



Squares

Age Group

U5 to U9



Stage of Session

Beginning



Category

Ball Mastery



Duration

10 Minutes



Description

Set up a grid of squares about 3 x 3. Make the squares small enough so that they learn to control the ball in a confined space. Have each player occupy a square and ask them to do a series of tricks and moves, such as:

- Dribble around the square, dribble diagonal and across, (alternate directions and using both feet)
- magic wand – step over the ball then push ball sideways with outside of foot and then dribble magic wand
- scissor step (Rinaldo) – step around the ball almost touching the ground in front of the ball then push with outside
- dribble magic wand,
 - penguin – lock ball between feet and jump
- reverse,
 - 'Get up and catch' – throw ball up while sitting, then stand up and catch it.
- letters, name,
 - Various jumps – standing jump, stepping jump, hopping jump.
- Juggling: balance on thigh, foot, bounce and kick, perhaps allow bounces on ground
- Forward roll – progressing to forward roll with a jump at the end.
- Line dancing – jog on the spot, star jumps, step backwards, left, right, touch the ground, jump.
- Pass ball around body, legs, to toes, balance on ball.

Objectives

- Love the ball

Further development

- Let the players choose a trick for everyone to do
- Each move or trick must be done with the weaker foot

Related activities

- *Me and My Shadow* – In groups of two one player leads and the other has to copy

Coaches notes

This is a great way to start a session.

