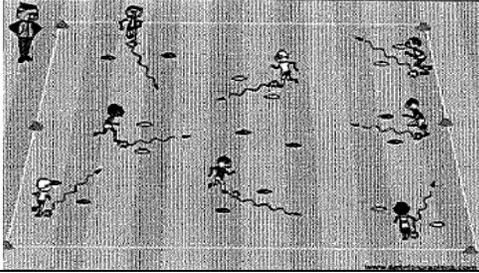
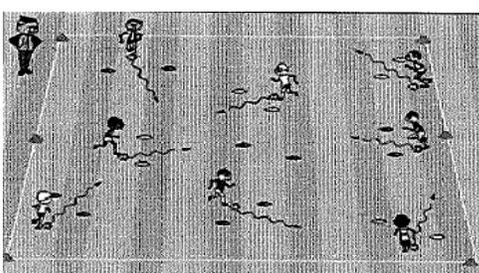
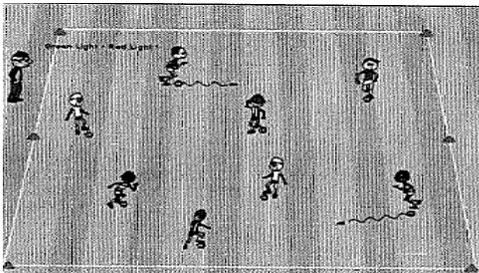
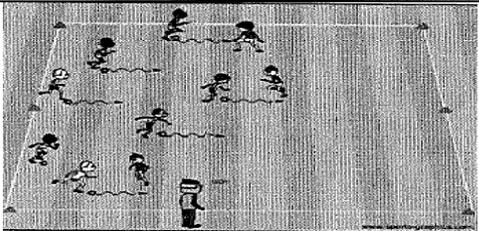


U4 Session Plan – Week #4

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>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>Frogs and Flies:</u> Have 2-3 players acting as frogs in the middle of the area (the pond). The rest of the players are flies and are at one end of the area with a ball. When coach says go the flies try to cross the pond without having their ball kicked out of the area. If a ball goes out the fly turns into a frog. Play until all are frogs</p>	
5-6 minutes	<p><u>Activity 4</u></p> <p><u>Hit the Coach:</u> 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, with increasing difficulty each round</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>