Four Year Program

Week #2

1. **Warm Up**

Animal Farm

Players and parents move around the grid like different animals

Ducks, horses, penguins, rabbits, snakes, tiggers

1. **Nutmegs**

Parents stand with their legs apart 1m

Players travel around the grid and kick their ball

Between the legs of their parents (nutmegs)

How many nutmegs can they do?

1. **Go Fetch**

Players line up in front of their parents

The parents rolls the ball away, the player runs to it

And Dribbles it back to the parent

1. **Shooting**

Players run around the cone and back to the goal

The coach rolls the ball to the player

The player kicks the ball into the pug net

Kick the ball

1. **The Game**
2. **Snack and Smile Time**