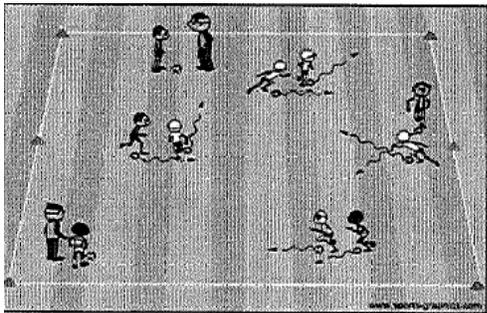
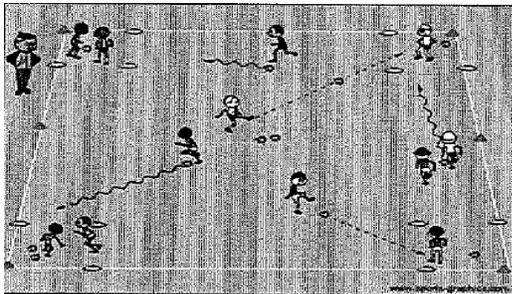
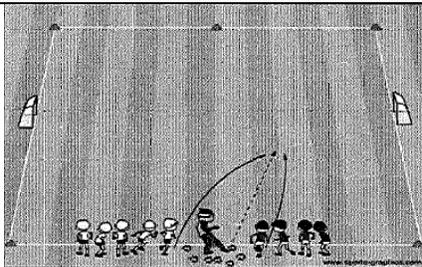
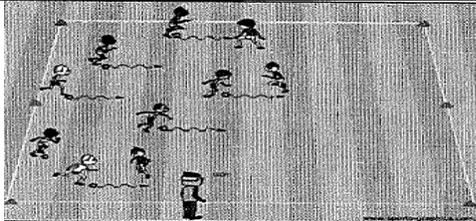


U4 Session Plan – Week #9

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>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.	
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>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.	
5-6 minutes	<u>Activity 3</u> <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.	
5-6 minutes	<u>Activity 4</u> <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	
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