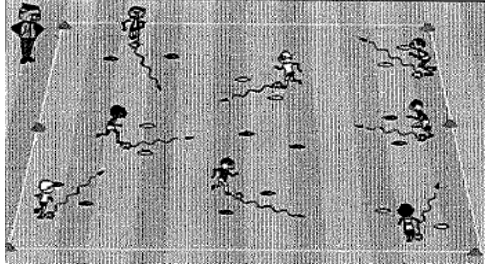
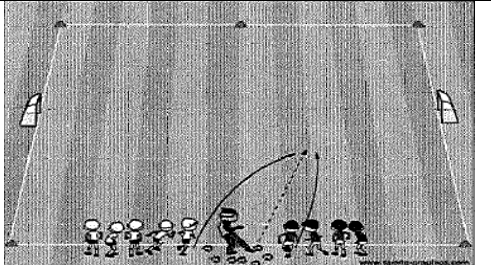
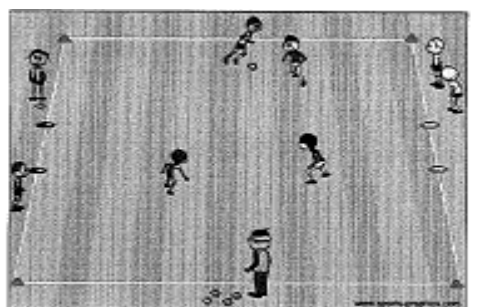
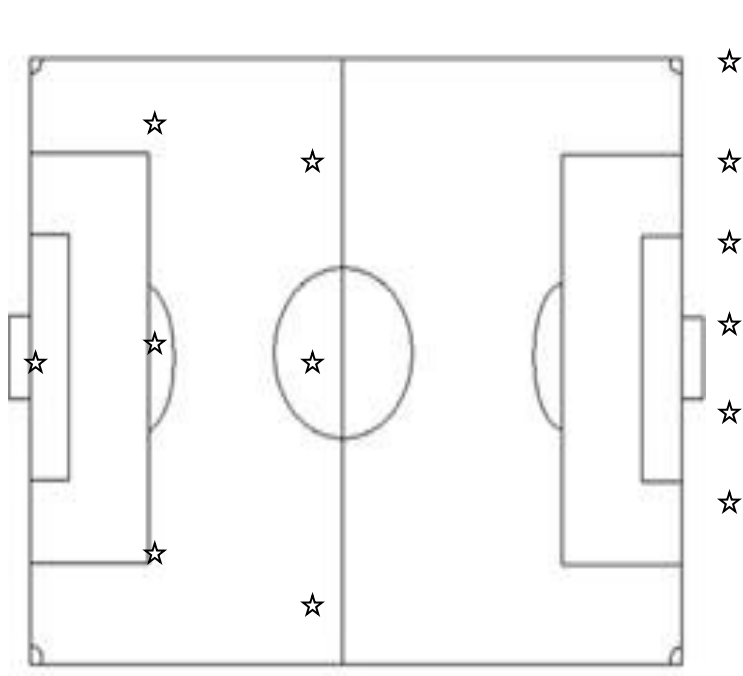


US Session Plan – Week #10

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>Gate Passing:</u> Set up as many gates (two cones 2 yards apart) as you can in your area and have the players in groups of 2 with a ball. They must pass the ball through the gate to their partner to score a point Coach: Have players count the points they score in 1 minute. Repeat asking the players to beat their previous score each round</p>	
5-6 minutes	<p><u>Activity 1</u></p> <p><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.</p>	
5-6 minutes	<p><u>Activity 2</u></p> <p><u>2v2 to Small Goals</u> Divide the grid into 2 equal areas with a one yard buffer in between. Place a 2 yard goal with cones on each end line. Players score by dribbling or passing through the goal they are attacking. Coach: have two games going at the same time. Remember to sub in extra players</p>	
6:50	<p>7 v 7 Full field Scrimmage Vs Other team</p>	<p style="text-align: right;"><u>Subs</u></p> 
Approx. 7:30- 7:35	<p>Wrap up</p>	<p>Stress good points from session, do a team cheer and talk about the next night of soccer</p>