



# CHALLENGER SPORTS™



Camp Programme: U5 – Timbits

Session Theme: Week 1 – Pirates/Dribbling/Footskills



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Challenger Sports 2016

## THEME: Warm up - Body Parts

### Organization:

- Each child has a ball
- Moving around into space
- Following coaches commands
- Coach calls out a part of the body, child has to stop the ball and put that body part on the ball
- parts to call: FOOT, KNEE, CHEST, BOTTOM

5 MINS

### Coaching Points:

- Dribble with the ball close
- Always under control
- Stop the ball first
- Use both feet to move around

### Progression

- Speed up the calls
- See who can 'react the quickest'



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## THEME: Pirates

### Organization:

- CAPTAINS COMING - stop ball 'aye aye captain'
- SCRUB THE DECK - Side rolls with ball
- CLIMB THE RIGGING - Toe taps
- SHARK ATTACK - dribble to middle of grid
- MAN OVERBOARD - dribble to outside of grid
- SEAGULLS - dive onto ball like a Goalkeeper
- MUTINY - attempt to kick coach with ball

10 MINS

### Coaching Points:

- Proper technique for each command
- Close control of soccer ball
- Moving around all the square
- 'Who can be fastest pirate'

### PROGRESSION

- Faster commands
- Speed up the dribbling
- Can you use non verbal communication to force players to look up?



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## THEME: Scrimmage

### Organization:

- End the session with small sided games
- Remember to coach within the game
- Encourage lots of touches on the ball
- Keep the game flowing where possible
- No Goalkeepers

### Coaching Points:

- Try and encourage coaching points made during the session to be applied in the scrimmage!



# CHALLENGER SPORTS™



Camp Programme: U5 – Timbits

Session Theme: Week 2 – Dribbling/ Fakes and turns



## THEME: Warm up – Body Parts

### Organization:

- Each player has a ball
- Coach calls out commands for players: EG. stop, speed up, switch balls, knee on the ball
- Only mimic when he says 'Coach says
- Don't eliminate campers who get it wrong - everyone plays all the time

5 MINS

### Coaching Points:

- Make sure they listen/watch
- Reaction speed
- Lots of movement/dribbling/stopping soccer ball

Progression  
- Touches with both feet?



## THEME: Fox and Hounds

### Organization:

In pairs dribbling towards the middle and turning back to their start point/cone. One of them is the fox, one is the hound!

- Both go at the same time, then coach can introduce command of "fox" or "hound" and make it a race to increase speed
- Introduce switch- when you shout "go" both players run out to the middle, leave their ball STATIONARY (to show control) and take their partners back with them.

10 MINS

### Coaching Points:

- Teach different turns - drag back etc, hook.
- Turn as close to cone as possible
- Dribble away with speed

Progression  
- tell them to try to only use on foot, and then switch feet they use.  
- Make the distance further to dribble



## THEME: Scrimmage

### Organization:

- End the session with small sided games
- Remember to coach within the game
- Encourage lots of touches on the ball
- Keep the game flowing where possible
- No Goalkeepers

### Coaching Points:

- Try and encourage coaching points made during the session to be applied in the scrimmage!





Camp Programme: U5 – Timbits

Session Theme: Week 3 – Dribbling/Defending/1v1



## THEME: Warm up - Stuck in the mud

### Organization:

- Players begin without a ball
- Running around the square with one person who is the tagger
- If you are tagged you are 'stuck in the mud'
- To free someone you must crawl through their legs
- Afterwards introduce balls and same rules but to free a player you have to pass the ball through the stuck players legs.

5 MINS

### Coaching Points:

- Lots of movement
- Head up to see who is stuck
- Communication 'help, help I'm stuck in the mud!'

### Progression

- Add more taggers
- Use of soccer ball to 'pass' through their legs when stuck



## THEME: 1v1

### Organization:

Split the players in to 2 teams. One team on one corner and the other team on the other corner.

Coach throws a ball out and the first player in each team run to the ball, they have to turn and then try score into the goal.

The player that scores gets a point for their team.

10 MINS

### Coaching Points:

- Keep the ball close, taking soft touches.
- When defending, get your body between the ball and the goal
- Try to turn when you get to the ball to change direction towards the goal.

### Progressions

- Add a goalkeeper
- Call two players at a time, 2v2.



## THEME: Scrimmage

### Organization:

- End the session with small sided games
- Remember to coach within the game
- Encourage lots of touches on the ball
- Keep the game flowing where possible
- No Goalkeepers

### Coaching Points:

- Try and encourage coaching points made during the session to be applied in the scrimmage!



Camp Programme: U5 – Timbits

Session Theme: Week 4 – Dribbling /Defending



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## THEME: Soccer Statues

### Organization:

- Start with no ball
- Running around the grid using different movements - skipping etc
- On coaches command kids have to freeze
- Introduce a ball

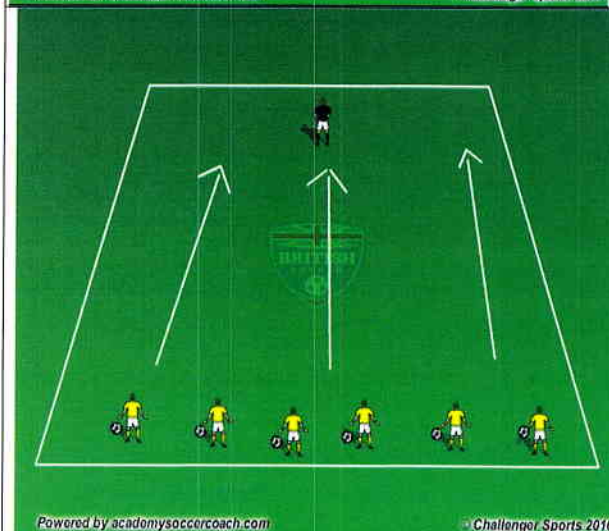
5 MINS

### Coaching Points:

- Lots of movement
- Getting warmed up and ready for soccer

### Progression

- Incorporate the soccer ball into a statue - players must have foot on the ball.



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## THEME: Sharks and Minnows

### Organization:

All players start on one side of the square. They have to dribble around the shark (coach) and get to the other side. Once they get there, they wait until everybody has and then they come the other way and repeat this.

If the shark gets your ball, you then become a shark also.

The last player with their ball is the winner.

10 MINS

### Coaching Points:

- Lots of little touches
- Keep ball close
- No big touches
- Dribble into the space
- Change speed and direction

### Progression

- Change feet
- Add another shark
- Play just in square, when ball is kicked out you become a shark, last player is the winner.



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## THEME: Scrimmage

### Organization:

- End the session with small sided games
- Remember to coach within the game
- Encourage lots of touches on the ball
- Keep the game flowing where possible
- No Goalkeepers

### Coaching Points:

- Try and encourage coaching points made during the session to be applied in the scrimmage!





Camp Programme: U5 – Timbits

Session Theme: Week 5– Dribbling/ Fakes and turns



## THEME: Warm up – Superheroes

### Organization:

- Players dribble around the grid and listen for coaches commands
- SUPERMAN - Lay on top of ball with stomach and pretend to fly
- SPIDERMAN - stop soccer ball and shoot web
- BATMAN - pretend to fly
- IRON MAN - Stop ball and blast forward with hands

5 MINS

### Coaching Points:

- Focus on dribbling technique
- Lots of turns and finding space
- Concentrate on speed

### Progression

- Ask kids for different ideas
- Faster commands
- Kids can shout out ones



## THEME: Through the gate with turns

### Organization:

Place small cone gates in the square

- Kids have to dribble through the gates
- Score '1 point' for each gate they go through
- Can't go back through a gate

Same as above but perform a skill at the gate instead of just dribbling through it.

### Skills:

1. Toe Taps x5
2. Side to Side x5
3. Pull Back
4. Pull Back with weaker foot.

Work through each of these skills for 1-2 minutes, having them get 1 point for each time they do the skill.

10 MINS

### Coaching Points:

- Use both feet
- Keep the ball close
- Go fast between gates

### Progression

- Make the gates smaller
- Add a 'gatekeeper'
- Can only use certain parts of the foot to dribble.



## THEME: Scrimmage

### Organization:

- End the session with small sided games
- Remember to coach within the game
- Encourage lots of touches on the ball
- Keep the game flowing where possible
- No Goalkeepers

### Coaching Points:

- Try and encourage coaching points made during the session to be applied in the scrimmage!



Camp Programme: U5 – Timbits

Session Theme: Week 6 – 1v1/Dribbling



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## THEME: Warm up - Shrek and Donkey

### Organization:

- Players begin without a ball
- Running around the square with one person who is the tagger "shrek"
- If you are tagged you are become a "Shrek" also.
- Last player "donkey" alive is the winner.
- Afterwards introduce balls and same rules but have to do it with a ball. The players who are "Shrek" have to have a ball also.

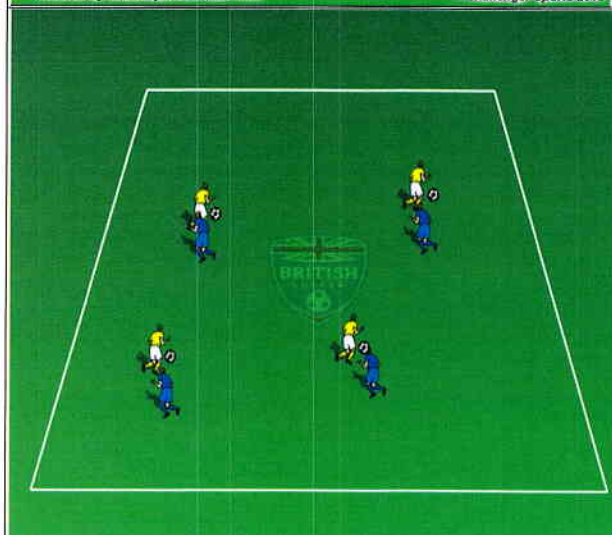
5 Mins

### Coaching Points:

- Lots of movement
- Head up to see the space and look for "Shrek"
- Quick dribbling, changes of speed and direction.

### Progression

- Start with more Shreks
- Only use certain foot or parts of fee.
- Shrek doesn't have to have a ball.



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## THEME: Follow the leader/Steal The Ball.

### Organization:

Split the players in to pairs and have them number themselves 1 and 2.

Number 1 dribbles around the square whilst number 2 follows. After a minute, rotate them round so 2 becomes the leader.

Same as above, except this time it is one ball per pair.

Players have to try and steal the off each other. When you lose it, try win it back. When you have it, try keep it away from your partner.

When the coach shouts freeze, the player with the ball gets a point.

10 Mins

### Coaching Points:

Dribble with the ball close.

- Always under control

- Soft little touches
- Head up to see open space
- Use both feet to move the ball around
- Changes of speed and direction to lose follower.

### Progression

- Can only use certain foot.
- Can only use parts of the feet.



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## THEME: Scrimmage

### Organization:

- End the session with small sided games
- Remember to coach within the game
- Encourage lots of touches on the ball
- Keep the game flowing where possible
- No Goalkeepers

### Coaching Points:

- Try and encourage coaching points made during the session to be applied in the scrimmage!





Camp Programme: U5 – Timbits

Session Theme: Week 7 - Dribbling/Passing/Footskills



## THEME: Warm up - Body Parts

### Organization:

- Each child has a ball
- Moving around into space
- Following coaches commands
- Coach calls out a part of the body, child has to stop the ball and put that body part on the ball
- parts to call: FOOT, KNEE, CHEST, BOTTOM

5 MINS

### Coaching Points:

Dribble with the ball close

- Always under control
- Stop the ball first
- Use both feet to move around

### Progression

- Speed up the calls
- See who can 'react the quickest'



## THEME: Cars

### Organization:

- Set up many tall Cones around the square in space
- Each player has a ball
- Each tall cone is a "gas station".
- Players must dribble (drive their car) to the gas station and perform 10 of the following tasks and then move to a different gas station.

- Give them 2/3 minutes to perform as many different tasks as they can at each gas station.

Task 1 – Toe Taps (pump gas in the car) sole touches alternating feet.

Task 2 – Side to side (clean the car) pass the ball from left foot to right foot using the instep.

Task 3 – Rollovers (turn the car) roll the ball across their body using the sole of the foot. 3 times on each foot.

Task 4 – Using the inside of the foot, players have to destroy all the buildings (tall cones) knocking them down by passing the ball in to them.

10 MINS

### Coaching Points:

Dribble with the ball close

- Always under control
- Soft little touches
- Stop the ball first
- Use both feet to move the ball around

### Progression

- Competition, who can do the most in the given time.
- Add a policeman/coach who blocks certain cones
- Can only get so close to the cone when taking the shot.
- Follow foot through to gain more power.



## THEME: Scrimmage

### Organization:

- End the session with small sided games
- Remember to coach within the game
- Encourage lots of touches on the ball
- Keep the game flowing where possible
- No Goalkeepers

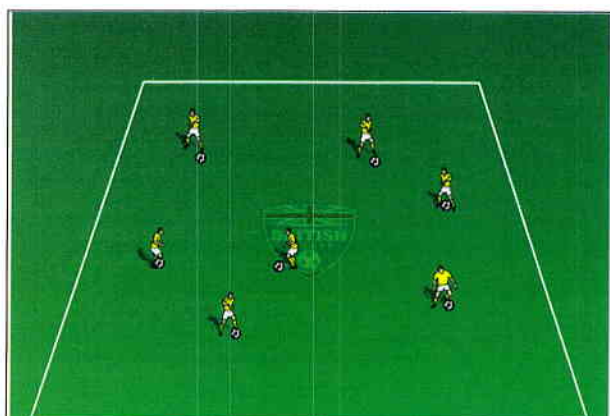
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Camp Programme: U5 – Timbits

Session Theme: Week 8 – Dribbling



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## THEME: Warm up - Pinnie Tag

### Organization:

- Start without a ball
- Coach begins with a pinnie in hand
- Try to tag someone by touching them with the pinnie
- When someone is tagged they become the tagger
- Introduce ball

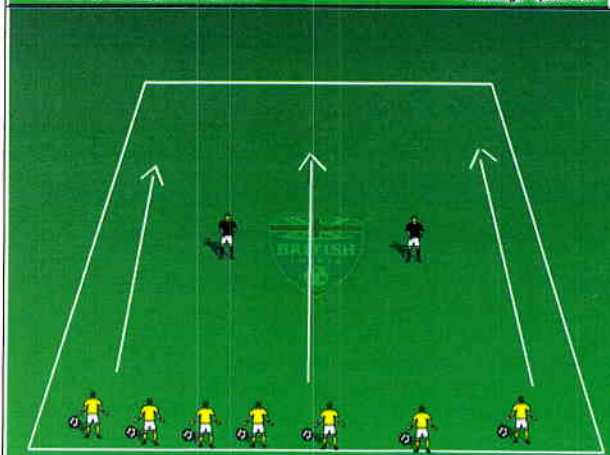
5 MINS

### Coaching Points:

- Lots of movement
- Be aware of who/where the tagger is
- Not standing still

### Progression

- Introduce multiple taggers
- Using the soccer ball to tag someone instead of pinnie.



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## THEME: Crabs and Surfers

### Organization:

- Get the kids to line up on one side of the grid
- Either be the 'crab' yourself or nominate one kid
- The 'surfers' have to dribble their soccer balls across to the other side of the grid without being caught by a crab
- Once over to the other side they move back across
- If caught by a crab then that child also becomes a mini crab until there is 1 surfer left

10 MINS

### Coaching Points:

- Keep the ball close
- Don't just go in one direction
- Keep your head up

### Progression

- Crab starts on their back, next round on their knees and final round on their legs.



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