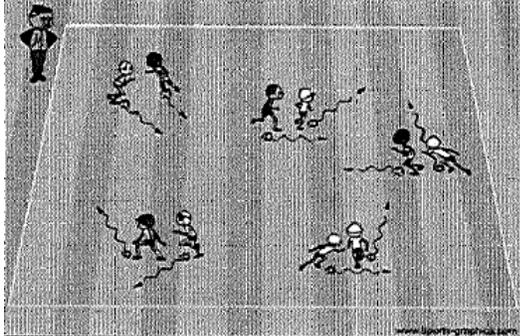
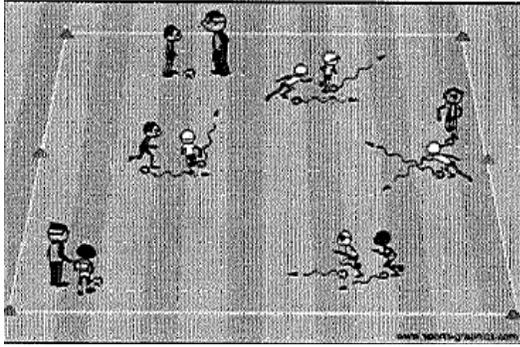
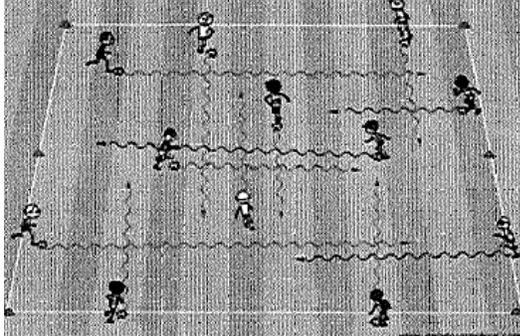


U4 Session Plan – Week #1

Start Time: 6:30

Prepare your area ahead of time - Set up an area (15m x 15m or 20m x 20m) using your pylons to show your team members their part of the field for the activities.

Use parent helpers as much as possible for the activities, the children on your team will have more fun.

<p>6:30 Max 5 minutes</p>	<p>Warm Up</p> <p>Freeze Tag – No Ball Choose 2 or 3 ‘chasers’ who hold a pinney. Play inside set area. Chasers attempt to catch all the others using the pinney to tag. When tagged players freeze with arms extended to side, when given a high 5 by free player return to game. Switch ‘chasers’ every 20-30 seconds until all have had a turn.</p>	
<p>5-6 minutes</p>	<p style="text-align: center;">Activity 1</p> <p>Tag: All players dribbling a soccer ball in the marked area. Players try to tag each other with their hands. They cannot abandon their own ball.</p> <p>Coach: Have the players keep count of the number of tags they get. Play more than once, have the players try to improve their tags in each game.</p>	
<p>5-6 minutes</p>	<p style="text-align: center;">Activity 2</p> <p>Hospital Tag: All players dribbling a soccer ball in the marked area. Players try to tag each other with their hands and they cannot abandon their own ball. Once a player is tagged they must cover the tagged (injured) area with one hand, on a second tag use the other hand to cover, after the third tag the players must go to the hospital to see the doctor to be cured.</p> <p>Coach: Acts as the ‘doctor’ and heal the dribblers so they can rejoin the activity. Parents can be additional doctors.</p>	
<p>5-6 minutes</p>	<p style="text-align: center;">Activity 3</p> <p>Cross Over Dribbling: Every player with a ball standing around edge of area. When the coach says “Go” the players dribbling to the opposite side, turn, and return to starting spot.</p> <p>Variation 1: Return to different spot</p> <p>Variation 2: Time the activity and see how many crossings can be done in the time limit (30 sec. or 1 min.)</p>	
<p>5-6 minutes</p>	<p style="text-align: center;">Activity 4</p> <p>Hit the Coach: Players spread out around area, kneel beside ball, and hide eyes on the ball, coach “hides” by moving to a different part of area. On coach cue the players try to ‘find’ the coach and race to hit the coach with their ball.</p> <p>Variation 1: coach becomes a moving target</p>	
<p>7:15</p>	<p>Scrimmage</p>	<p>Play against the other team, 3 v 3. Play 2 games if you have enough players. Goalies should not be used at this age. Make sure playing time is equal for all.</p>
<p>Approx. 7:30- 7:35</p>	<p>Wrap up</p>	<p>Stress good points from session, do a team cheer, ask for favourite activity of night from group and talk about the next night of soccer</p>