Four Year Program

Week #5

1. **Warm Up**

Players line up in a column behind the coach. The coach takes them on a journey. Players follow and act out the movement

They pretend to be on hot sand (knees up pretending to get feet burnt)

They pretend to walk in deep snow (big steps)

They pretend to ride a horse (skip)

They hop like a kangaroo

They pretend to drive a fast car

They fly like an eagle

1. **Dribble around the square**

The players dribble around the outside square

Next player goes when the previous one passes cone #2

1. **Givers and Takers**

Givers start in the centre with the ball

They dribble it to the outside of the square and run back to the centre

Parents return the ball to the centre and then go back to the outside

1. **Run, Turn, Dribble and Shoot**

Two players at a time run out to a ball, turn

Dribble back and shoot. Who can score?

Ball to be placed

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