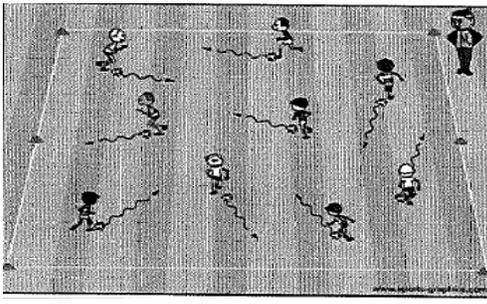
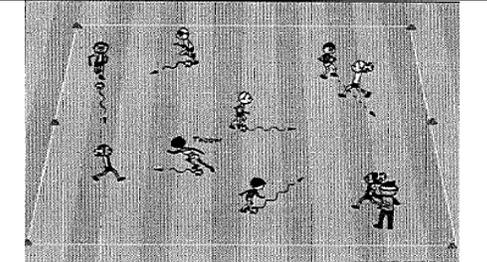
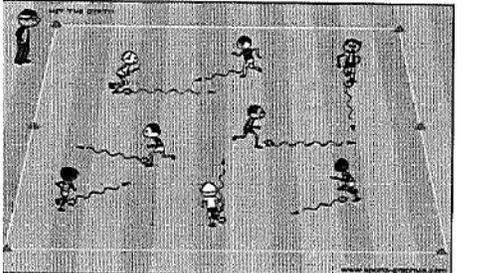
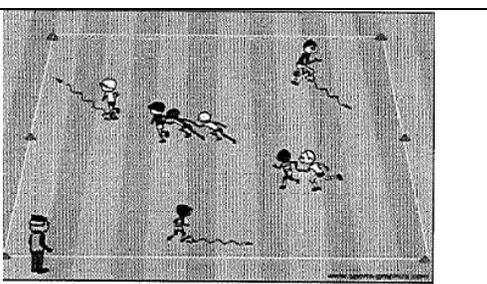
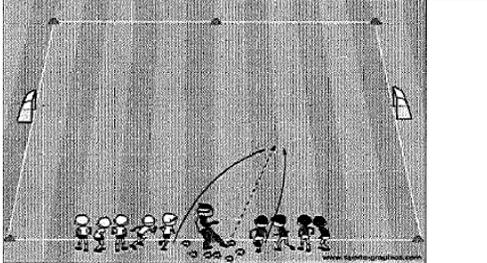


# U4 Session Plan – Week #2

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><b><u>Warm Up</u></b></p> <p><b><u>Free Dribble:</u></b> All players dribbling a soccer ball in the area. Have them use the inside, outside and sole of foot to move ball.</p> <p><b>Coach:</b> Add in direction changes (“Turn”) and ball control moves (toe taps, side-side, ball circles, heel-toe, etc.) stress accelerating away. Also add in stopping ball with different body parts (“elbow on ball”, “tummy on ball”, etc.)</p> <p><b>Next step:</b> Coach put light ‘pressure’ on players</p>	
5-6 minutes	<p><b><u>Activity 1</u></b></p> <p><b><u>Freeze Tag :</u></b></p> <p>All players dribbling a soccer ball in the marked area. 2-3 players are freeze monsters and try to tag the others with a pinney. Frozen players stand with feet apart. Players can unfreeze teammates by kicking ball between feet of frozen players.</p>	
5-6 minutes	<p><b><u>Activity 2</u></b></p> <p><b><u>Hit the dirt:</u></b> All players dribbling a soccer ball in the marked area. When coach says “Hit the Dirt”, the players stop and touch stomach to ground. When coach says “Up” each player get up and starts dribbling again.</p> <p><b>Next Step:</b> on “Hit the Dirt” players touch ground and get up as quick as they can.</p>	
5-6 minutes	<p><b><u>Activity 3</u></b></p> <p><b><u>Snake:</u></b> All players dribbling a ball except at least 2. The players without a ball hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who become part of the snake. The snake must try to stay together and not break into smaller parts</p> <p><b>Coach:</b> Encourage snake to hiss</p>	
5-6 minutes	<p><b><u>Activity 4</u></b></p> <p><b><u>Get “Outta There”:</u></b> Divide players into 2 teams positioned on either side of coach who has soccer balls outside area. Two nets (pylons for posts will work) set up on opposite sides. The coach plays the ball into the area and players try to gain possession and score a goal. If a goal is scored or the ball goes out of bounds the coach yells “Get Outta There”. Games can be 1v1, 2v2 or 3v3.</p>	
7:15	<p><b>Scrimmage</b></p>	<p>Play against the other team, 3 v 3. Play 2 games if you have enough players. Goalies should <b>not</b> be used at this age. Make sure playing time is equal for all.</p>
Approx. 7:30- 7:35	<p><b>Wrap up</b></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>