



RCE Littles Program (Under 4's) Week 6

Category: Technical: Bilateral ball striking
Difficulty: Beginner

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

Description

Up/Down/Over

Game: Up/Down/Over

Organization: Flat disc cones are scattered all around the grid. Players are without ball.

Story/Description: Coach gathers the players in to discuss the 3 moves Up (jump in the air like your heading the ball), Down (player reaches down and swipes at the grass like sweeping the floor), and Over & Back (player jumps forward and then back. Players do this on the coaches command while running around freely.

Progression: Players add their ball and dribble to cones performing a move like ball hops, tic tocs (side to side), or something silly.

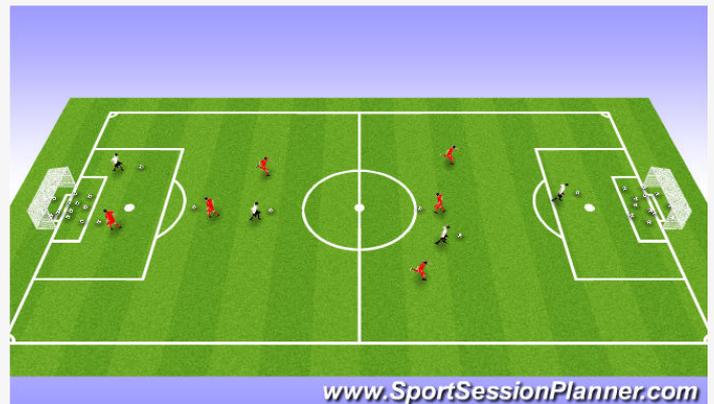


Steel The Cheese (10 mins)

Game Title: Steel The Cheese

Organization: 2 teams (players split into 2 equal teams). Balls (cheese) are all placed into one of the two goals in an equal number.

Story/Description: The players are the mice and are trying to gather more cheese in their mouse house. The object of the game is to steal the balls (cheese) from the other teams mouse house. Players (mice) run to the other teams mouse house and dribbling the ball (cheese) back to their mouse house. Once they place the ball (cheese) in their mouse house they go back to their opponents mouse house and take more cheese.



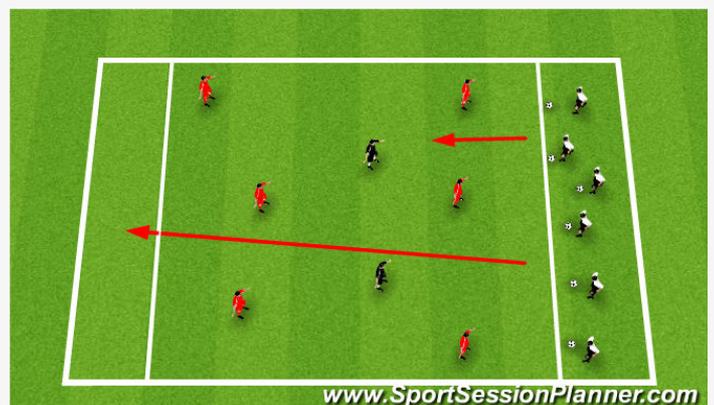
Surfs Up Dude! (10 mins)

Game: Surfs Up Dude!

Organization: Players stand on one end of grid and are the surfers with a ball (surfboard). Parents join in to be crabs, sharks, and sea weed. Have players lay on their ball like a surf board. On coaches command, players stand up and dribble across the sea to the other side of the bay without getting bitten by crabs, sharks, and sea weed on the way across. If ball is tagged they leave the ball on the side and go and join the crabs, sharks, or sea weed.

Coaching Points: Awareness of, crabs, sharks, sea and sea weed. Change of directions, Feints, and fakes (just like Tag)
Change of pace. Head up to see the area ahead. Winners are the last two crabs to be tagged.

Progressions/Game Concept:



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.

