



RCE Littles Program (Under 4's) Week 5

Category: Technical: Bilateral ball striking
Difficulty: Beginner

Am-Club: Real Colorado
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Description

Clean Up Your Yard (10 mins)

Game Title: Clean Up Your Yard

Organization:

1. 25 x 25 open space
2. More balls than players participating
3. Disc cones used to divide the yard in 2

Story/Description:

1. 2 teams of player divided by a line of cones.
2. Each team must stay in their own yard.
3. Player must get the trash (soccer ball) out of their yard and kick it into their neighbors yard by striking their ball with their laces (toe down, laces on the ball).
4. Team that gets all the trash (balls) into their neighbors yard win.



Builders & Bulldozers (10 mins)

Game: Builders & Bulldozers

Organization: Game is set up as shown above with small cones scattered on their side laying all over the grid. Ask the players to dribble their ball to a cone and act as a builder to set the cone up. Players try and set up as many cones as possible and then return to coach. Players then (bulldozers) dribble their ball around and kick their ball at the small cones by striking the ball with their 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.



Potholes (10 mins)

Game: Potholes

Organization: Every player has a ball. Team splits in half with a coach and lines up on opposite corner of the field. One Set up cones scattered down the middle of the field to act as potholes. Players one at a time dribble through the potholes. Second player can begin dribbling through the course as soon as player get ready to strike the ball on goal. Once the player gets through potholes they are to strike the ball toward goal. Coach or a parent can dig the ball out of goal and toss it to the side for player to dribble back to the start.

Coaching Points: Head up while dribbling. Use different surfaces (pinky toe, big toe to steer the ball, laces, and sole) of the foot to maneuver past potholes. Strike the ball with your laces (toe down, laces on the ball).

Progressions/Game Concept: Start with fewer potholes. As game progresses potholes can be added to increase difficulty.



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.

