

## Week 2

### Focus- Physical Literacy Activity Name: Freeze Tag

#### Introduction

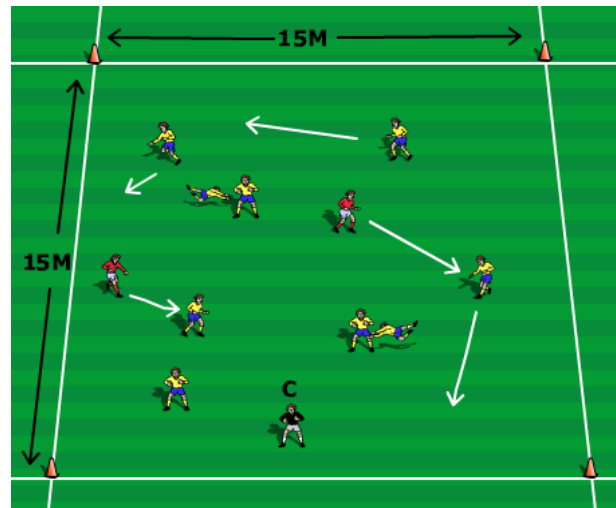
Set up a 20m x 20m grid. Players travel around the grid with a ball. Coach/parent tries to tag the players. When a player is tagged he/she must stand still with legs shoulder width apart and pick up ball. Players are unfrozen when a teammate can dribble a ball through their legs.

#### Variations

**Easier (U4):** Start with no balls, players hold hands out to side - player freed by going under an arm – progress to under legs

**Harder (U6):** Have players replace coach(es) as taggers.

**Harder (U6):** Players must perform 2 juggles to unfreeze.



#### **Emphasis**

- Running
- Change of directions
- Teamwork
- Having Fun!

### Focus – Ball Literacy Name of Game: Topple me Coconuts

#### Organization

Split players into 2 teams and have them line-up as shown below. Place balls on top of cones like coconuts. Ask players to alternate making passes/shots to try and knock the ball off of a cone. If a player is successful they can go and retrieve both balls and bring them back to their side. Encourage celebrations!

#### Alternatives

**Easier (U4):** Start with rolling the ball across a smaller distance.



#### **Emphasis**

- Passing
- Shooting
- Goal celebrations
- Teamwork
- Having Fun!

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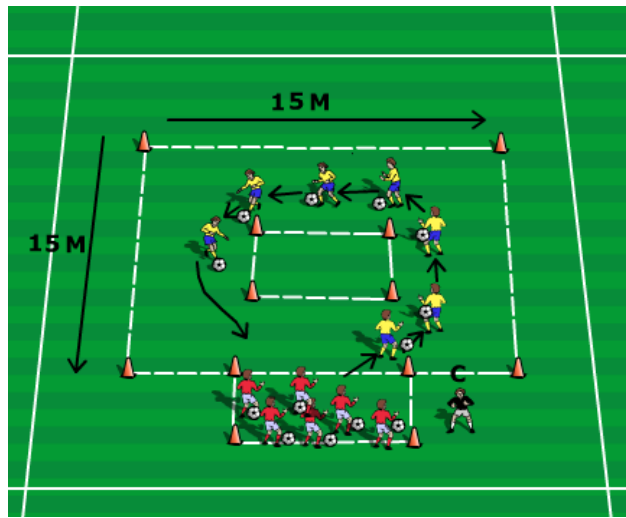
**Focus - Ball Literacy**  
**Name of Game: Indy 500**

**Organization**

Players start from "Pit row" with parents. Player starts by exiting the pits and dribbling the ball in a clockwise direction around the track following their parent. If the ball exits the track they must make 3 toe taps on the ball to restart the engine. Parent and player can switch roles with child following parents. Encourage players to make "Vroom! Vroom!" car sounds while driving!

**Alternatives**

- Easier – run the track first with no balls.
- Easier – layers carry ball in hands and run around track
- Harder – Have players drive the truck on their own.
- Harder – Switch directions and have drivers go counter-clockwise.
- Harder – Change direction before completing circuit on coaches' command



**Emphasis**

- Introduction to dribbling
- Player takes lots of small touches to move the ball forward
- Turning in different directions
- Having Fun!



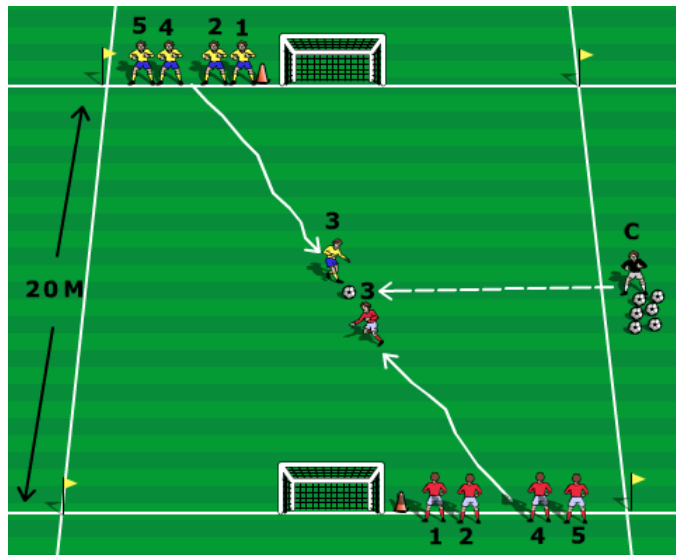
**Focus – Small Sided Game**  
**Name of Game: Numbers Games – 2 Goals**

**Organization**

Set up a small grid, depending on number of players. *Separate players into 2 teams as shown below.* Number players 1,2,3,4,5 etc. Call out a number. That numbered player on each team must race around the cones into the field where a ball is placed. Players must attempt to score on their opponent's goal while defending their own. Encourage celebrations after a goal!

**Alternatives**

- Easier: have them just run it as a race with a ball in their hand and have them throw the ball in goal
- Easier (U4): Put two balls so each can score goals
- Harder (U6) – Increase number of players to 2 or 3 to encourage teamwork (grid size may need to increase to accommodate this.)



**Emphasis**

- Dribbling
- Shooting
- Goal celebrations
- Teamwork
- Having Fun!

