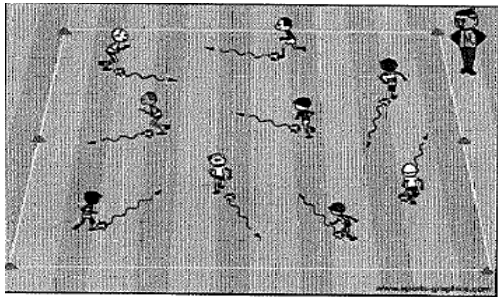
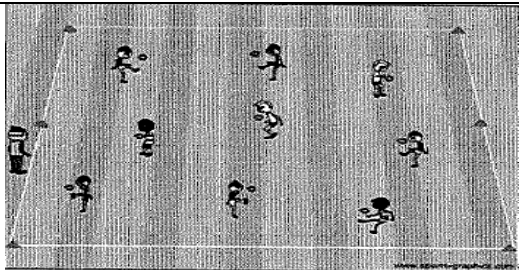
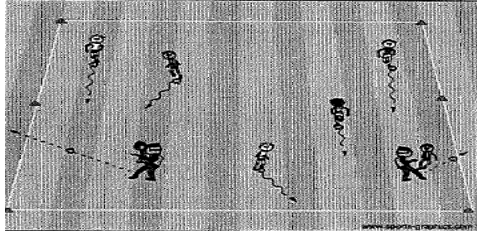
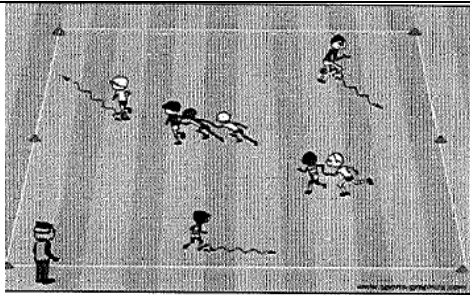


U4 Session Plan – Week #8

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>Free Dribble: 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	<u>Activity 1</u>	
	<p>Juggling: 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</p> <p>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>Bulldog: 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.</p> <p>Coach: Stress doing a move and accelerating away to avoid losing ball.</p>	
5-6 minutes	<u>Activity 3</u>	
	<p>Hit the Coach: 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>	
5-6 minutes	<u>Activity 4</u>	
	<p>Snake: All players dribbling a ball except at least 2. The players without a ball hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who become part of the snake. The snake must try to stay together and not break into smaller parts</p> <p>Coach: Encourage snake to hiss</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