Four Year Program

Week #9

1. **Warm Up**

Players run through the cones in a zigzag pattern

Players travel through the cones in different ways

1. **Go Fetch**

Coach or parent rolls the ball away

Player chases after it, turns and dribbles it back

Server bounces the ball away for the player to retrieve it

1. **Attack the ball**

Players line up in a column facing the goal

One player at a time attacks a ball served by the coach, controls it

And scores. Coach should force player to run to the ball using different serves

Progress to two players attaching the serve. Who can score

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