



RCE Littles Program (4U) Week 2

Category: Technical: Ball Control

Difficulty: Beginner

Am-Club: Real Colorado

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Description

Ignition Game (5 mins)

Game: Trip to the Zoo

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.

- Strut like a peacock, lifting your knees high
- Slither and hiss like a python
- Hop on all fours like a rabbit
- Walk heavily on all fours like an elephant
- Pace and growl like a tiger
- Roll around like monkeys
- Walk on you tippie toes like a giraffe

Coaching Points: Be energetic! Have fun!

Progression/Game Concept: None



Sharks & Minnows (10 mins)

Game: Sharks & Minnows

Organization: Everyone knows this game. The coach begins as the shark and the players are the minnows (explain to the players a minnow is a small fish). The sharks attempt to get the ball away from the minnows (explain this as well as young players may not understand why their ball has been taken from them). If the shark wins the ball the player becomes a shark and attacks with the coach.

Coaching Points: Ignite the player's imagination. Use your hands to make a shark fin when you chase them. Keep the ball within an leg's length away while dribbling.

Progression/Game Concept: Kids become the sharks and coaches can be the minnows. If the group is shy and needs the confidence of parents, allow the parents to be the minnows and players are sharks.



Monkey Links (10 mins)

Game: Monkey Links

Organization: Every player has a ball. The game is similar to sharks and minnows. The coaches begin as the monkeylinks by holding hands and chasing the player in an attempt to win the ball away from the players. If a player has their ball taken away by the monkey links then the player joins the monkey links by holding hands with the monkey links. Game ends when only a player or two are left with their ball.

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

Progressions/Game Concept: None



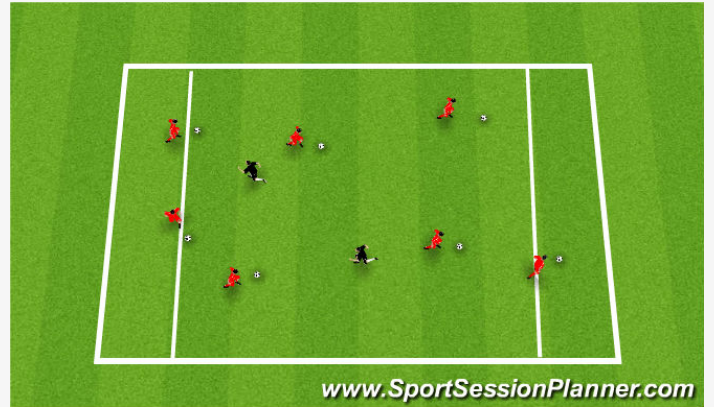
Alligator Crossing (10 mins)

Game: Alligator Crossing

Organization: Players (little ducks) are lined up on one touch line and must dribble the ball to the other touch line (safe zone). The field is the pond the ducks swim (dribble) away from the alligator. When the coach wins the ball away from the player, the player then becomes an alligator and helps the coach in the next round. The game is played until one or two ducks are left and then game begins again. Game can be played multiple rounds.

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

Progressions/Game Concept: None



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.

