



RCE Littles Program 4U's Week 4

Category: Physical: Agility

Difficulty: Beginner

Reseller-Club: Premier Users' Club
Real CO Edge, Arvada, United States of America

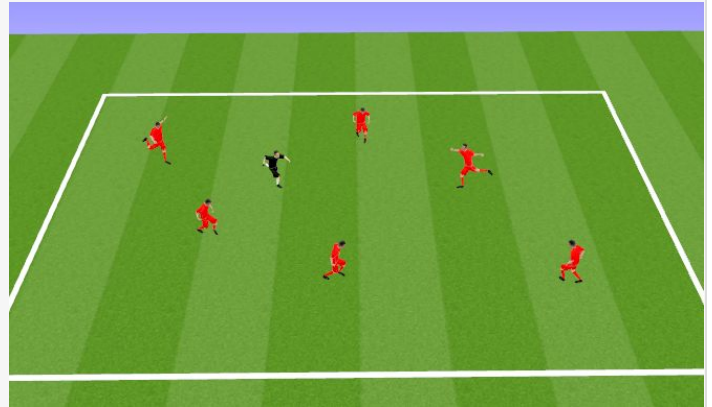
Ignition Game (10 mins)

Game: Act like an insect...

Organization: Coach holds RCE Littles cards in hand and shows players a game card. Coach mimics what the character on the card does. Once coach shows players the movement and the players mimic the coach.

- Butterfly
- Bee
- Grasshopper
- Ladybug
- Spider

Coaching Points: Be energetic! Have fun!
Progression/Game Concept:



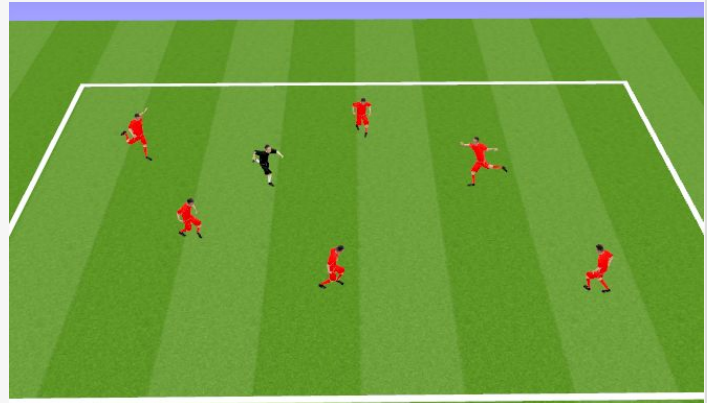
Banana Tag (10 mins)

Game: Banana Tag

Organization: Simple game of tag without a ball in which coach/coaches are the tagger and players must run away to keep from getting tagged. If player is tagged by the coach the player must hold their hands in the air, palm against palm together like a banana. Player is free when another player runs over to them and acts out peeling a banana.

Coaching Points: Be energetic! Have fun!

Progression/Game Concept: Players become tagger and coach/parents must keep from becoming tagged.



Builders & Bulldozers (10 mins)

Game: Builders & Bulldozers

Organization: Game is set up as shown above with small cones set in standing position all over the grid. Players (bulldozers) dribble their ball around and kick their ball at the small cones with the laces (toe down, laces on the ball). Meanwhile the coaches are the builders and they run around standing the small cones back up right.

Coaching Points: Be energetic! Have fun!

Progression/Game Concept: For 4U players, when the game is finished have them pick up the cones and bring them back with their ball inside the cone simulating an ice cream cone. Ask them for a taste or what flavor it is. For 5U/6U players have one group of players as builders and the other group of players as bulldozers. Then switch roles so they can be both builders and bulldozers.



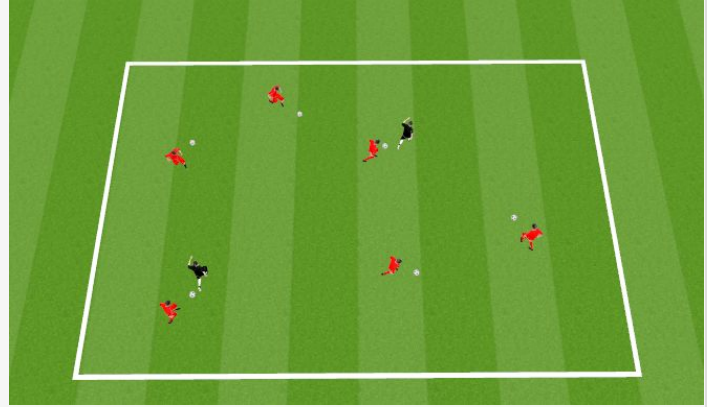
Space Invaders Tag (10 mins)

Game: Space Invaders Tag

Organization: Coach places cone on his/her ears, head and hands to emulate a space invader. Players dribble their ball around the area and attempt to kick their ball at the coach who is an invader from outer space. The coach(s) dribble his/her ball around and players have to chase them by dribbling the ball and then kicking it at them by using their laces (toe down, laces on the ball).

Coaching Points: Be energetic! Have fun!

Progression/Game Concept: None



Game (20 mins)

Game: Approximately 15-20 minutes in length. Play 3v3 and rotate players on and off every 4-5 minutes. Players have no understanding of the rules so each week it is the coaches role to help them understand through game experience. Promote the use of striking the ball with the laces to score.

At about 8-10 minutes prior to the end of the session line up player to take a shot on goal and score. Parent tunnel and snacks to follow right after.

