Four Year Program

Week #6

1. **Warm Up**

Coaches places balls or cones in the grid

Coach leads the team in a pattern to visit all cones or balls

Coach changes the movement

Skip, knees up, sideways, backwards, monster walk

1. **Hit the Legs**

Players and parents stand 6m apart

They take turns kicking the ball to try to hit each other’s legs

They get a point each time they hit the target

1. **Dribble and Shoot**

Players dribble through a zigzag of cones and then shoot at the net

The coach keeps the players moving quickly

1. **Run around the cone and shoot**

Player’s line up to the right of the net

One at a time they run around the cone and shoot the ball served by the coach

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