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Project MIDO Description SESSIONS 5 & 6

Name: ______ Date://o/o +/

Tel (949) 215-3976 + Fax (94	9) 215-3978	e-mail: cooperen	gineeringllc@cox.net	,
1 INTRO	METO	HOGWARTS	START:	
	TON WARM UP -	SIMON SAYS	11 8:00 AM	9:30AN
			PUN BY UK CO.	Aches
SPLIT INTO	4 GROUPS		8:15 AM	9:45#
	(ROTATE	every 10-15	MINS)	
RAVENCIAW	ROSEBOW		30 x30	GRID
HUFFLEPUFF	MUNCHKI		20 x 20	GRIS
GRIFFINDOR	SPACE IN	VADERS	25 x 35	saed
SLYTHERIN	TEMPLE OF I	Mook	20 x 20 (+ 2 POP	GRID UP GOALS)
3) RETURN TO	HOGWARTS	1	8: 45AM	10:154
	TEAMS 3 V 3			
MAKE SURE	DURING GAMES		HALFTIME WATER BRE	ak.
	WITH A KICK O 5 >6 YARDS AV			
ENO :	ADDITIONAL RUL	es ATTHIS	TIME>	autoritation de la company
4 FNISH	AT HOGWARTS	- 1	9:20 AM	10:50 AM
				Children Communication Street Communication



SLYTHERIN

20 x 20 TEMPLE OF DOOM

(NEED TWO POPUP)
(Growns FOR SETUP)

GRYFANDOR

25 × 35

SPACE INVADERS

	Project AYSO U5 Page of Description SESSIONS 5 & 6 Name: FED LAYOUT Date: 10/8 & 10/19 e-mail: cooperengineeringllc@cox.net
T	
	HUFFLEPUFF
	20 × 20 MUNCHEIN KNOCKOUT
2)	
	RAVENCIAW 30 × 30
	ROSEBOUL
HOGWAR	TS
HOME	

Control/Turning Game 4: WEMBLEY

PURPOSE: To practice control and turning with the ball

ORGANISATION

• Set out a large grid 30 x 30 yards using cones. Each player has a ball and stands on one line of the grid. The grid is a soccer pitch e.g. Wembley, Rosebowl, Foxboro.

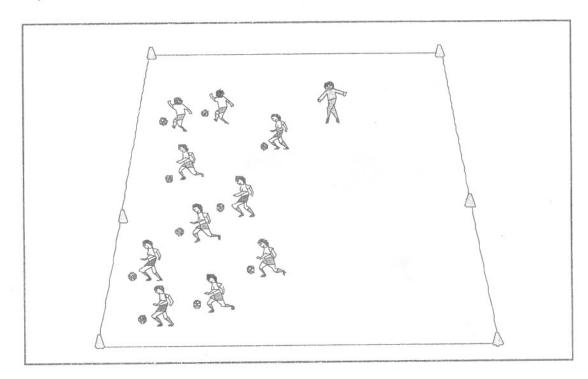
• Firstly set the picture of the stadium. Explain two sides of the pitch, one being the scoreboard end and the one they are standing on is the tunnel end. If the coach says Scoreboard end then all the players must dribble to the scoreboard end. If you say Tunnel end then they must turn with the ball and go to the other side.

• If the coach shouts Referee the players must stop, put their foot on the ball and scream Yes Sir referee

• Next, introduce two more sides to the pitch. They could be the Big Ben end and the Royal Box, using Wembley as the example, but you may make up your own.

• Introduce fun actions such as players mimicking famous players. Shout Campos they have to dive and make a save, Cobi Jones run around the ball.

• The aim is to turn and dribble to the correct side of the pitch as fast as possible. Create little forfeits for people who are last or who make mistakes. Make sure it is not the same child all the time! After a while introduce a knockout theme so that you have an eventual winner.



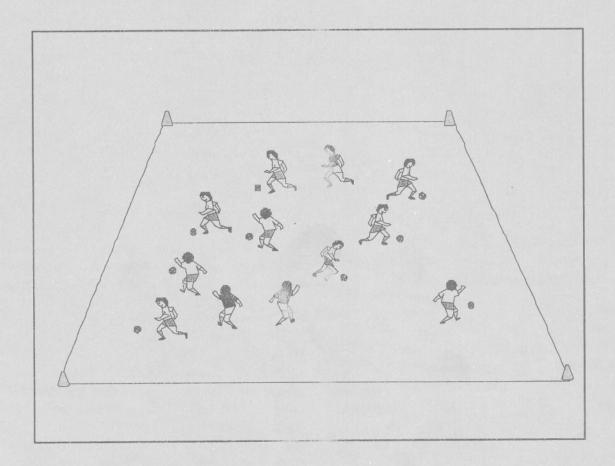
- Keep the ball close at all times so that you can turn quickly or stop the ball
- Turn with the ball using the instep or sole of foot
- Keep head up when dribbling otherwise they will run into each other

Control/Turning Game 7: MUNCHKIN KNOCKOUT

PURPOSE: To develop control, shielding, turning and dribbling under pressure

ORGANISATION

- Split the group into teams of 2-4. Set out a grid about 20 x 20 yards. One team should be stood on the outside of the circle without any balls. This team are the defenders. The rest of the group should be spread out inside the grid with a ball each.
- Under the command of the coach the defenders run into the grid and attempt to knockout everybody else s ball out of the circle by tackling them. When player s balls are kicked out of the grid they must go and sit down outside. Every team has a turn at being the defenders.
- The winning team are the defenders who knock out the balls in the quickest time.
- The coach should emphasize that players must not push or commit any fouls at all.



- Keep the ball under close control
- · Observe where the defenders are and dribble into safe, clear areas around the grid
- · Get hody between the hall and the defenders and then turn to safety

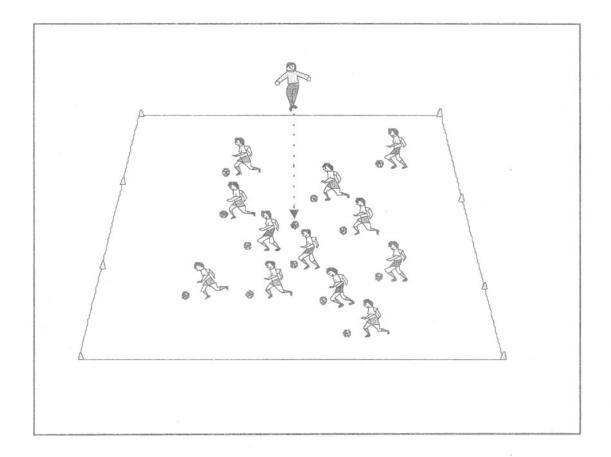
Passing Game 4:

SPACE INVADERS

PURPOSE: To work on passing to a moving target and to practice dribbling

ORGANISATION

- Set out a large grid around 20-30 by 30-40 yards depending on numbers. Place a
 few different coloured cones/domes at each end of the grid to assist your story of
 defending a place or object from the space invaders. Each player should all stand
 on one line of the grid facing their target, with a ball. The coach stands on the side
 of the grid with a ball.
- Each player is a space invader. The coach starts off as a pilot, defending for example Disneyland. The players must attempt to dribble their ball from one end of the grid to the other thus destroying Disneyland. The coach aims to pass their ball against one of the space invader s balls. If a ball is hit, the space invader becomes a pilot.
- The winner is the last remaining space invader.

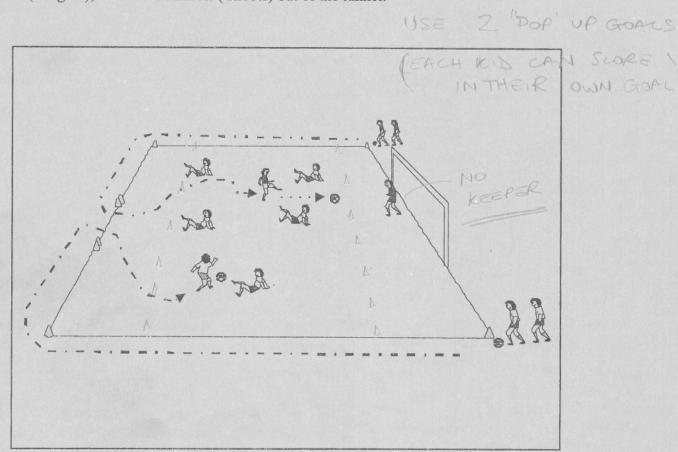


- Aim in front of space invaders in order to hit them-always pass in front of a player on the move
- Keep passes on the ground

To develop dribbling to goal and shooting on sight. PURPOSE:

ORGANISATION

- Set out a 20 x 20 yard area. Station 3 players on each corner of the goal line. Position five players in the center of the area, they are the sewer rats. The sewer rats have to remain on their hands and feet. Have one goalkeeper and mark out a gate 5 yards wide opposite the goal on the 20 yard line.
- One player at a time from each team simultaneously dribbles down the sideline around the corner and through the gate towards the goal. Each player must dribble in and out of the sewer rats to get a shot on goal. The story is that the players are Indiana Jones creeping through a tunnel of sewer rats. As soon as he sees daylight (the goal), he lasso s himself (shoots) out of the tunnel.



- Use speed and changes in direction to beat the crabs
- Keep the ball under close control
- Shoot on sight- do not try to dribble the ball into the goal