



## Future Stars week 9

**Category:** Technical: Ball Control  
**Difficulty:** Beginner

Am-Club: Waterloo Minor Soccer Club  
Carl Horton, Waterloo, Canada

### Warm Up

#### Warm Up

##### Organization:

Children and their parents can either line up on the white line (toes on the line!) or stand in a large circle around the facilitators.

##### Procedure:

**Sing:** Head, shoulders, knees and toes

First go over what body parts are where. Have every child find their head, shoulders, knees, toes, eyes, ears, mouth and nose.

Explain what we can use each body part for (i.e. eyes for seeing where we are going, ears for listening to our coach and our friends, etc.) Sing the song once or twice.

**Stretching:** Have the children try and touch the ceiling by lifting their hands over their head, and then touch the grass. Ask them to stand on their tippy toes and then touch the grass. Do this a few times. Next have them sit and touch their toes, then lie down and pretend to sleep. Do this a few times (this teaches the children to get up quickly after they have fallen). Have the children stand up and sit a few times as well. Carry on with other stretches such as arm rotations, holding one foot off the ground, etc.

**Sing:** Sillies Song

"You gotta shake, shake, shake your sillies out; Shake, shake, shake your sillies out; Shake, shake, shake your sillies out; Wiggle your waggles away."

"You gotta clap, clap, clap your crazies out.."

"You gotta stretch, stretch, stretch your stretchies out.."

"You gotta jump, jump, jump your jiggles out.."

"You gotta yawn, yawn, yawn your sleepies out.."

"Last time! You gotta shake, shake, shake your sillies out.."



### Octopus

**Focus:** Attention and Running

**Instructions:** Have all the children and their parents line up with their toes on the white line. Explain that they are all fishies, and the coaches are octopus. The children must run from one end of the half to the other without being tagged by the octopus. If they do, they become a seaweed and must stand with their parent and attempt to tag other fish. **\*\* Note \*\*** Since children are so young they do not have to become seaweed, a coach can also come and release them as fish again.

**Coaching Points:** Heads up. Keep running.



## Body Breaks

### Organization:

Each player with a ball inside the 20 x 20 area.

### Procedure:

The coaches call out a different body part every few seconds and the players have to place that body part on the ball and strike a pose until the coach shouts go. For example the coach may shout out nose and the players have to stop the ball and place their nose on the ball. As the players progress you can shout out more body parts at a faster speed. This works on the player's coordination:



## Passing with a Friend

### Organization:

Players pair up with a parent.

### Procedure:

Players are to stand anywhere from 5-10 yards from their parent and pass back and forth. Encourage players to use all parts of their foot as well as use both of their feet.

*Progression: For older ages if you feel they are ready have the players pass with a teammate.*

Emphasis: Head up, gentle pass, creativity, and FUN!

**Additional Notes:** It is not important that we teach the players how to pass exactly, but more about what passing means in the game and why we pass to our teammates (to help each other out!)



## How Many Goals Can You Score?

Players will play 1v1 against their parent with the aim for the children to score as many goals as possible in different goals. For the parents ask them to walk while they play against their child but ensure that the player has success.

Emphasis: Children competing against their parents, scoring goals and having FUN!



## Cool Down- Bubbles (5 mins)

Each coach should have a set of bubbles in their hand. Blow the bubbles with a group of 5-6 children in front. Encourage them to pop one at a time.

Give each child a chance to blow the bubbles as well if they'd like to.

Do this for about 5 minutes before you call in all the children and their parents to do tunnel time.



## Tunnel Time

Call in all parents and coaches to make a large tunnel with their hands.

Have one coach gather all the children in front of the tunnel while the parents set up. Once the parents have formed a tunnel have the children run through. Once every child has had a chance, clap and give out high fives.

Gather the children one last time to hand out stickers. Ensure you give out high fives and tell the children, "See you next week!" \*\*

NOTE \*\* Please hand out stickers right at the end of session and not a minute before.

