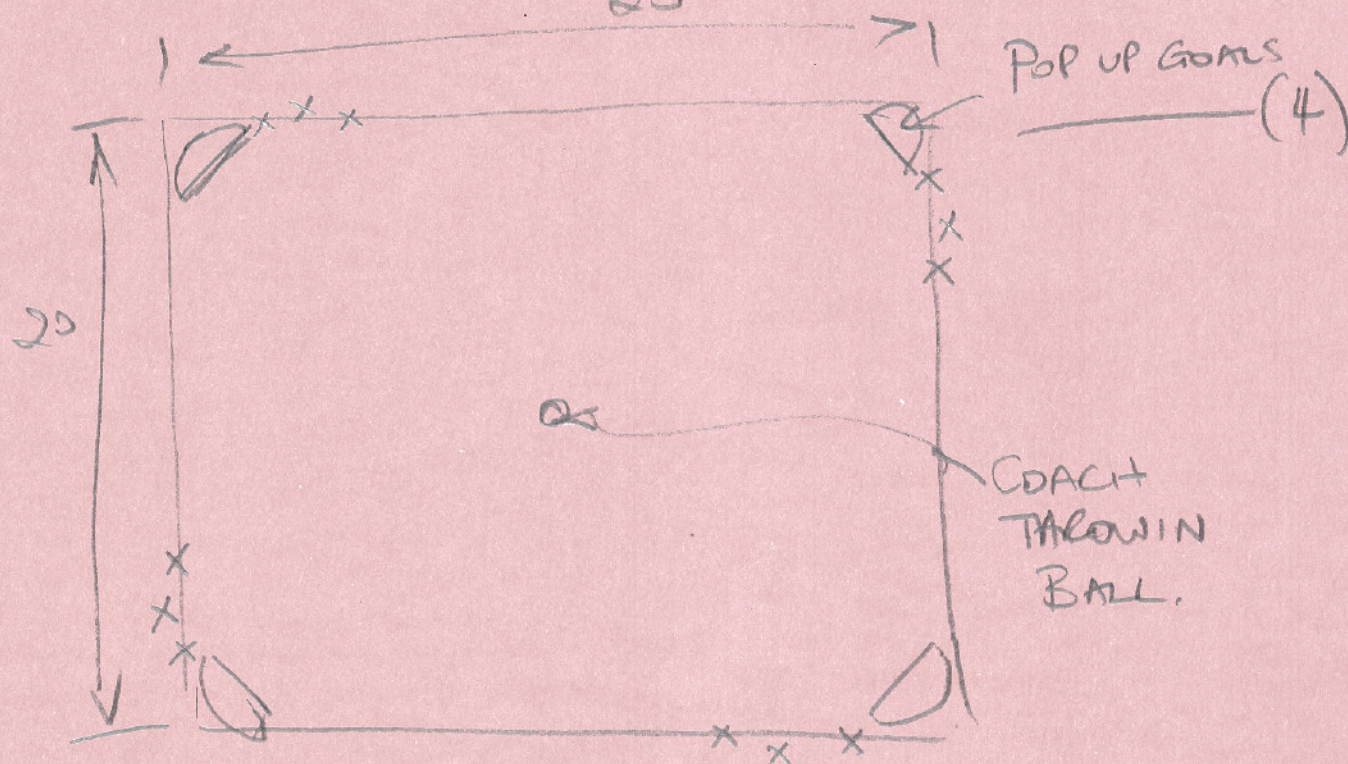
Dribbling Game 10: Flintstones

SPONGE BOB

PURPOSE: To work on dribbling and shooting.

ORGANISATION

- Set out 4 small goals 3 yards wide, with a small coned area to the side of the goal. Put players in teams with a goal each and they must stand inside the coned area.
- Give each member of the team a name of a flintstone character, i.e. Fred, Barney, Wilma, Betty, Pebbles, Bam Bam, Dino.
- You throw a ball in and call it a rock, each player is trying to get the rock back to their cave.
- Coach calls "Fred", 4 "Freds" run out and try to get the rock back to their goal which is their cave.
- Team with the most rocks at the end wins.



NEED 12 PLAYERS

4 TEAMS - 3.

COACHING POINTS

- Encourage players to use both feet and the inside and outside of the foot

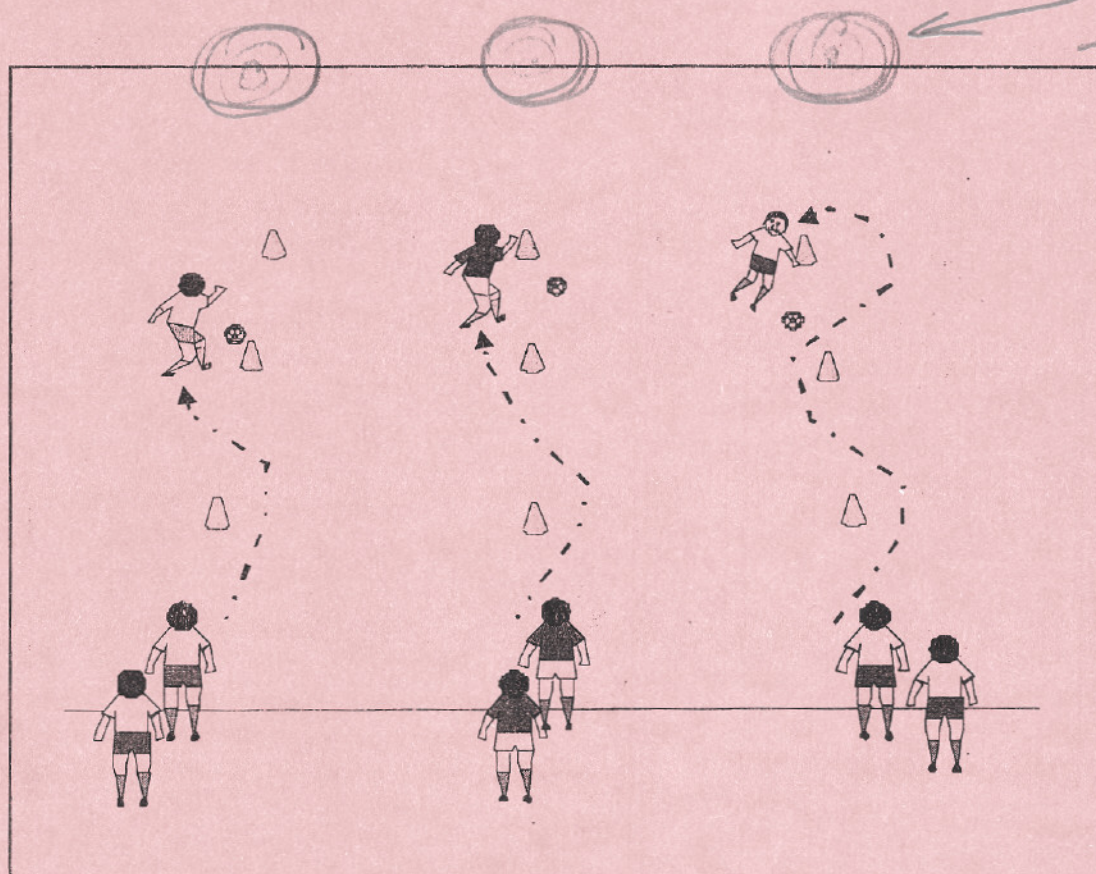
+ SHOOTING

Dribbling Game 6: SLALOM RELAY

PURPOSE: To practice dribbling skills at speed and under pressure

ORGANISATION

- Split the group into teams of 3-4. Set out circuits of three cones of equal distance about 1 yard apart.
- Simply to dribble in and out of the cones as quickly as possible. Each team has one player dribbling at a time. If a player knocks over a cone they must turn back to move around it again. Each player must go through the cones circuit twice.
- The winners are the first team to complete the course and sit down.



3 TARGETS
SHOOT
TO HIT
TARGET
AFTER
DRIBBLING
THRU'
SLALOM

COACHING POINTS

- Dribble with the laces part of the shoe
- Use both the inside and outside of the feet when dribbling through the cones

FIRST TEAM TO HIT TARGET 6 TIMES
WIN

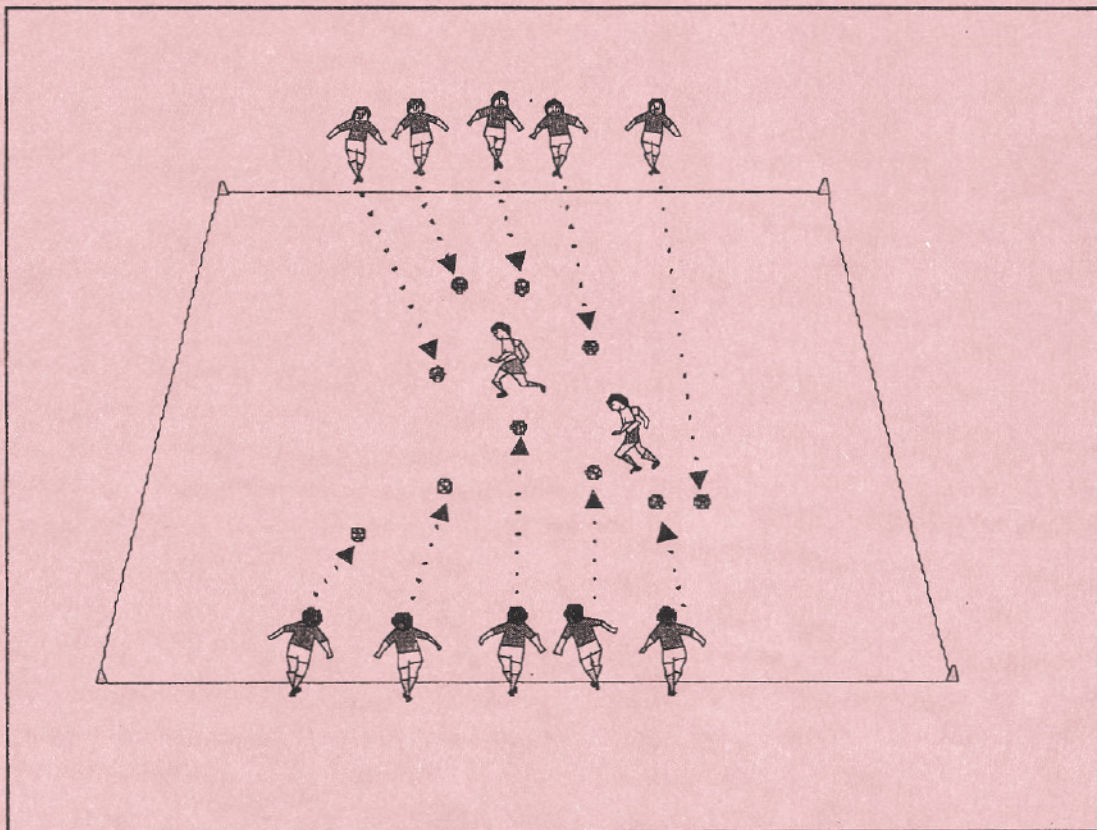
COWBOYS & INDIANS

Passing Game 5: MEN IN BLACK AND THE ALIENS

PURPOSE: To work on passing to moving targets

ORGANISATION

- Set out a large grid 20-30 by 30-40 yards depending on numbers. Have each player stand on the long sides of the grid with a ball each. These people are the Men in Black. Players then take turns individually or in pairs to be the Aliens who prepare to run through the grid.
- The Aliens must attempt to run through the grid (Milky Way), whilst the Men in Black try to shoot them down by passing their ball across the grid and hitting the Aliens' ball.
- A progression could be to let the Aliens run through the Milky Way with a pot of space dust (Ball) and the Men in Black must hit the ball in order to capture the dust.



COACHING POINTS

- Re-emphasize passing techniques
- Always aim slightly in front of designated target
- Aliens should dribble with the ball close to their feet

Passing Game 2:

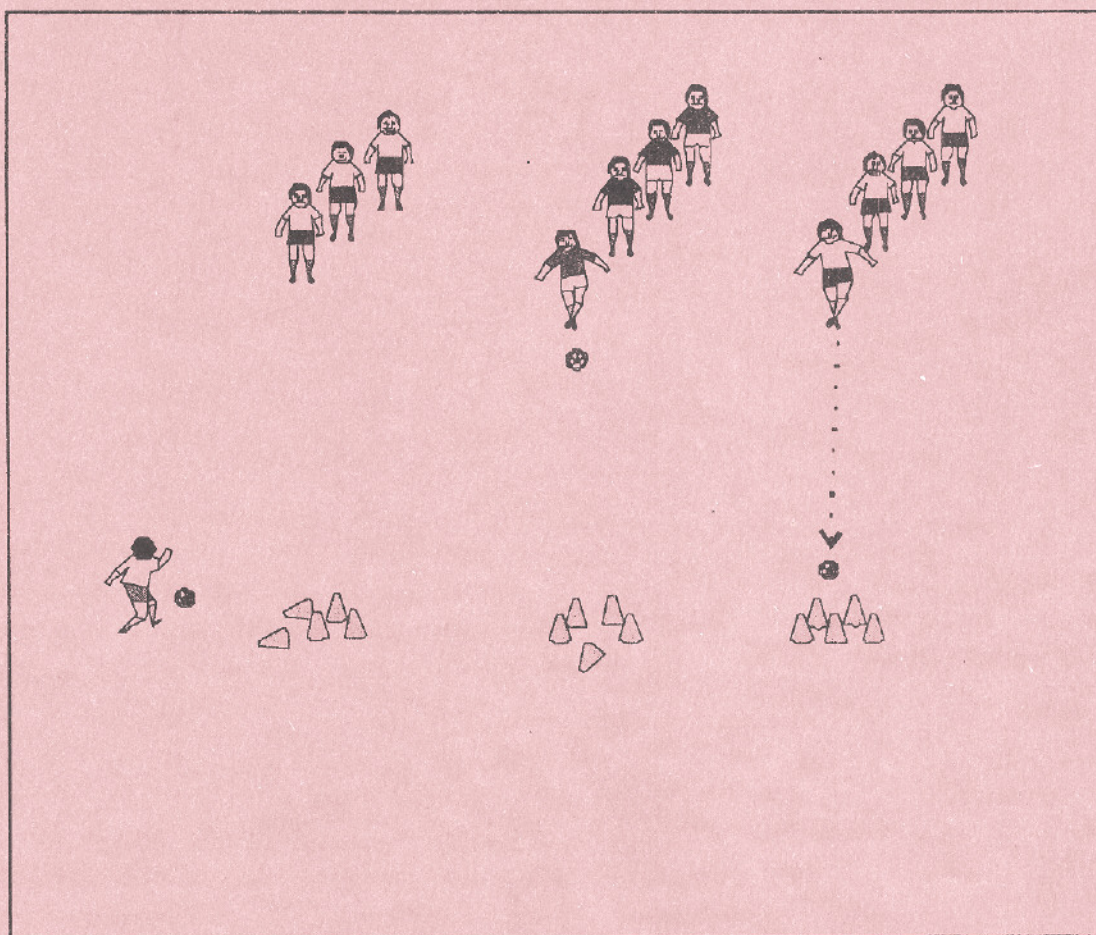
SOCCER BOWLING/SKITTLES

PURPOSE: To develop and practice accuracy and weight of passes.

ORGANISATION

- Choose teams of 2-4. Place 5 cones together, 5-15 yards (depending on ability) from each team. Put 3 cones at the back and 2 at the front.
- Each team tries to knock all their cones over by players taking turns to pass a soccer ball at the cones.
- After each pass the player must retrieve the ball and pass it back to their teammates.
- The first team to knock all the cones down is the winner.

↑ START BY
DRIBBLING BACK



COACHING POINTS

- Correct passing technique
- Make sure the players do not pass the ball too hard otherwise they will lose time if they miss
- If they pass the ball too softly the cones will not fall over
- Progress to weaker foot