Four Year Program

Week #3

1. **Warm Up**

The coach places the balls randomly in the grid

Players run and tap the top of each ball with one foot

Players run and jump over each ball

Players run and go around each ball

Placing of the ball

1. **Dribbling Practice**

Players stand opposite their parents

On the word “Go” They dribble their ball to the parent

Pass it through the parents leg and dribble back to the start

1. **Ball Touches**

Player stand with the ball between their feet

They tap the ball alternately with the inside of both feet

1. **Shooting practice**

Players line up facing the pug net

One the whistle they dribble the ball

Through the pairs of cones and shoot

Who can score?

1. **Game**
2. **Snack and Smile time**