



RCE Littles Program (Under 4's) Week 3

Category: Technical: Ball Control
Difficulty: Beginner

Am-Club: Real Colorado
Dave Roberts, Arvada, United States of America

Description

Ignition Game (5 mins)

Game:

Organization: Coach holds RCE Little's cards in hand and shows players a game card. Coach mimics the character on the card. Once coach shows players the movement the players mimic the coach.

- Chug down the railroad tracks like a train
- Fly through the air like an airplane
- Speed around the race track like a race car
- Spin in circles with your arms stretched out like a helicopter
- Squat down low and start to shake like a rocket ready for launch and then jump into the air

Coaching Points: Be energetic! Have fun!

Progression/Game Concept: None



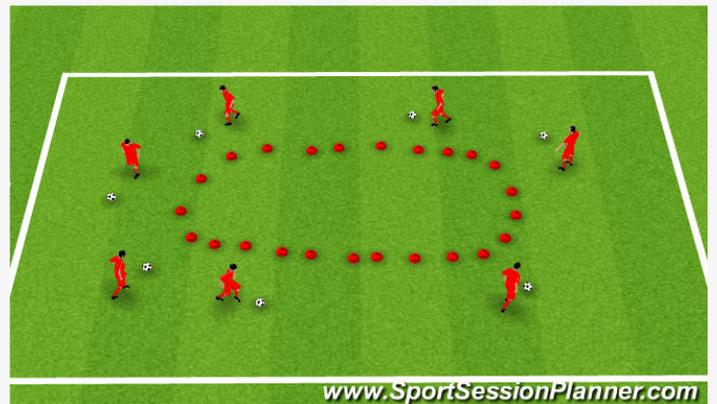
A Day At The Races (10 mins)

Game: A Day At The Races

Organization: Create a race track with flat field markers in an oval shape. Each player gets a flat disc cone to use as a steering wheel. Show players how to steer the ball with their foot. Dribble as fast as possible, yet under control around the track.

Coaching Points: Keep the ball close. Use your pinky toe and big toe to steer the ball (race car). Pick head up while dribbling. Use the flat cone to as a steering wheel.

Progressions/Game Concept: Players go into the middle for a pit stop and do ball hops (toe taps) or tic tocs (side to side). Have driver go the opposite way around the track. Add flat disc cones as pot holes to dribble around.



Lightning McQueen (10 mins)

Game: Lightning McQueen

Organization: This game is played by three simple commands, red light means the player stops with their foot on the ball, yellow light means dribble with a steady pace, and green light means dribble with speed. Remind the players to use their headlights (eyes) to see the road so they don't crash into other cars (players). The catch phrase for looking up is "sneak a peek."

Coaching Points: Ignite the player's imagination with the story of Cars the movie. Keep the ball within an leg's length away while dribbling.

Progression/Game Concept: Use colored cones for the traffic light and use hand signals to let players know whether to go fast (green cone), drive cautiously (yellow cone), or stop (red cone).



Frozen (10 mins)

Game: Frozen

Organization: Coach is the tagger (Princess Elsa from the movie Frozen) and freezes players when you tag them. When a player is frozen they pick up their ball and hold it over their head so the other players know they are frozen. Players become unfrozen when another player that is still dribbling their ball is able to pass their ball through the legs of the frozen player, which unfreezes them. The unfrozen player then places their ball on the ground and rejoins the game. Coach/Coaches win when they freeze all the players.

Coaching Points: Head up while dribbling. Use different surfaces of the foot to get away.

Progressions/Game Concept: Game can be switched where the players try and freeze the coaches and parents.



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.

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.

