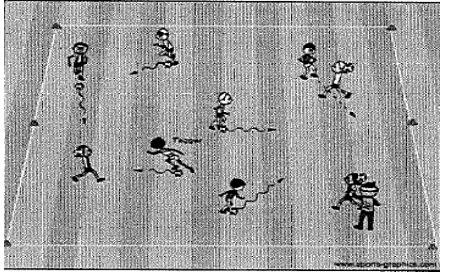
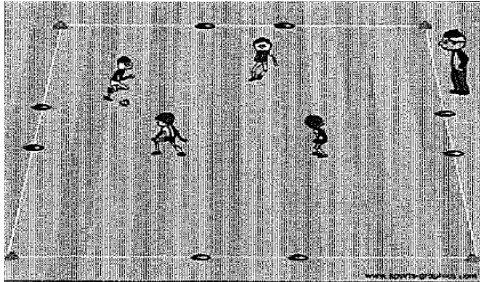
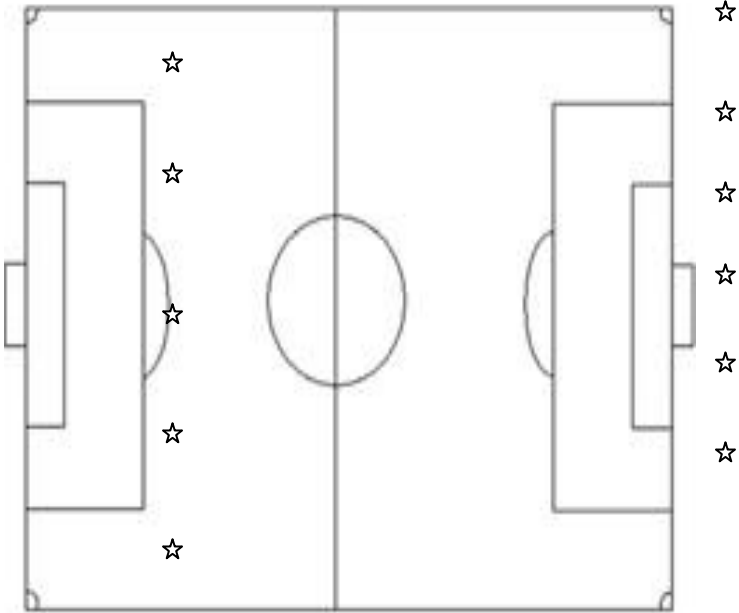


U6 Session Plan – Week #10

Start Time: 6:30

Set up a grid (20m x 20m) using your pylons to show your team members their part of the field for the team activities before the scrimmage.

6:30 5-6 minutes	<p><u>Warm Up</u></p> <p><u>Freeze Tag :</u></p> <p>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	<p><u>Activity 1</u></p> <p><u>Sharks & Minnows:</u></p> <p>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.</p>	
5-6 minutes	<p><u>Activity 2</u></p> <p><u>3 v 3 mini games:</u></p> <p>Divide the group into teams of 3 and position each team outside the grid at a corner of the area marked by cones. Coach calls 2 teams into the grid who play 3v3 trying to score into a net marked by cones. If the ball goes out of the grid send the teams back to their corner and restart with different teams.</p>	
6:50	<p>5 v 5 game Vs Other team</p> <p>With referee.</p> <p>Coach on field with team. Subs at any time. No goalies</p>	<p style="text-align: right;"><u>Subs</u></p> 
Approx. 7:30	<p>Wrap up</p> <p>Stress good points from session, do a team cheer and talk about the next night of soccer</p>	