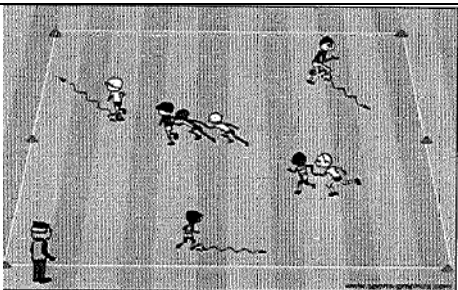
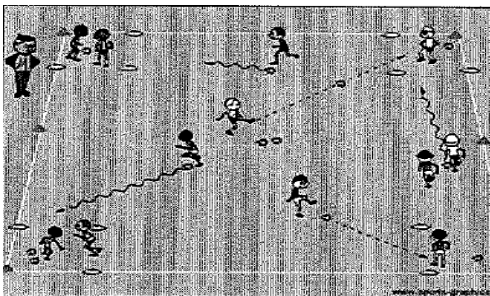
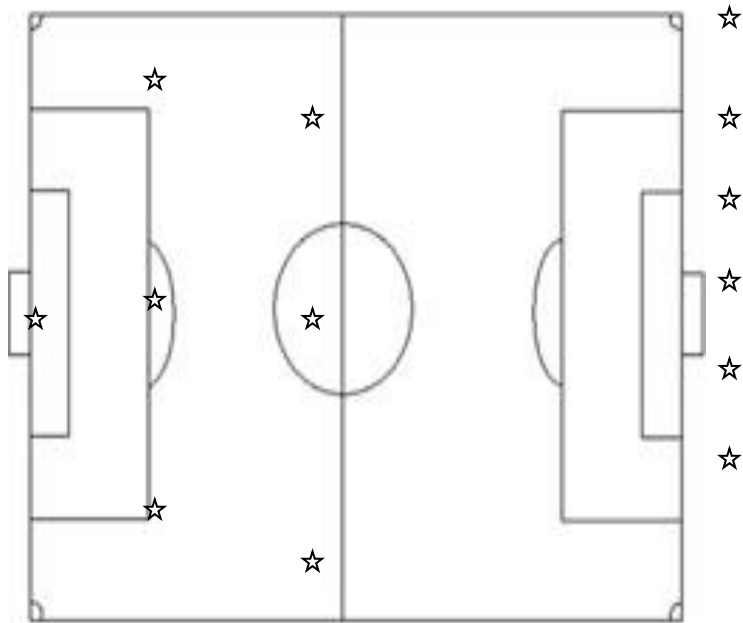


US Session Plan – Week #6

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>Snake:</u> All players dribbling a ball except at least 2. The players without a ball hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who become part of the snake. The snake must try to stay together and not break into smaller parts</p> <p>Coach: Encourage snake to hiss</p>	
5-6 minutes	<p><u>Activity 1</u></p> <p><u>Sharks & Minnows:</u> Half the players with a ball inside the area dribbling, these are the minnows. Rest of players on outside of area circling and waiting for signal, these are the Sharks. When coach says "Shark Attack" the sharks enter the area and try to steal a ball from the minnows. After 10 - 15 seconds coach says "Sharks out" and all players without a ball exit the area. Repeat several times.</p>	
5-6 minutes	<p><u>Activity 2</u></p> <p><u>Bank Robbers:</u> Divide the group in 4 equal teams and position each team in a corner of the area marked by cones. Place all the balls in the middle of the area (the bank). On coach command players rob the bank and bring the money (soccer ball) back to their home. When the bank is empty take from the other homes. Players can only have one ball at a time and can only take from the bank or homes not other players. Count the money in each house at the end of the time period. Play 2 or 3 rounds in 6 minutes.</p>	
6:50	<p>7 v 7 Full field Scrimmage Vs Other team</p>	<p><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>