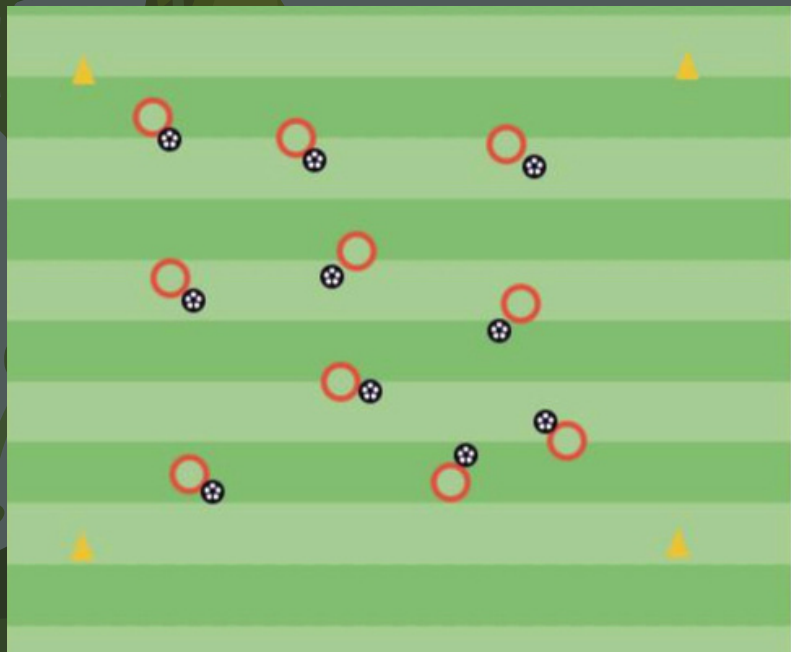


Session 1

In group game - Musical Body Parts (7 mins)

When the music stops players must place the body part called out by the coach on the ball as quick as they can.



Drinks Break (5 mins)

Games (25 mins)

7v7 Games

Goalkeeper optional

Play as little players as possible so lots of players can get touches on the ball!

Session 2

Recap of Last Weeks Skills (8 mins)

Penguin Feet (Toe taps), Cheetah (Speed dribbling),
Dinosaur (Sole taps) and Flamingo (Ball stop)



Skill 1 (3 mins) Snake/Inside-Outside

Can we slither like a snake going inside
to outside with our foot.

Making a snake noise (sss).



Skills 2 (3 mins) Chicken/Both Feet Dribbling

How does a chicken move? Can you cluck like a
chicken? progress to flapping your wings



Skill 3 (3 mins) Monkey/Scissor

Did you know a monkey's favourite food is a donut?
Can you do the shape of a donut with your feet round
the ball? Can you keep your donuts away from the
cheeky monkeys?

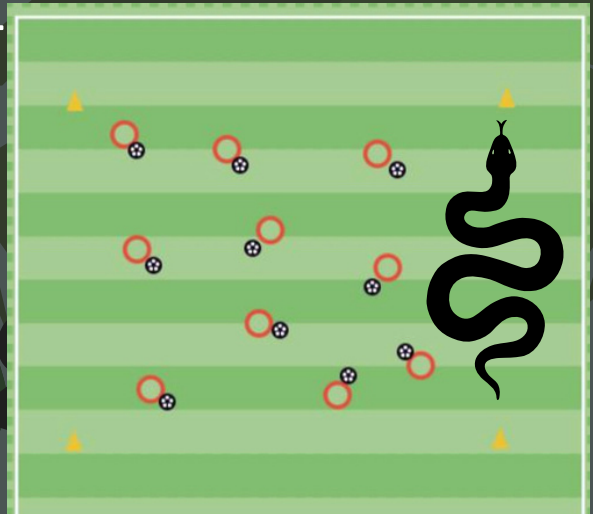
Drinks Break (3 mins)

Session 2

In group game - Snake Game (7 mins)

Ask as many parents or guardians to enter the field. The parents and coaches should create one big line or a few smaller ones. When the coach shouts go the line of parents will slither like a big snake trying to get the kids soccer ball, while staying together as a line

When the coach shouts go the line of parents will slither like a big snake trying to get the kids soccer ball, while staying together as a line



Drinks Break (5 mins)

Games (25 mins)

7v7 Games

Goalkeeper optional

Play as little players as possible so lots of players can get touches on the ball!

Session 3

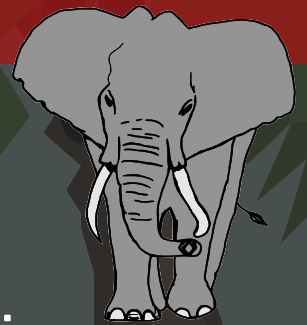
Recap of Last Weeks Skills (8 mins)

Snake (Inside-Outside), Chicken (Both feet dribbling)
and Monkey (Scissor)



Skill 1 (3 mins) Giraffe/Dragback.

Giraffes have very long necks and legs, so can we use our very long legs to reach the ball in front and drag it behind us using the bottom or sole of the foot.



Skills 2 (3 mins) Elephant/L Turn.

Just like the Giraffe we stop the ball and drag it back but instead we knock it behind and to the side to create an L shape.



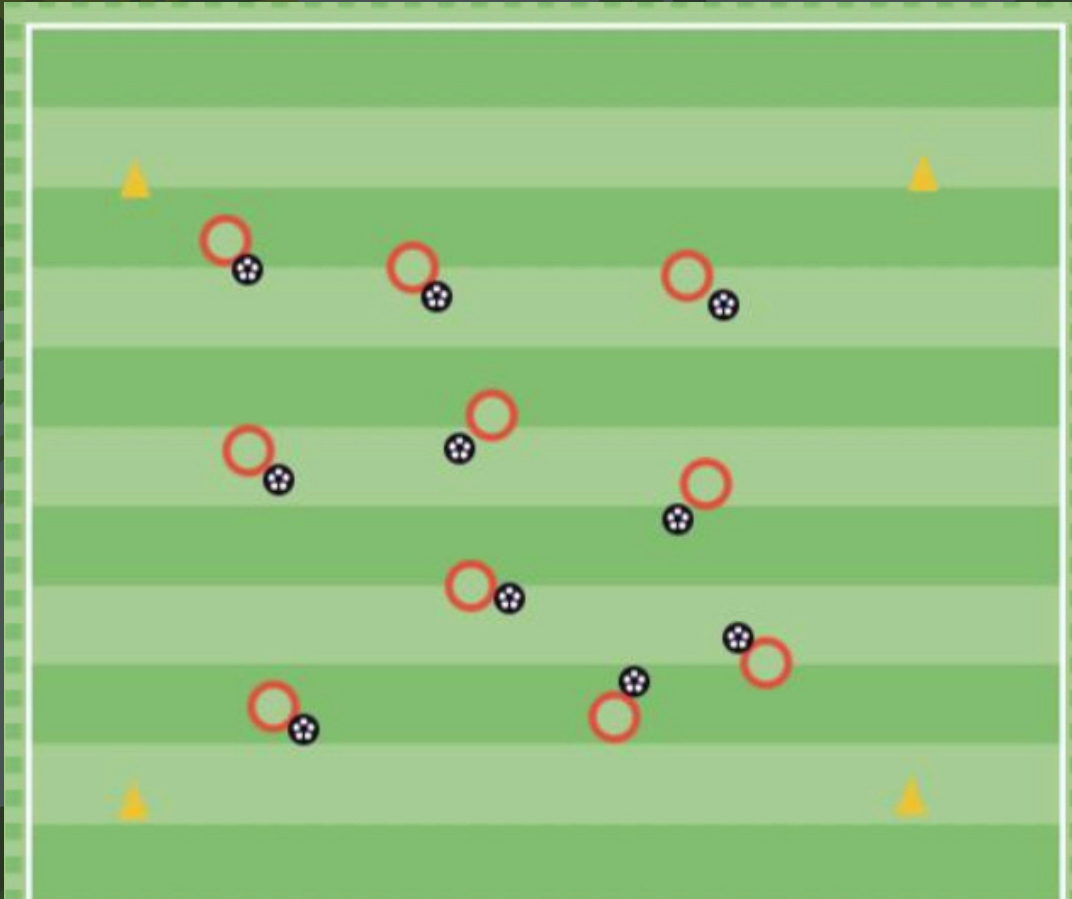
Skill 3 (3 mins) Lion/Stepover.

Lions like protecting their cubs. Using the same foot place your big toe over the soccer ball then hit the soccer ball with your little toe. Big toe over, little takes away

Drinks Break (3 mins)

Session 3

In group game - Musical Statues (7 mins)
When the music stops, you stop as quick as you can.



Drinks Break (5 mins)

Games (25 mins)

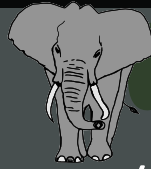
7v7 Games

Goalkeeper optional

Play as little players as possible so lots of players can
get touches on the ball!

Session 4

Recap of Last Weeks Skills (7 mins)
Giraffe (Dragback), Elephant (L Turn) and Lion
(Stepover).



Skill 1 (3 mins) Frog/kick then jump
frogs jump from lily pad to lily pad so we are going to
kick our ball then a big frog jump to the ball (lily pad)

What noise does a frog make?



Skills 2 (3 mins) Bear/Hop.

Can we roar like a bear? When we roar we hop to the
side of the ball and then push the ball.

Skill 3 (3 mins) Panda/Inside Chop.

Can everyone show me a chop with their hand. Now
can we do a chop with our foot on the ball with the
inside.



Skill 4 (3 mins) Hippo/Sit on the ball.

As soon as the coach shouts Hippo sit on the ball like a
big hungry hippo as quick as you can.

Drinks Break (3 mins)

Session 4

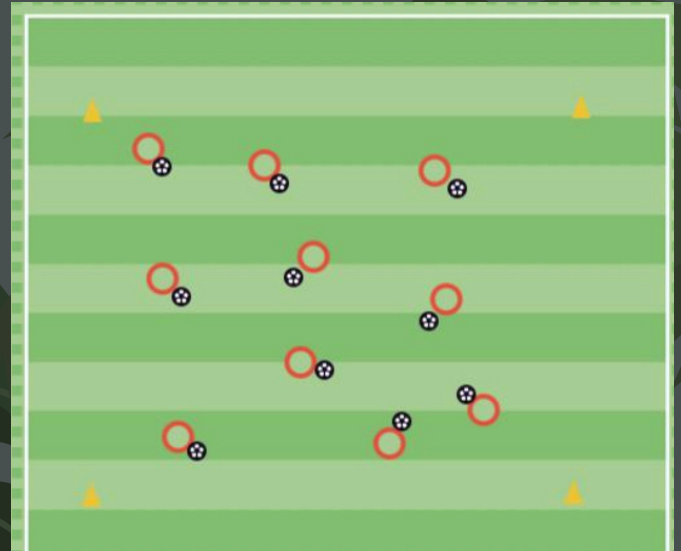
Creepy Crawlies - 7 minutes

Parents and coaches start as big tall trees standing still.

Players dribble around as many trees as they can. Then pause to introduce: Lots of creepy crawlies live in the animal kingdom and especially on and in the trees.

When coach shouts creepy crawlies the parents are going to become a creepy crawly chasing the players.

Spiders for example.



End of Animal Kingdom - Memory test of all Animals saying them faster and faster.

Drinks Break (5 mins)

Games (25 mins)

7v7 Games

Goalkeeper optional

Play as little players as possible so lots of players can get touches on the ball!