Four Year Program

Week #4

1. **Warm Up**

Coach places the balls in a row

Players take turns weaving in and out

Players take turns jumping over them

Players take turns tapping the top of the balls with their feet

1. **Dribble and Shoot Practice**

Coach sets up two cones in front of the net

Players dribble around both cones and then shoot

1. **Go Fetch**

Parent rolls the ball away from the player

Player runs out, controls the ball, then dribble the ball back

1. **Go Fetch Shoot**

Coach rolls the ball away from the goal

Player retrieves it and shoots

1. **Game**
2. **Snack and Smile time**