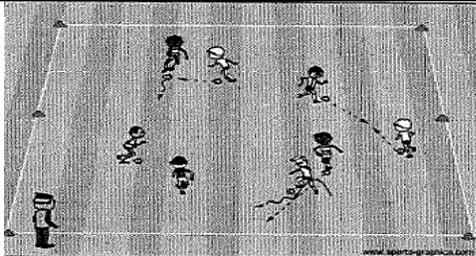
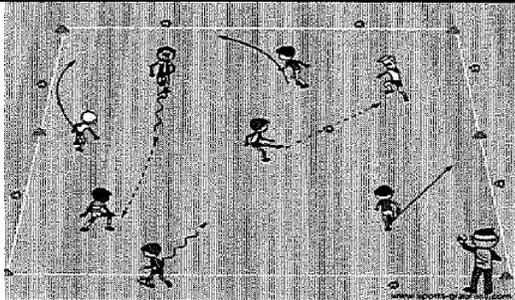
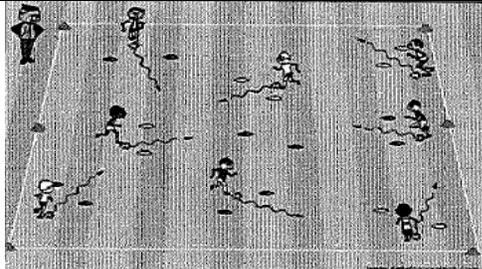
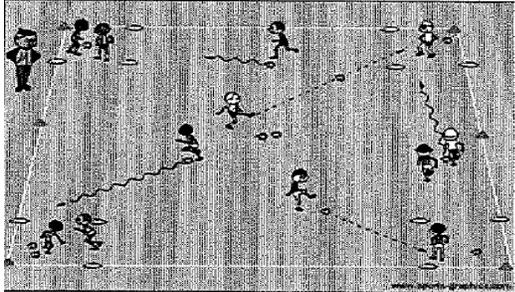


U4 Session Plan – Week #7

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	<u>Warm Up</u> <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. Coach: Coaches and parents should play as well. Hitting the coach's or parent's soccer ball counts as 5 points.	
5-6 minutes	<u>Activity 1</u> <u>Sharks & Minnows:</u> Half the players with a ball inside the area dribbling, these are the minnows. Rest of players on outside of area circling and waiting for signal, these are the Sharks. When coach says "Shark Attack" the sharks enter the area and try to steal a ball from the minnows. After 10 - 15 seconds coach says "Sharks out" and all players without a ball exit the area. Repeat several times.	
5-6 minutes	<u>Activity 2</u> <u>Catching Robbers:</u> Players are spread around the area(the robbers) but only 2 players (the cops) have a ball. When the coach says "let's catch some robbers" the cops try to catch the robbers by hitting them below the knee with the soccer ball. Once a robber is hit he/she gets a ball from outside the area and becomes a cop.	
5-6 minutes	<u>Activity 3</u> <u>1 v 1 Gate Soccer :</u> Set up as many gates as you can in your area 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.	
5-6 minutes	<u>Activity 4</u> <u>Bank Robbers:</u> Divide the group in 4 equal teams and position each team in a corner of the area marked by cones. Place all the balls in the middle of the area (the bank). On coach command players rob the bank and bring the money (soccer ball) back to their home. When the bank is empty take from the other homes. Players can only have one ball at a time and can only take from the bank or homes not other players. Count the money in each house at the end of the time period. Play 2 or 3 rounds in 6 minutes.	
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