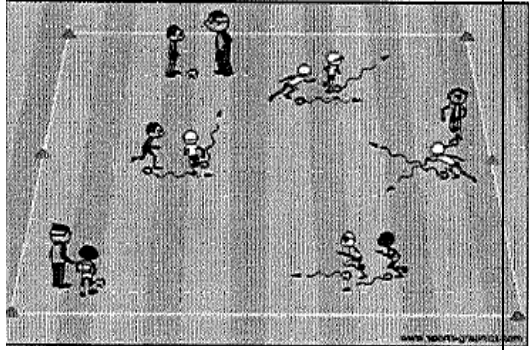
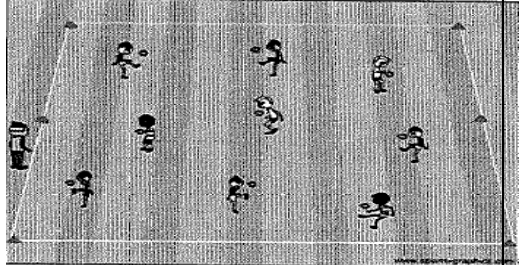
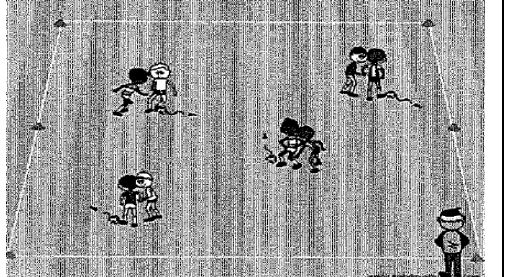
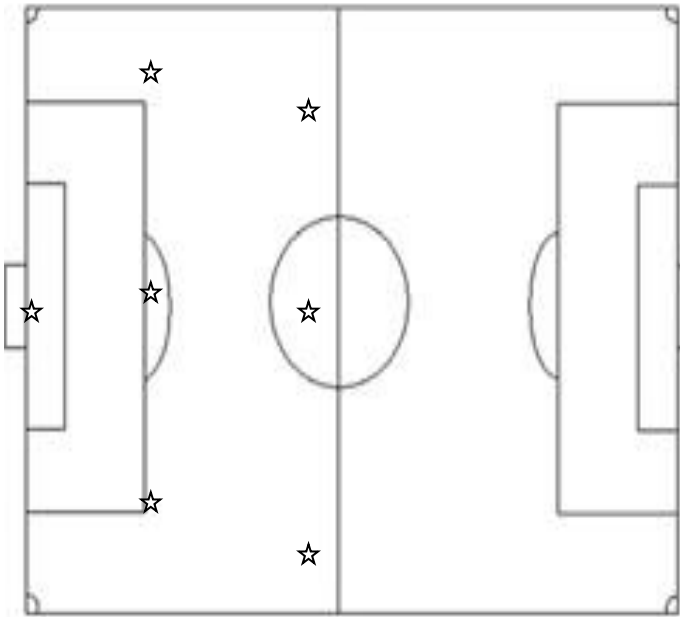


# US Session Plan – Week #5

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;"><b><u>Warm Up</u></b></p> <p><b><u>Hospital Tag:</u></b> All players dribbling a soccer ball in the marked area. Players try to tag each other with their hands and they cannot abandon their own ball. Once a player is tagged they must cover the tagged (injured) area with one hand, on a second tag use the other hand to cover, after the third tag the players must go to the hospital to see the doctor to be cured.</p> <p><b>Coach:</b> Acts as the ‘doctor’ and heal the dribblers so they can rejoin the activity. Parents can be additional doctors.</p>		
<p>5-6 minutes</p>	<p style="text-align: center;"><b><u>Activity 1</u></b></p> <p><b><u>Juggling:</u></b> 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><b>Coach:</b> 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>		
<p>5-6 minutes</p>	<p style="text-align: center;"><b><u>Activity 2</u></b></p> <p><b><u>Shield the Ball:</u></b> 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><b>Coach:</b> Show proper shielding technique in a demonstration before starting. Fix shielding errors throughout the activity to assure the group is doing it correctly.</p>		
<p>6:50</p>	<p style="text-align: center;"><b>7 v 7 Full field Scrimmage Vs Other team</b></p>		<p style="text-align: right;"><b><u>Subs</u></b></p> <p style="text-align: right;">☆ ☆ ☆ ☆ ☆ ☆</p>
<p>Approx. 7:30- 7:35</p>	<p style="text-align: center;"><b>Wrap up</b></p> <p>Stress good points from session, do a team cheer and talk about the next night of soccer</p>		