

4 and 5 Year Old Training

Warm up (5 - 10 minutes)

Line your players up (camp style) and have them go through a series of exercises. Start with Jumping Jacks, and lead them through all of the stretches.

Sharks and Minnows (10 minutes)

20 kids per field. Have all of your kids put on their flags. Ask coaches and parents to help. Select 4 Sharks. Have the rest of the kids start (minnows) in the end-zone. The minnows try to make it to the mid-field line, while the sharks try and pull their flags. The game continues until there are no more minnows left.

Repeat if you have time.

Red Light / Green Light (10 minutes)

20 kids per field. Have all of the kids start in the end zone. When you say green light, players should run forward. When you say red light, they should stop. When everyone reaches the end of the field, turn the kids around and start again. You can try different variations (have the kids run backwards, have them walk when you say yellow light, etc).

Break (2 minutes)

Steal the Bacon (10 minutes)

20 kids per field. You need an even number of kids to play this game. Split the kids into two teams, and assign each kid a number. Kids start on opposite sides of the field. When you call out a kids' number, throw the ball in the air, and the two kids from opposing teams with that number have to try and retrieve the ball and return it to their line. The player who gets to the ball 2nd can pull the player who retrieved the ball's flag, and if he gets them before they cross the line, they get a point.

Obstacle Course Relay (10 minutes)

- Kids start in a single file line behind the first cone.
- Sprint forward to the second cone.
- Backpedal (run backwards) to the third cone.
- Side-step to the fourth cone.
- Bear-claw (or just run) to the fifth cone.
- Receive a pass while sprinting towards the last cone

