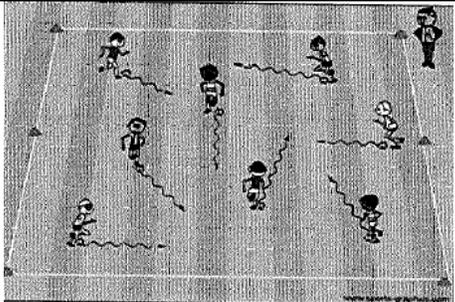
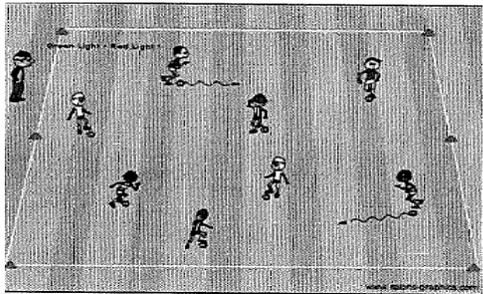
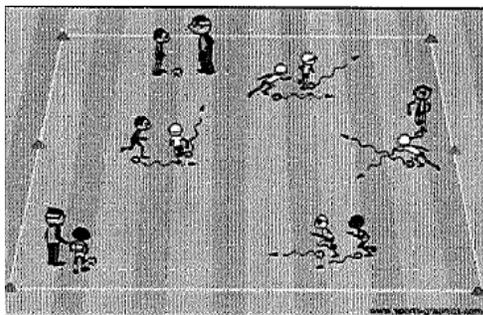
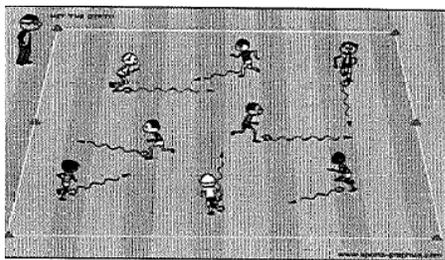
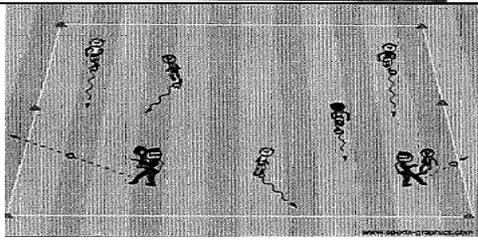


# U4 Session Plan – Week #5

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	<b><u>Warm Up</u></b>  <b><u>Paint the Field :</u></b> 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. <b>Variation:</b> Ask the players to only use their favourite foot and then only the other foot.	
5-6 minutes	<b><u>Activity 1</u></b>  <b><u>Red Light/Green Light:</u></b> 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.  <b>Coach:</b> 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)	
5-6 minutes	<b><u>Activity 2</u></b>  <b><u>Hospital Tag:</u></b> 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.  <b>Coach:</b> Acts as the ‘doctor’ and heal the dribblers so they can rejoin the activity. Parents can be additional doctors.	
5-6 minutes	<b><u>Activity 3</u></b>  <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. <b>Next Step:</b> on “Hit the Dirt” players touch ground and get up as quick as they can.	
5-6 minutes	<b><u>Activity 4</u></b>  <b><u>Bulldog:</u></b> All players at one edge of area with a ball and try to cross the area without the bulldog kicking their ball out. Coach begins as the “Bulldog”. Once a player’s ball is kicked out they become a bulldog. <b>Coach:</b> Stress doing a move and accelerating away to avoid losing ball.	
7:15	<b>Scrimmage</b>	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.
Approx. 7:30- 7:35	<b>Wrap up</b>	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