**Description**
Youth Academy games for ages 5 and 6

## Stop and Go (10 mins)

**Organization of Session**
20-30 second dribbling intervals
Coach Yells stop- players must stop the ball with any body part(Hands,feet, elbow, nose, bottom, knees)
**Key Points**
keeping the ball as close as possible
teaching touches in rhythm 1.2.3 stop etc,
make the stoppages fun



## Juggling Ladder (10 mins)

**Organization of Session**
Set up a grid of boxes in a ladder like series
players are required to do a specific juggle before moving to the next step
First team to get all players up the ladder win!
**Key Points**
Juggling moves should be simple as kick it and catch it, or knee/thigh and catch
Make it fun, one player per square is effective 2 players in a square could be more fun!



## Smash the bug (10 mins)

**Organization of Session**
20x20 space
1 cone per player minimum no more 1.5 cones per player
45-60 second rounds, players try to dribble the ball over as many cones as possible. (Cones being bugs)
**Key Points**
players cant dribble over the same cone over and over
game can be as simple as players stepping on the cone while dribbling or dribbling the ball over the cone

## Dragon Slayer (10 mins)

**Organization of Session**
20x20 space
coach is the dragon, players are the slayers
players job is to dribble around and hit the dragon to slay him
**Key Points**
keep players engaged by running at them to instigate success for them
encourage players to hit the ball at you below the waist
you can start off by letting them throw the ball at your feet the first round.

## Chickens & Penguins (10 mins)

**Organization of Session**
20x20 space
players broke up into 2 teams
coach can pick how many from each team play in each round (2 chickens, 1Penguin..etc)
coach serves a ball in and the players try to score a goal
ball goes out of bounds or a goal is scored, the next round starts
**Key Points**
change of direction
explosiveness with the ball
create matchups with player selection that encourages dribbling and success