



# Muppet Practice and game day session #1

Category: Small-Sided Games  
Difficulty: Beginner

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## Description

This is a practice plan for game day for Muppets U5 and U6.

The warm-ups are encouraging the players to attack and strike the ball, steal the ball and score on the goal, while working on dribbling and shooting.

## Wreck it Ralph Warm-up (10 mins)

Wreck it Ralph - 10 minutes

Ralph is a bad guy and wants to wreck all of the buildings (cones) "I'm gonna Wreck it!". The coaches or some players are Felix "I can fix".

Ralph wrecks the buildings by passing or shooting their ball and knocking over the cones. Felix fixes all of the cones by standing them back up. Felix can also kick the ball away if required.

All of the players with the ball are Ralph (in Red). The coaches or a few selected players (in black).

Variations

Switch the players around so coaches are Ralph and players are Felix

Have two teams of equal numbers - One Ralph and one Felix -  
NOTE - You will need to use Pinnies

Coaching points Dribbling

Keep the ball close when dribbling so you can dribble up to the cones easier

Protect the ball (shield it) from Felix (the coach) so he doesn't kick it away.

Take big touches when dribbling over big distances

Take small touches when getting close to a cone or changing direction

Coaching Points Shooting/Passing

Put non-kicking foot next to the ball

Aim non-kicking foot at the cones

For laces - point toe down on kicking foot and strike the middle of the ball

For inside - toe should be pointing out to the side and slightly up



## Egg Hunt/Steal the Treasure (10 mins)

Egg Hunt/Steal the Treasure

Two teams at opposite ends of the field, start behind their goal. On the coaches signal, they run out and get one ball and dribble it back to their goal (Basket or treasure chest)

Players can dribble with any ball and continue to play until all of the balls are in the goals (baskets).

Variations

Layers can steal off the other players as they dribble

Players can steal from the other team's goal

Coaching Points

Players do not use their hands

Players should turn with the ball in the center of the field, not run around the ball. e.g.- Place foot on top of the ball and roll it back behind you and then turn to shoot in the goal.

Dribble it close to the goal before shooting

Aim non-kicking foot at the goal ("Aim and Fire").

Protect the ball from the other team using your body as a shield

If you are tackling/stealing the ball - try to poke it away rather than kick it away.



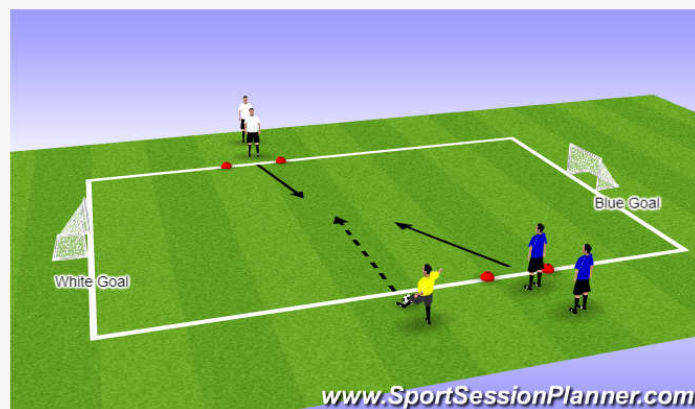
## 1v1 to goal (10 mins)

1v1 to goal but players start on the side

This game helps the players chase players back to cover the goal. They should run back and then to the ball curving their run.

Watch the ball so you know where to run

Watch the other players to see if you are the attacker (with the ball) or defender (without the ball). It will depend who gets to the ball first.



## 3v3 (30 mins)

The Game - 3v3

No GK's so please keep the players away from standing in the goal the whole time. They should stay up with the play. They can come back and cover the goal when someone is trying to score but don't let them remain there.

Rotate the players often. If you have 11 or 12 players, you can play 4v4

Try to encourage the players to go to the ball (especially at U5).

We use a 'new ball' method. Coaches carry two or three balls with them and if it goes out of bounds they will shout 'New ball' and roll one in.

We play with loose boundaries with unless the ball is over a yard or two out, let them carry on. Parents can also 'bump' the ball back into play.

