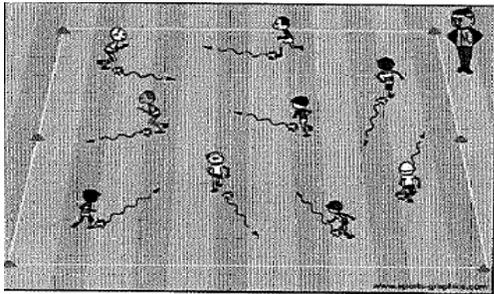
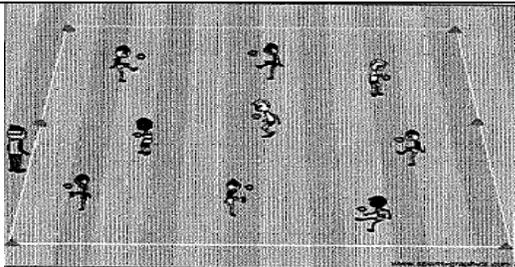
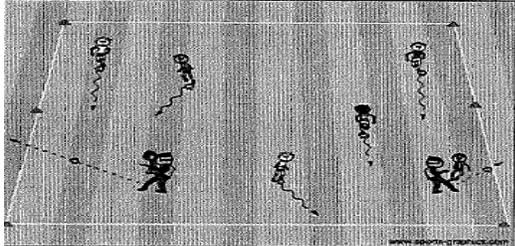
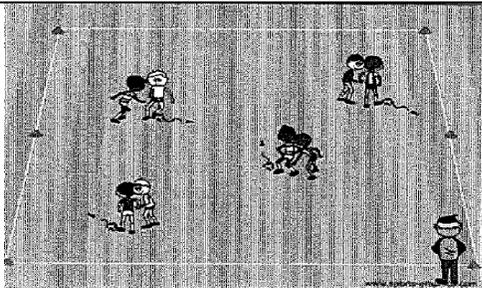
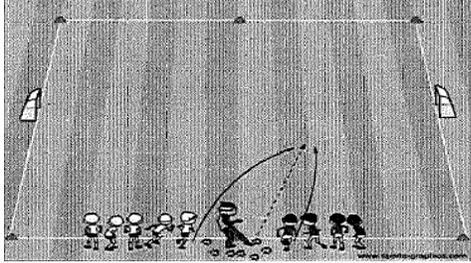


US Session Plan – Week #1

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.

You can handout your uniforms before 6:30 or adjust the times if you hand them out at 6:30 and start later.

6:30 5 minutes	Warm Up	<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 minutes	Activity 1	<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>	
5-8 minutes	Activity 2	<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>	
5-8 minutes	Activity 3	<p>Shield the Ball: The players in pairs with one ball. One player has the ball and shields it from the other on the coaches command. Play 30 sec matches and the player that ends with the ball gets a point</p> <p>Coach: Show proper shielding technique in a demonstration before starting. Fix shielding errors throughout the activity to assure the group is doing it correctly.</p>	
8-10 minutes	Activity 4	<p>Get “Outta There”: 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>	
7:10	Scrimmage (15 - 30 minutes)	<p>Coaches referee. Play against the other team, 6v6 with a goalie. Make sure playing time is equal for all. Use this time to help your team with playing defense and spreading out.</p>	
Approx. 7:35- 7:45	Wrap up	<p>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</p>	