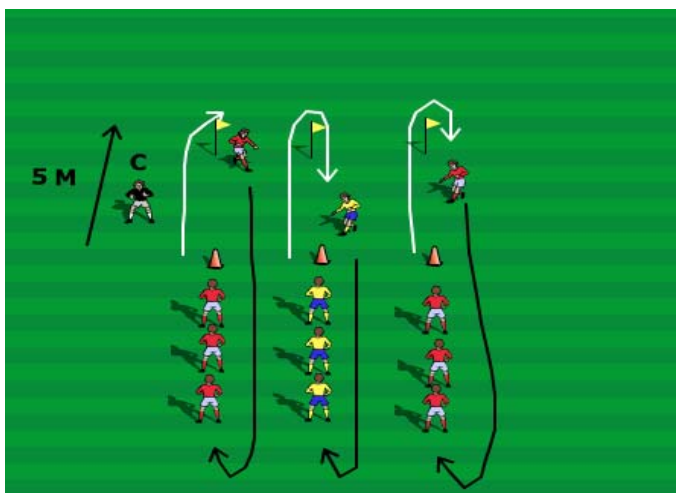


## Fundamental Stage - Week 4



**Focus – Physical Literacy**  
**Name of Game - Relay's**

### Organization

Players are divided into three teams.

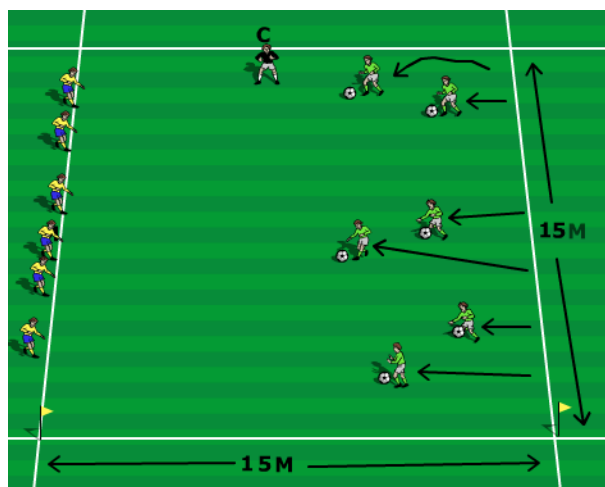
On coaches command first player in each line runs around the flag and returns to team. The next player can go when their team mate, upon return gives them a high five. When all players have completed the course the team sits down.

Repeat using different modes of movement, hopping jumping skipping etc.

Make course interesting and fun. Get Creative!

### Emphasis

- Basic movement
- Changing direction
- Team work & fun!



**Focus – Ball Literacy**  
**Name of Game – Turn & Burn**

### Organization

Divide players into two teams – put them in different colored pinnis One team starts on one end of the grid with a ball each. Objective is for players with the ball to dribble towards the players without, who remain stationary. The coach shouts “Turn” and the players with the ball stop, turn and try to dribble back to their starting line. When the players without the ball here the coach shout “Turn” he players without the ball can release and try and steal the balls of the apposing team before they get back over the safe line. Take turns having both teams being attackers/defenders. Do not eliminate players who lose their ball. Let them have another go.

Variations: Introduce specific turns: big toe turn, little toe turn, pull back, etc.

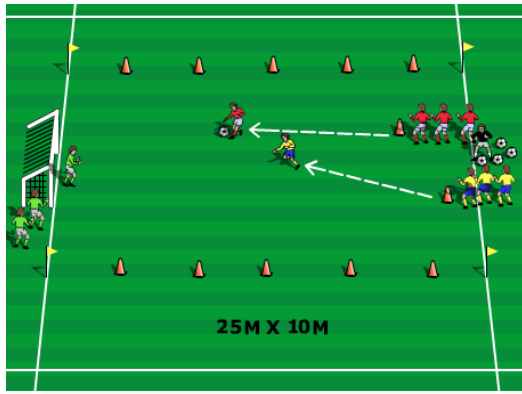
### Emphasis

- Dribbling
- Turning
- Change in direction
- Running with the ball



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### Emphasis

- Attacking the goal
- Shooting/finishing
- Goal Celebrations!



### Focus Shooting Activity Name: 1v1 to Goal – Player behind

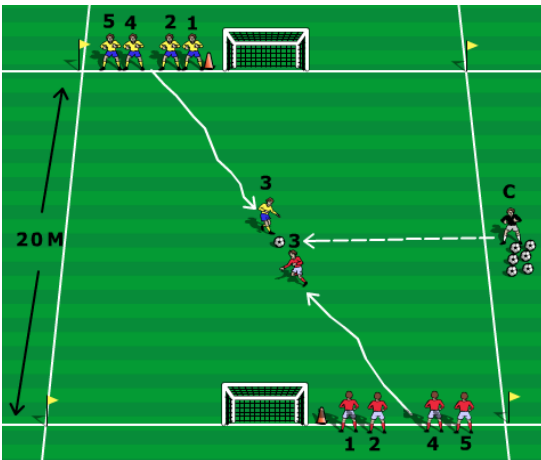
#### Organization

Start with two lines; (Attackers & Defenders) with the attackers slightly ahead of the defenders. The attackers start to dribble with the ball towards goal. Once the attacker is an appropriate distance away, the coach tells the defender to go and put pressure on the attacking player from behind. If defending player wins the ball they try and pass it back to the coach.

Coaches: Allow for offensive success at first and be mindful of the different physical and technical abilities of the players when deciding when to release the defender. Game can be played with or without goalkeeper.

### Focus – Small Sided Game Name of Game – Numbers Game with two goals.

Set up a small grid, depending on number of players. Separate players/parents into 2 teams as shown below. Number players 1,2,3,4,5 etc. Call out a number. The player called from each team enters into the field to challenge for the ball. The coach sends the ball in and players try to score on opposing side while defending their own side. Goalkeepers can be added to the game. Coach can call out more than one number to make 2 v 2 and 3 v 3 situations



### Emphasis

- 1v1, 2v2, 3v3
- Team work
- Let them play
- Goal Celebrations!
- Having Fun!

