



RCE Littles Program (4U) Week 1

Category: Technical: Ball Control

Difficulty: Beginner

Am-Club: Real Colorado

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Description

Ignition Game (5 mins)

Game: Walk like...

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.

- Big (Bear): stomp heavily, take long strides
- Tip Toes (Dancer): dancing lightly on the balls of your feet
- Skipping (kids): skipping so you can see farther from the top of each jump
- Sideways (Crab): Walking sideways, crossing one leg in front of the other
- Sneaky (Cat): hunched over, carefully creeping on tiptoes
- Tiny (Mouse): taking lots of excited little steps, lifting your knees high

Coaching Points: Be energetic! Have fun!

Progression/Game Concept: None



Baking Cookies (10 mins)

Game: Baking Cookies

Organization: Set up two sets of four cones in a square in front of each goal mouth. One set of four cones is the oven and the other set of four cones is where you prep the cookies. Use the sole of the foot to roll the dough (soccer ball), and then take it to the oven where the player smashes it down with their foot to flatten the cookie. Then dribble it back to the other set of cones to put the icing on it. Then back to the oven. Then back to the other set of cones to put sprinkles on it and then a toy on top.

Coaching Points: Ignite the player's imagination. What flavor of cookie, what kind of frosting, what kind of sprinkles, what kind of toy? Keep the ball within an arm's length away while dribbling.

Progression/Game Concept: None



Fetch (10 mins)

Game: Fetch

Organization: Every player has a ball. Coach passes the ball out to an open space. Players retrieve their ball, dribble back to the coach. Coach then plays the ball back out into space for player to again retrieve. The game simulates playing fetch with a dog.

Coaching Points: Keep the ball within an arm's length away. Pick head up while dribbling.

Progressions/Game Concept: Take touches with only one foot. Take touches with weaker foot.



Tag Your It! (10 mins)

Game: Tag Your It!

Organization: This is a simple game of tag while dribbling a soccer ball. Coaches tag the players while they dribble the ball under light pressure. If coach tags the player the player must then give an answer to a question. What is your favorite color, animal, food, etc.

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

Progressions/Game Concept: Begin with coach/coaches as the tagger. Progress is to have the players as the taggers trying to get the coaches. The variation is a great as kids love to compete against the coaches. If players are very shy play kids versus 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 players to take a shot on goal and score. Parent tunnel and snacks to follow right after.

