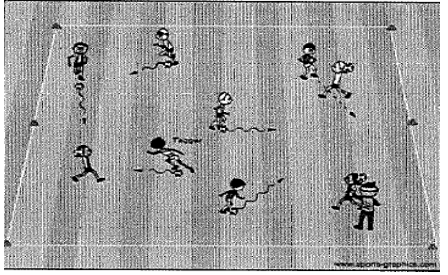
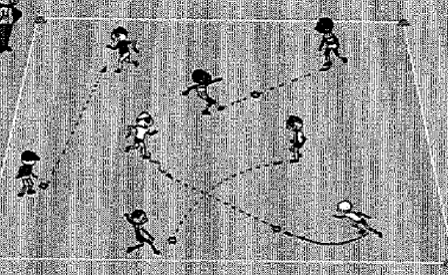
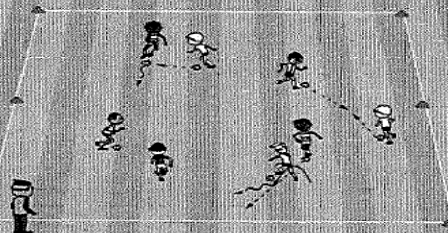
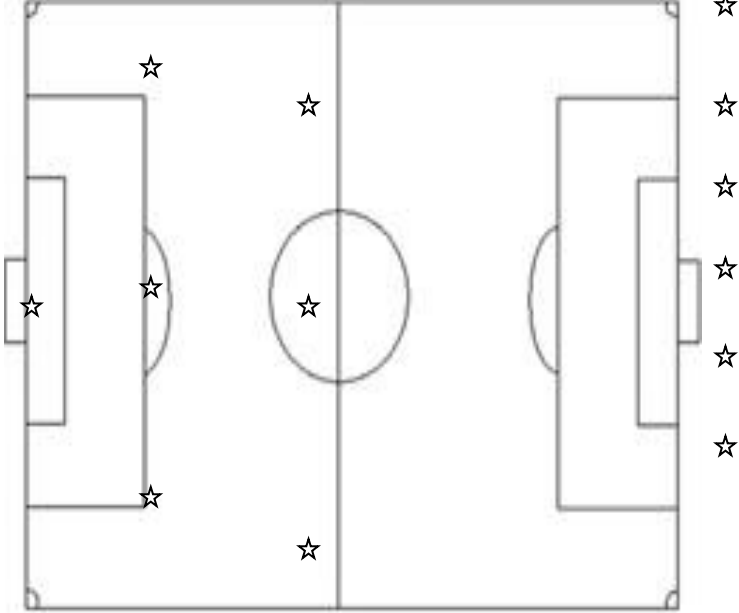


US Session Plan – Week #3

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.

| | | | |
|-----------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| <p>6:30 5-6 minutes</p> | <p style="text-align: center;"><u>Warm Up</u></p> <p><u>Freeze Tag :</u> 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> | |  |
| <p>5-6 minutes</p> | <p style="text-align: center;"><u>Activity 1</u></p> <p><u>Paint the Field - Passing:</u> In Pairs, players will pass the soccer ball back and forth in the grid. Explain to the players that the ball is a paint brush and wherever it rolls it paints. The task is to pass the ball to paint as much of the grid as possible in the time provided. Coach: Play several rounds changing how the players are allowed to move the ball (one foot only, alternate feet every contact, etc.)</p> | |  |
| <p>5-6 minutes</p> | <p style="text-align: center;"><u>Activity 2</u></p> <p><u>Ball Tag:</u> All players dribbling a ball. They try to hit another player's soccer ball and keep count of how many they hit. Coach: Coaches should play as well. Hitting the coach's soccer ball counts as 5 points.</p> | |  |
| <p>6:50</p> | <p style="text-align: center;">7 v 7 Full field Scrimmage Vs Other team</p> | <p style="text-align: right;"><u>Subs</u></p>  | |
| <p>Approx. 7:30- 7:35</p> | <p style="text-align: center;">Wrap up</p> | | <p>Stress good points from session, do a team cheer and talk about the next night of soccer</p> |