



"Pirates of Caribbean"		Instructions
		<p>Field Set Up</p> <ol style="list-style-type: none">1. Set up a space on field in shape of a boat that is big enough for players to dribble around. <p>Player Preparation</p> <ol style="list-style-type: none">2. Coach is Captain, players are Pirates.3. Define and show players 4 sides of "boat":<ol style="list-style-type: none">a. Bow (front)b. Stern (back)c. Port (left side)d. Starboard (right side) <p>Station Rules</p> <ol style="list-style-type: none">4. Players (Pirates) dribble around "boat" and coach calls out location defined above.5. Each player makes their way to that part of "ship".6. Last player to arrive does toe taps or tick tack for being last (but not too many we are learning). <p>Add progressions as needed.</p>
Progressions	Key Coaching Points	
<ol style="list-style-type: none">1. "Scrub deck": Do as many Tick Tocks in 20 seconds as possible.2. "Climb rigging" – Do as many Toe Taps in 20 seconds.3. "Clear decks": Perform a step over or roll over as many times as possible in 20 seconds.4. "Cannonball!": Players avoid pinnies being thrown by coach.	<ul style="list-style-type: none">• 1st touch (out of feet and into space)• Head Up (Look for free space)• Move with ball by being on TIP TOES• Use all different parts of foot (Mostly laces to keep a natural running position, BUT DONT USE TOE)• Keep ball close but out of feet (small touches= Tap, Tap, Tap)• Use both feet to dribble• Dribble into space• Change of Pace• Always be moving	



"Ball Mastery and Turning"



Instructions

Field Set Up:

1. Set up square or rectangle space big enough for players to dribble around.

Player Preparation:

2. Coach assigns players to particular side of square or rectangle.
3. If you want you can name lines:
 - Messi, Morgan, Gerrard, Ronaldo
 - Man U, Chelsea, Liverpool, Spurs

Station rules

4. Coach asks all players to dribble across square or rectangle at same time without bumping into each other. Do this 2 or 3 times.
5. Assign different sides to do different tasks to do with ball:
 - Man U use outside of foot.
 - Chelsea go half way and turn around with outside of foot.
 - Liverpool use weaker foot.
 - Spurs alternate feet.
6. Add progressions as needed.

Progressions

Add a tagger (Coach) who aims to tap players' soccer ball to make them perform some tick tocs.

Key Coaching Points

- 1st touch (out of feet and into space)
- Head Up (look for free space)
- Move with ball by being on TIP TOES
- Use all different parts of foot (Mostly laces to keep a natural running position, BUT DON'T USE TOE)
- Keep ball close but out from under feet (small touches= Tap, Tap, Tap)
- Use both feet
- Dribble into space
- Change of Pace
- Always be moving



BWSA Under 6 Program Alternative Session Activities



"Batman"



Instructions

Field Set Up:

- Set up a large enough area for players to dribble around freely (Gotham City) and one smaller square for players to run into (Bat Cave)

Player preparation:

- Each player has a soccer ball called Bat-Mobile.
- Coaches show players different actions and players respond with correct action.
 - "Ring, Ring": Players put foot on top of ball and listen to mayor's (Coach) instruction. E.g: Dribble around area performing soccer moves like a 'Step Over' or 'Scissors' to get around a defender (or villain)
 - "Drive to Bat-Cave": Drive to smaller square as quickly as possible.
 - Joker (Coach Laugh): Ten toe taps
 - Pick up a Penguin: Ten Tick Tocks
 - "Its starting to get Chilly" (Mr Freeze): Stop
- BANE is on a rampage: Players dribble around Gotham City (Larger Square), ensure ball doesn't get hit by a pinney throw by coach. (If pinny hits ball, they go to Bat Cav to perform 10x Ticks Tocks before returning to Gotham)

Station Rules

- Players dribble around area (driving Bat-Mobile).
- If they go outside area, Bat-Mobile loses its Armor. Bat-Mobile can only go out 3 times until it loses all its Armor. If player loses all Armor they go to Bat-Cave to resort it.
- Coach introduces 3 commands for players to respond to with correct action.

Progressions

- Teams can steal other teams soccer balls, once all soccer balls from circle are gone. Coach stops game after a certain period of time.
- 'Joker' (Coach) patrols outside circle throwing pinnies at soccer balls, if pinny hits soccer ball it must returned to circle.

Key Coaching Points

- 1st touch (out of feet and into space)
- Head Up (Look for free space), move with ball by being on TIP TOES
- Use all different parts of foot (Mostly laces to keep natural running position, BUT DON'T USE TOE)
- Keep ball close but out of feet (small touches= Tap, Tap, Tap)
- Use both feet to dribble
- Dribble into space, change pace, always be moving



"Batman vs Robin vs Nightwing vs Bat Girl"



Instructions

Field Set Up:

1. Set up one larger square.
2. Set up four smaller squares on outside of larger square.
3. Set up a circle in middle of square (Wayne Tower) with all balls inside circle.

Player Preparation:

- Split players into four even teams.
- Give each team a name (Batman, Robin, Nightwing or Bat Girl) and place each team inside one of four small squares.

Station rules:

4. On coach's command, ONE player from each team runs to circle to collect a ball (Gotham Citizen) and dribbles ball back to their team's square.
5. When player is back inside team's square, next player on team goes.
6. Team with most balls in their square after all balls have been collected wins.
7. See progressions once players have had a few attempts.

Progressions

1. Competition: Split players into teams, team that performs a turn best gets a point.
2. (Harder): Coach follows players into called out nation's box and aims to tag player. Player that avoid being tagged get 1x point.

Key Coaching Points

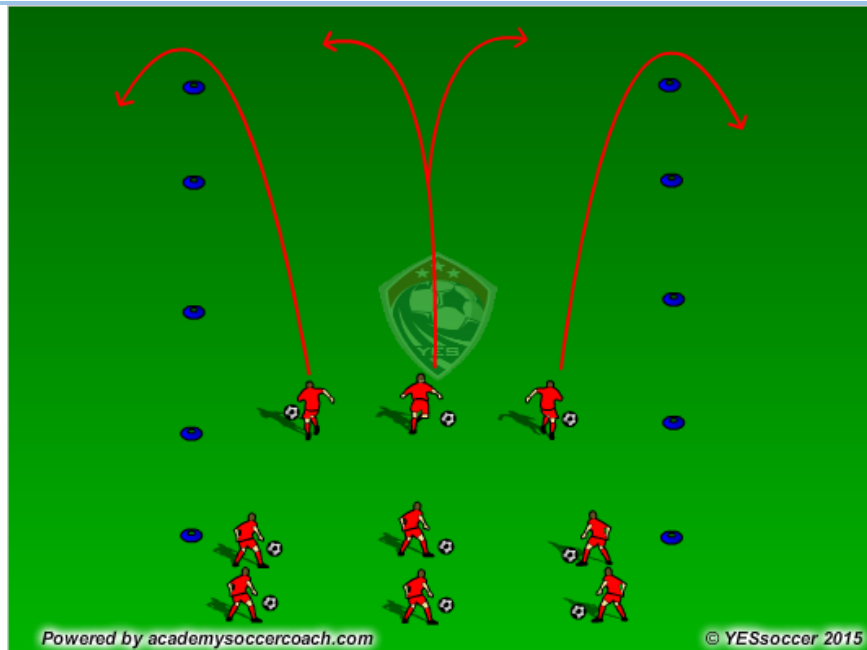
- 1st touch (out of feet and into space)
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- Use all different parts of foot (Mostly laces to keep a natural running position, BUT DONT USE TOE)
- Keep ball close but out of feet (small touches= Tap, Tap, Tap)
- Use both feet to dribble
- Dribble into space
- Change of Pace
- Always be moving



BWSA Under 6 Program
Alternative Session Activities



"Skill Corridor"



Instructions

Field Set Up

1. Set up 2 lines of cones with about 15-20 yards, to make a corridor in-between cones, as in diagram.

Player Preparation:

2. Split players evenly into 3 or 4 groups.
3. Get each group to stand in a line (one behind another) at bottom of corridor and facing inside it.

Station rules

4. To start one player from each group dribbles through corridor and exits corridor to join back of their group . (middle group can exit either side of corridor).
5. When a player reaches top of corridor and exits, next player starts.
6. When players understand exercise, coach introduces different challenges for players to complete while dribbling through corridor.
 - Dribble through having as many touches as possible.
 - Dribble through using as many parts of foot as possible.
 - Dribble through as fast as possible.
 - Dribble in a zig-zag rather than a straight line. Perform a turn at each side.
 - FREESTYLE: Players perform tricks they may use to get passed a defender (E.g. Step Overs, Roll Overs, Feints etc)

Progressions

1. Dribble through changing from having lots of touches to only a few (in between each set of cones).
2. Rely Races (Players turn at top of corridor and dribble back throw corridor. Once they reach their group, next player goes).
3. Put into 3 teams, add a tagger in middle. Every-time a players is tagged, his/her team loses a life.

Key Coaching Points

- Head Up (look for free space) & 1st touch (out of feet and into space)
- Move around on tip toes.
- Use all different parts of foot (Mostly laces to keep a natural running position): DON'T USE TOES TO MOVE BALL.
- Keep ball close but out of feet (small touches): TAP TAP TAP
- Be Creative to experiment performing different feints and tricks to get passed a Defender/Opposition player
- Use both feet to dribble
- Accelerate into to space once passed Defender/opposition player.



BWSA Under 6 Program
Alternative Session Activities



"Alphabet/Shape Game "



Instructions

Field Step Up:

- Set up 3-4 small squares (about 3-5 yards by 3-5 yards) which are called drawing pads.
- Place a single tall orange cone (or 2 tall orange cones to make a gate, as in diagram) about 5-10 yards away from each box.

Player Set Up:

- Split players into 3-4 teams (depending on numbers players and number of small squares set up).
- Players are then designated to a tall orange cone (to stand behind in their group with their soccer balls) and small square.
- Coach makes a Letter (Or Shape) with soccer balls to show players how to play game.

Station Rules:

- Coach designates a letter (or shape) for players to make as a team, with their soccer balls.
- One coach's command, first player from each group dribble their ball and leaves ball in their team's small square.
- Remainder of team has to complete letter by leaving their balls and helping to make letter.
- First team to complete their letter with all soccer balls wins.

Progressions

- (Harder): Bonus point if they can name an animal, country, cartoon character, famous soccer players' name, which starts with that letter.
- (Easier/Harder): Bigger or smaller drawing pad.
- Dribble with weaker foot.

Key Coaching Points

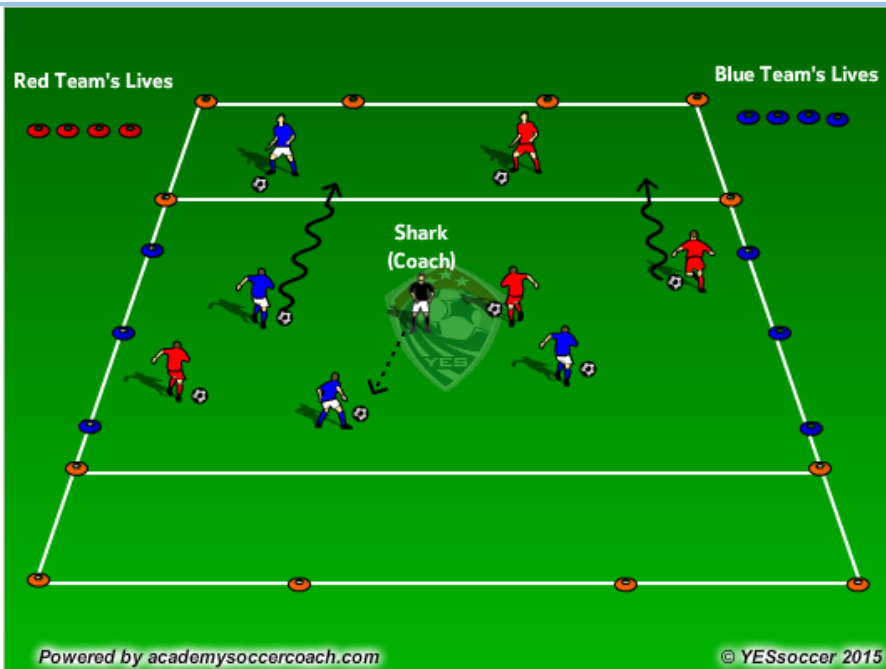
- Head Up (Look for free space) & 1st touch (out of feet and into space)
- Move around on tip toes.
- Use all different parts of foot (Mostly laces to keep a natural running position): DON'T USE TOES TO MOVE BALL.
- Keep ball close but out of feet (small touches): TAP TAP TAP
- Be Creative to experiment performing different feints and tricks to get passed a Defender/Opposition player
- Use both feet to dribble
- Accelerate into to space once passed Defender/opposition player.



BWSA Under 6 Program
Alternative Session Activities



"Shark Attack"



Instructions

Field Set Up

- Set up a large square with two end zones at each end.
- Middle zone needs to be larger enough for players to dribble freely.

Player Preparation:

- Coach (Shark) starts middle.
- Split players into 2x teams and each player has a ball.
- Both teams start off in one end zone (both teams are in same end zone).
- Coach explains that each team has 5 lives each.

Station rules

1. When coach shouts "SWIM ACROSS", players have to dribble through middle zone to other end zone (both teams dribble to same end zone).
2. Coach in middle attempts to tag as many players as possible.
3. When a player is tagged their team loses a life (Can use cones a visual aid or coach can keep a mental note).
4. If a player goes outside boundary lines, his/her team loses a life.
5. Team that has most lives at end of game, wins

Progressions

- (Easier) Coach moves around on his/her knees
- Add more Sharks (Assistant Coach or Players)
- Smaller/Bigger Area depending on player's progression.

Key Coaching Points

- Head Up (Look for free space) & 1st touch (out of feet and into space)
- Move around on tip toes.
- Use all different parts of foot (Mostly laces to keep a natural running position): DON'T USE TOES TO MOVE BALL.
- Keep ball close but out of feet (small touches): TAP TAP TAP
- Be Creative to experiment performing different feints and tricks to get passed a Defender/Opposition player
- Use both feet to dribble
- Accelerate into to space once passed Defender/opposition player.



BWSA Under 6 Program
Alternative Session Activities



"Spider's Web"



Instructions

Field Set Up:

1. Set up one large square for players to dribble freely in.
2. Have 2 to 3 players or 2 coaches link their arms together to form a spider's web.
3. Remaining players have soccer ball at their feet.

Station Rules:

4. When coach says 'GO', players with soccer balls at their feet and the 'Spider's web' (Players with their arms linked) move around square.
5. When coach shouts 'STOP', if either player on end of Spider's Web can react out and touch a player with a soccer ball, player with soccer ball joins spider's web. (Their soccer ball is removed from play).
6. If a player dribbles out of square, they join spider's web too.
7. Game continues until one player is left. This player is declared 'Super Moth'.

Progressions

1. (Easier): Spider's web must dribble a ball around.
2. (Easier): Add 2x Safety zone (5 second time limit)
3. (Harder) Players on end of web both have a pinney. They attempt to throw pinny and hit a players soccer ball to make them join web.
4. (Harder): 2 spider's webs.
5. (Harder): Coach is spider, gets players to join web by throwing pinneys at Moth's soccer balls.

Key Coaching Points

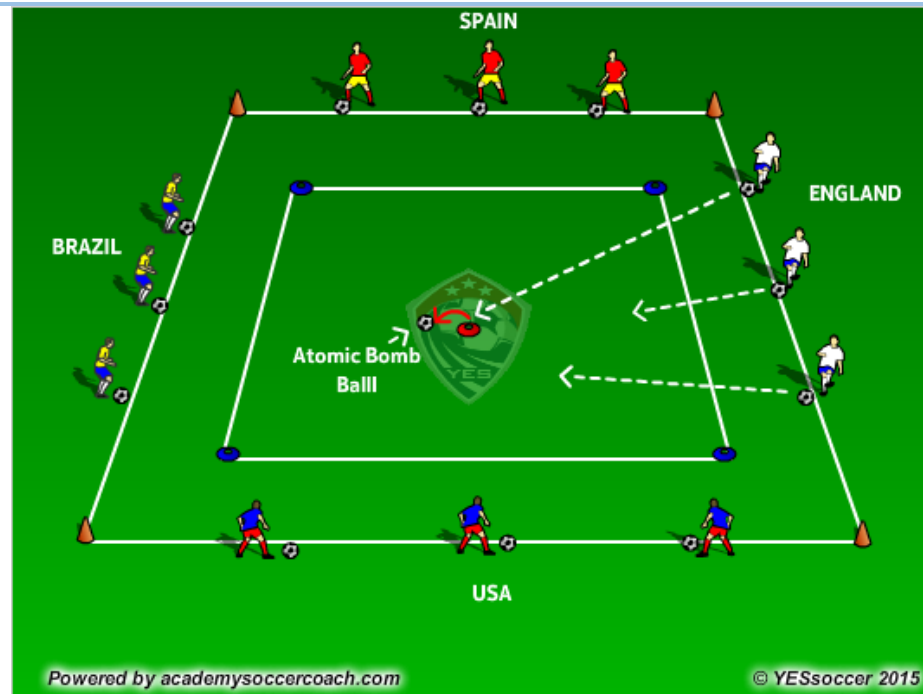
- Head Up (Look for free space) & 1st touch (out of feet and into space)
- Move around on tip toes.
- Use all different parts of foot (Mostly laces to keep a natural running position): DON'T USE TOES TO MOVE BALL.
- Keep ball close but out of feet (small touches): TAP TAP TAP
- Be creative to experiment performing different tricks to get past a defender/opposition player
- Use both feet to dribble
- Accelerate into to space after passing defender/opposition player.



BWSA Under 6 Program
Alternative Session Activities



"Atomic Bomb"



Instructions

Field Step Up:

- Set up one large square big enough for players to successfully make a pass across.
- Set up a smaller square on inside of larger square. (About 3-4 yards in).
- Have one soccer ball place in middle of smaller square (designated Atomic bomb ball). You can have ball on top of a cone to start with.

Player Set Up:

- Split players into four teams (as evenly as possible).
- Designate each team to one side of larger square and have them stand on outside (with a soccer ball each). They must not cross their line
- Let each team pick their favorite country name.

Station Rules:

- On coach's command, players try to use their soccer ball to hit Atomic Bomb Ball, so that it moves away from their side of square and on/across another country's side of small square.
- To make game easier for coach to organize in regards to re collecting soccer ball, coach can allow 'ONLY ONE TEAM AT A TIME' to attempt to hit atomic bomb ball.
- Add progression when possible.

Progressions

- Elimination: Once Atomic bomb ball goes over a Country's line of small square, they are eliminated. However change choose to become new teammates of an existing country. (For example if Atomic Bomb ball goes over Spain's line they are eliminated and that group can choose to join England, Brazil or USA.
- Weak foot passing.

Key Coaching Points

- Head up (Looking for space and target ball)
- Upper body over ball (to keep it low)
- None kicking foot (At side of ball and pointing towards target)
- Striking foot (Can use different parts of foot, most accurate = inside)
- Ball contact (Middle of ball)
- Follow through (Striking foot pointing at target)
- Don't cross legs on follow through
- Quality of Pass: Good weight to hit target with control.



BWSA Under 6 Program
Alternative Session Activities



"Shooting Golf"



Instructions

Field Set Up:

- Make one large square.
- On one side of gate, make a large enough gate so a team of around 3 - 4 players can stand in-between them and have enough room to kick their ball safely. (This is Golf 'Tee')
- Randomly place 4 different color cones and name them '1st Hole', '2nd Hole', '3rd Hole' and '4th Hole'.
- Place goal on '1st Hole' cone.

Player Preparation:

- Split players into 2-3 small numbered teams (3-4 players per team).

Station Rules:

1. To start, all players from one team stand in between gate (Tee).
2. On coach's command, all players from team standing in gate shoot into goal.
3. Coach records how many players scored at '1st Hole'. That team collects all their soccer balls and goes to back of que.
4. Coach repeats process until all teams have shot at '1st Hole'.
5. Team that scores most wins '1st Hole'.
6. Coach then moves goal to '2nd Hole' cone and repeats process.

Progressions

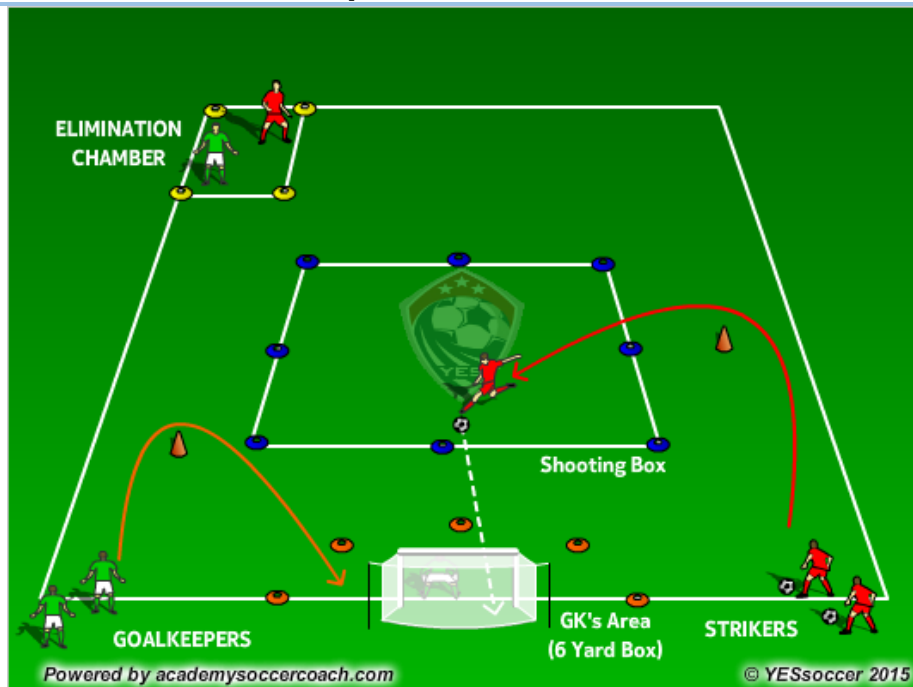
- Weak foot shooting.
- Condition shooting technique (E.g. Only use 'Inside Of Foot' to shoot).
- Add a GK or Stationary blocker.

Key Coaching Points

- Head Up (Look at where goal is).
- None Kicking Foot nNext to ball and pointing towards goal).
- Striking ball with shoelaces (toe pointed down) or inside (accuracy) & Keep ankle locked.
- Ball contact (middle to keep low).
- Follow through of striking foot: Pointing towards goal
- Aim for corners of goal (top or bottom).



"Strikers Vs Goalkeepers"



Instructions

Field Set Up:

1. Set up one large square.
2. Place one goal on one side of larger square (Add a Goalkeeper's area)
3. In middle of large square, set up a smaller square and call this 'Shooting Box'.
4. Next to 'Shooting Box', place one traffic cone half way (on one side) and place another traffic cone (on other side) halfway between bottom of 'Shooting Box' and goal. (See in diagram)
5. In one of corners of large (opposite goal), make a smaller square (smaller than 'Shooting Box').

Player Preparation:

6. Split players into 2 teams (evenly)
7. Nominate one team to start as 'Strikers' and other to be "Goalkeepers"
8. Place Strikers on one side of goal (facing furthest traffic cone) and place Goalkeepers on other side of goal (facing nearest traffic cone).

Station Rules:

9. On coach's command, first player from 'Strikers' dribbles a ball around furthest cone and into 'Shooting Box'.
10. At same time first player from 'Goalkeepers' runs (without a ball) round closest cone and into goal.
11. Striker can shoot as soon as he/she gets into 'Shooting box', even if goalkeeper isn't ready. (Striker cannot shoot outside scoring zone).
12. After a shot is made, both players join back of their group's line.
13. Swap groups after a set time limit

Progressions

1. Elimination for GK: If a goalkeeper concedes a goal, they go into elimination chamber. They can return to game, if another GK catches ball or his/her team makes 3x consecutive saves.
2. Elimination for Strikers: If a striker misses goal (shoots wide or over), they go into elimination chamber. They can return to game via a teammate scoring with their weaker foot or scoring via crossbar or post.

Key Coaching Points

- Head Up (Look at where goal is).
- None kicking foot (next to ball and pointing towards goal).
- Striking ball with Shoelaces (toe pointed down) or inside (accuracy) & keep ankle locked.
- Ball contact (middle to keep low).
- Follow Through (of striking foot): Pointing towards goal
- Aim for corners of goal (Top or bottom).