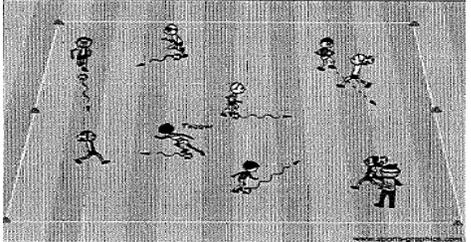
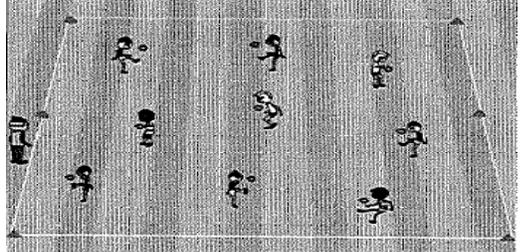
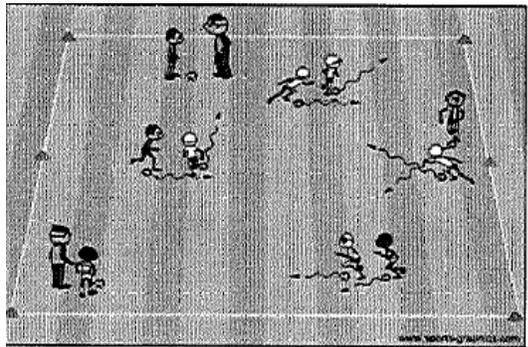
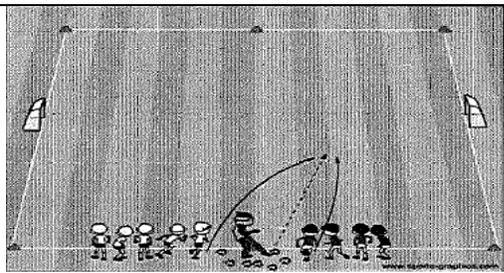
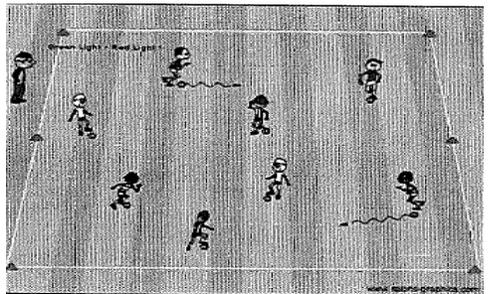


U4 Session Plan – Week #6

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 Max 5 minutes	<u>Warm Up</u>	
	<p><u>Freeze Tag :</u> 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	<u>Activity 1</u>	
	<p><u>Juggling:</u> All players with a soccer ball in their hands drop the ball and try to kick it back up to their hands. Players try to use their thighs and feet to keep the ball in the air Coach: have the player count how many times they can touch the ball before it hits the ground or try a set pattern like thigh, foot, catch.</p>	
5-6 minutes	<u>Activity 2</u>	
	<p><u>Hospital Tag:</u> 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. Coach: Acts as the 'doctor' and heal the dribblers so they can rejoin the activity. Parents can be additional doctors.</p>	
5-6 minutes	<u>Activity 3</u>	
	<p><u>Get "Outta There":</u> 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>	
5-6 minutes	<u>Activity 4</u>	
	<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. 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>	
7:15	Scrimmage	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.
Approx. 7:30- 7:35	Wrap up	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