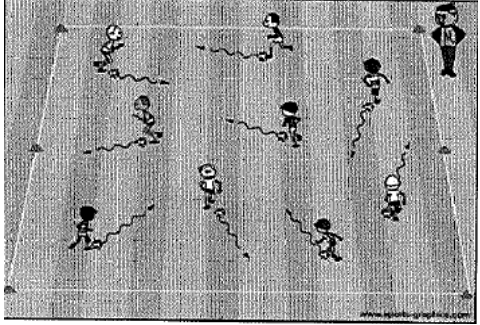
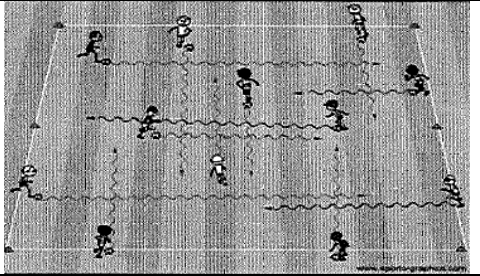
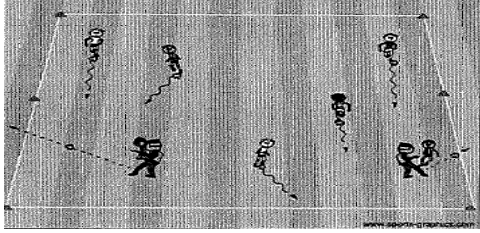
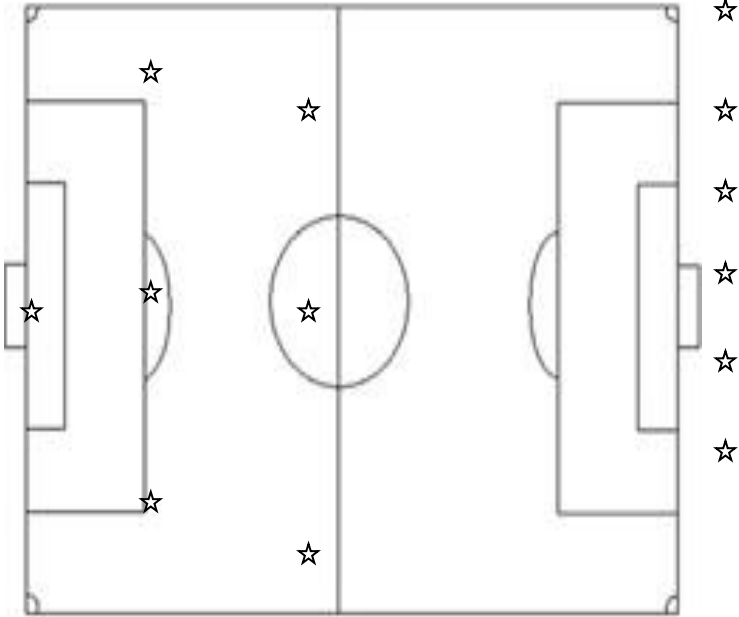


# US Session Plan – Week #4

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><b><u>Warm Up</u></b></p> <p><b><u>Free Dribble:</u></b> All players dribbling a soccer ball in the area. Have them use the inside, outside and sole of foot to move ball.</p> <p><b>Coach:</b> 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><b>Next steps:</b> 1. Coach put light ‘pressure’ on players 2. Whne players dribble towards each other do a move then accelerate away.</p>	
5-6 minutes	<p><b><u>Activity 1</u></b></p> <p><b><u>Cross Over Dribbling:</u></b> Every player with a ball standing around edge of grid. When the coach says “Go” the players dribbling to the opposite side, turn, and return to starting spot.</p> <p><b>Variation 1:</b> Return to different spot</p> <p><b>Variation 2:</b> Time the activity and see how many crossings can be done in the time limit (30 sec. or 1 min.)</p>	
5-6 minutes	<p><b><u>Activity 2</u></b></p> <p><b><u>Bulldog:</u></b> All players at one edge of grid with a ball and try to cross the grid without the bulldog kicking their ball out. Coach begins as the “Bulldog”. Once a player’s ball is kicked out they become a bulldog.</p> <p><b>Coach:</b> Stress doing a move and accelerating away to avoid losing ball.</p>	
6:50	<p><b>7 v 7 Full field Scrimmage Vs Other team</b></p>	<p style="text-align: right;"><b><u>Subs</u></b></p> 
Approx. 7:30- 7:35	<p><b>Wrap up</b></p>	<p>Stress good points from session, do a team cheer and talk about the next night of soccer</p>