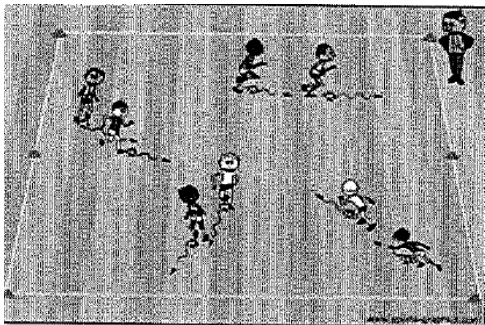
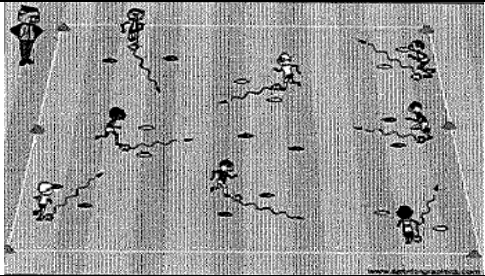
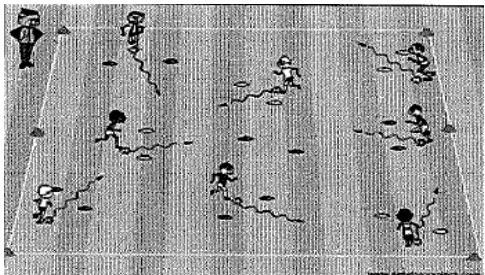
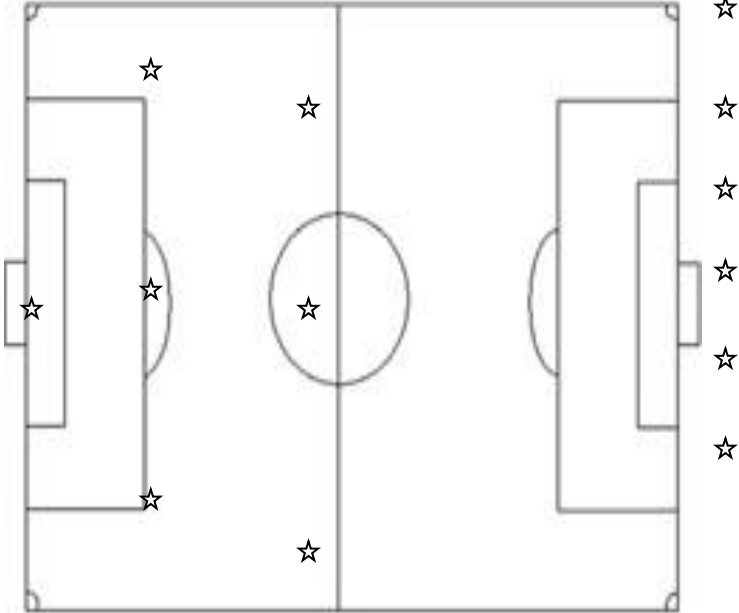


US Session Plan – Week #2

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>Shadow Dribble:</u> Two players (leader & shadow) both with ball dribble in the grid. The leader chooses the direction and moves to do, the shadow mimics and keeps up with the leader. Coach: Change the leader every 20-30 seconds</p>	
5-6 minutes	<p><u>Activity 1</u></p> <p><u>Gate Dribble:</u> Set up as many gates (two cones 2 yards apart) as you can in your grid. All players with a soccer ball must dribble through a gate to score a point. How many can they get in a minute. Coach: Repeat twice asking players to beat their previous score on each round</p>	
5-6 minutes	<p><u>Activity 2</u></p> <p><u>1 v 1 Gate Soccer :</u> Keep the gates from activity 1 and have groups of 2 players with one ball. Players compete against their partner trying to stop the ball inside a gate and do a ball control or footwork move before their partner stops them to score a point.</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>