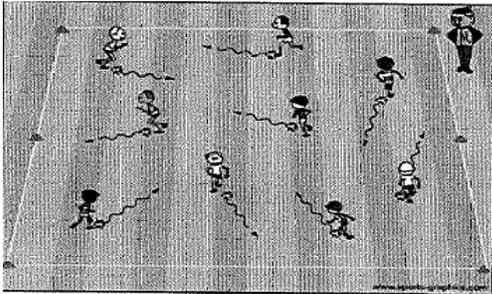
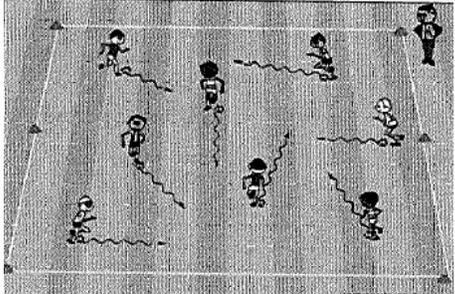
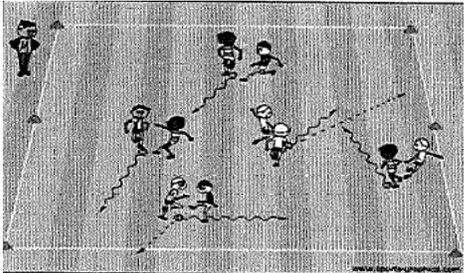
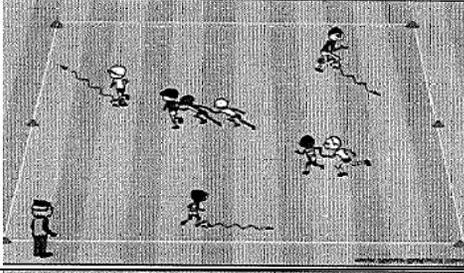
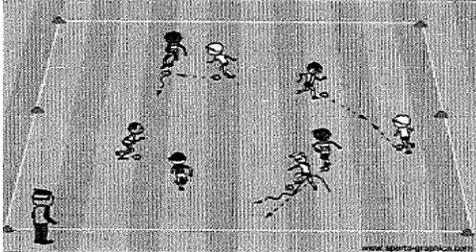


U4 Session Plan – Week #3

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>Free Dribble:</u> All players dribbling a soccer ball in the area. Have them use the inside, outside and sole of foot to move ball.</p> <p>Coach: 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>Next step: Coach put light ‘pressure’ on players</p>	
5-6 minutes	<p><u>Activity 1</u></p> <p><u>Paint the Field :</u> All players dribbling a soccer ball in the marked area pretending that their ball is a paintbrush and wherever it rolls it is painting the field. The players try to paint as much of the area as possible in a time period.</p> <p>Variation: Ask the players to only use their favourite foot and then only the other foot.</p>	
5-6 minutes	<p><u>Activity 2</u></p> <p><u>Crab Soccer:</u> Have 2 or 3 players without a ball standing inside the area acting as crabs. The other players are spread out around the area and dribble around area on coach signal trying to avoid the moving crabs and find open space. The crabs try to kick the ball out of the area, if a dribbler’s ball goes out of the area they become a crab as well. Play until all are crabs. Can be repeated several times.</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. Can be repeated several times</p>	
5-6 minutes	<p><u>Activity 4</u></p> <p><u>Ball Tag:</u> All players dribbling a ball. They try to hit another player’s soccer ball and keep count of how many they hit.</p> <p>Coach: Coaches and parents should play as well. Hitting the coach’s or parent’s soccer ball counts as 5 points.</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>