

Coach: Stephen Bird

Team: U5's

Topic: Finding Nemo

Date: Spring

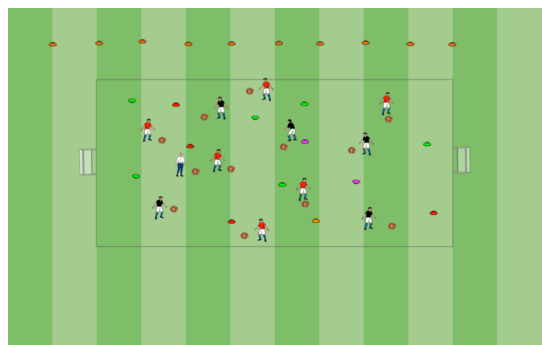


A Lifetime of Soccer

What: Changing speed and direction

Warm-Up

Work: 10-12 Mins



Players attempt to find Nemo. Coach will place one pennie under one of the cones and the players will dribble to each one to see if they can find Nemo. If you have different color cones, use one color for Jellyfish. If they bump into the Jellyfish they have to do toe-taps/tic-tocs etc.

Progression – Coach becomes Bruce the shark and attempts to hit their ball against the player's ball when they are trying to find Nemo.

**Organization:** Area is 30x30, maybe bigger depending on the group size.

Skill Game I

Work: 10-12 Mins



**Sharks and Minnows**

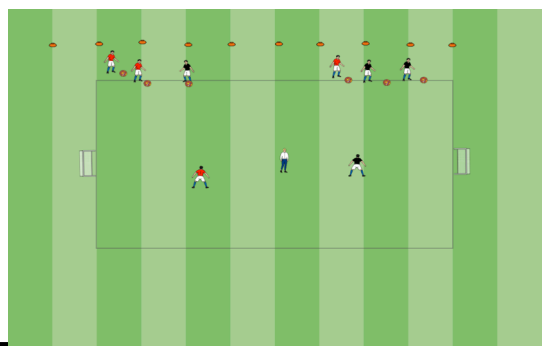
Players try and get past the sharks and get to the other side. If Bruce the shark (coach) puts his or her foot on their ball, they must perform toe-taps/tic-tocs etc. Or they have a point system and they lose a point when they get caught.

Progression – Player(s) can start off by being Bruce the shark.

**Organization:** Space Stations can be added in at the start of practice.

Skill Game II

Work: 10-12 Mins



**Sharks and Minnows II**

If Bruce the shark catches you, you become a Jellyfish in the middle. Jellyfish have to remain on their backside (can't leave the floor) and must use their foot to steal the other player's soccer ball.

The last few remaining Nemo's win the game.

**Organization:** Finish off the practice with some goals.

Key Coaching Points:

- Avoid Bruce the shark and move as quick as you can.
- Plenty of touches on the ball.
- Use different surfaces to evade Bruce.
- Have fun!