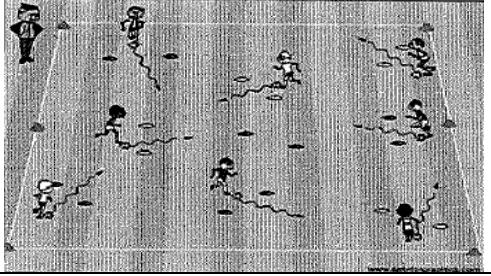
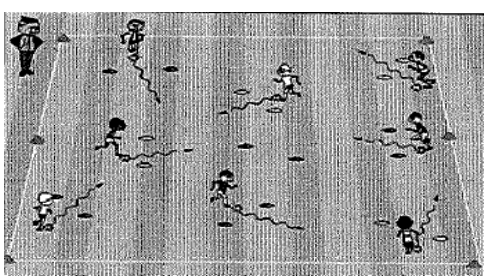
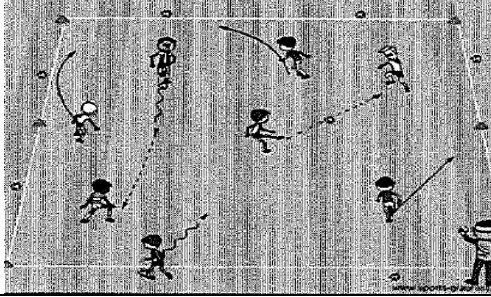
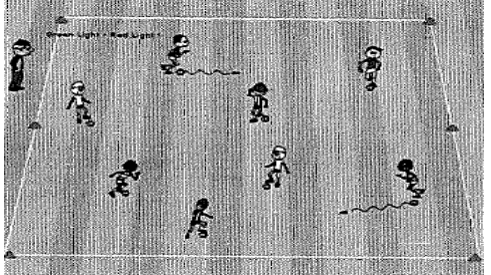
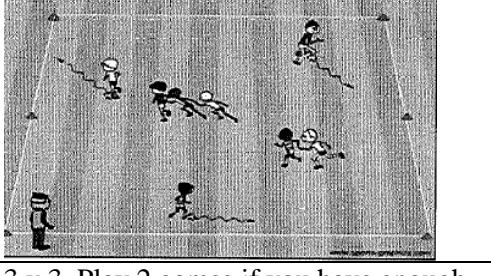


U4 Session Plan – Week #10

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.

6:30 5-6 minutes	<p><u>Warm Up</u></p> <p><u>Gate Dribble:</u> Set up as many gates (two cones 2 yards apart) as you can in your area. All players with a soccer ball must dribble through a gate to score a point. How many can they get in a minute.</p> <p>Coach: Repeat twice asking players to beat their previous score on each round</p>	
5-6 minutes	<p><u>Activity 1</u></p> <p><u>1 v 1 Gate Soccer :</u> Keep the gates from the warm up and have groups of 2 players with one ball. Players compete against their partner trying to stop the ball inside a gate and do a ball control or footwork move before their partner stops them to score a point.</p>	
5-6 minutes	<p><u>Activity 2</u></p> <p><u>Catching Robbers:</u> Players are spread around the area (the robbers) but only 2 players (the cops) have a ball. When the coach says "let's catch some robbers" the cops try to catch the robbers by hitting them below the knee with the soccer ball. Once a robber is hit he/she gets a ball from outside the area and becomes a cop.</p>	
5-6 minutes	<p><u>Activity 3</u></p> <p><u>Red Light/Green Light:</u> All players dribbling freely in the area listening for colour. "Red Light"=stop and put foot on ball. "Yellow Light"=dribble slowly. "Green light"= dribble fast.</p> <p>Coach: Vary the frequency/order of the changes and add other colours (i.e. purple=hop back and forth over ball, orange light=run around ball, etc....make up your own)</p>	
5-6 minutes	<p><u>Activity 3</u></p> <p><u>Kangaroo Jack:</u> All players dribbling a ball except at least 2 who are the kangaroos. The players without a ball can only move like a kangaroo and are trying to tag the dribblers. If a dribbler is tagged they become a kangaroo. Play until all are kangaroos</p>	
7:15	<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>
Approx. 7:30- 7:35	<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>