

"SEE THE GAME, HEAR THE GAME"

SURFACE: BOTTOM

MOVE/SKILL: PULLBACK

FAST FUTBOL FUNATICS WEEK 1

WARM-UP: Focused on movement with and without the ball. Establishing patterns through sight and sound. Using agility and control.

ACTIVITY 1: "FOLLOW THE LEADER"

Players follow their friend without the ball and try to stay within arms length. Players play the same game with the ball at their feet.

ACTIVITY 2: "TUNNEL RACE"

2 players race with a ball to get through a tunnel (cones), change direction and score in the color goal as indicated by the coach. As a progression, 2 players compete for 1 ball and attempt to go through the tunnel before turning to score on the goal of their choice.

THE GAME:

Directional game with 2 teams.

TIP OF THE WEEK: Ask your child to use the bottom of their foot to practice a pull back within a designated space (5'x5') Can they keep the ball within the space and regain control after the change of direction?



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