



# RCE Littles Program (Under 4's) Week 7

**Category:** Technical: Ball Control

**Difficulty:** Beginner

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

## Toilet Tag (5 mins)

**Organization:** Approximately a 20x20 Area

**Instructions:** Basic tag game in which coach is the tagger and players must run from coach. When a player gets tagged they sit down and hold their hand out like a toilet handle. Players are back in the game when another player flushes their hand.



## Stuck in the Mud (10 mins)

**Learning outcome:** Develop physical literacy and close control.

**Organization:**

1. 25 x 25 yard area set up as shown.
2. 12 players (11 attackers, 1 defender) set up as shown.
3. 11 balls.

**Story/Description:**

1. Each player has a ball. The coach is the mud monster.
2. Players dribble within the square using different surfaces of the foot to control the ball.
3. The coach (mud monster) attempts to tag players.
4. When a player is tagged the player must pick up his/her ball and hold it over their head while opening up their stance.
5. Player is unstuck when another player is able to pass the ball through the stuck players legs.
6. Game ends when all the players are stuck or players win after 2 minutes of game time without mud monster tagging everyone.

**Coaching Points:**

1. Head up while dribbling.
2. Use different surfaces of the foot to get away.

**Progression:**

1. One player becomes mud monster.
2. Two players are mud monster.
3. 3 players begin as mud monster.
4. Kids are mud monsters and coaches are the players.



## Brittish Bulldog (10 mins)

**Organization:** 20x30 yard grid (Adjust size proportionate to amount of players available. 1 ball and 1 training vest (pennie) per player.

**Instructions:** Players begin on one end of the playing area. The coach (Dog catcher) acts as the dog catcher and will attempt to win a ball or training vest away from players. Each player has a ball and a training vest tucked into their shorts like a tail. On the coaches command player (Dogs/puppies) attempt to dribble across the grid with losing either their ball or training vest. When a player makes it to the other side they are safe. If a player loses a ball or training vest they are still in play. When a player has lost both ball and training vest they join the coach as a dog catcher. Game continues until one or two players are left.

**Coaching Points:** Head up while dribbling. Change of pace and direction. Use of different surfaces of the foot and moves to get past the coach.



## Scrimmage (15 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.

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.

