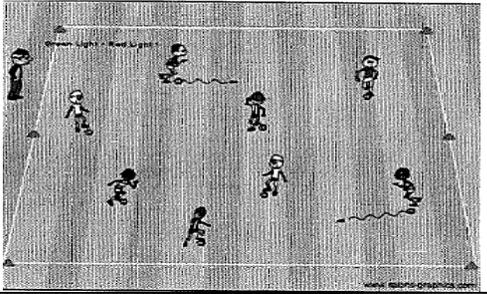
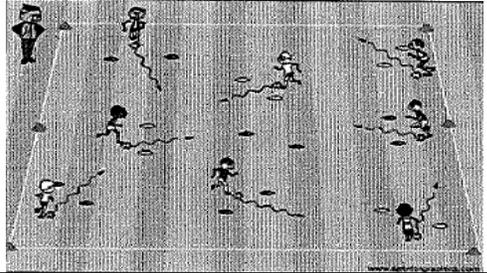
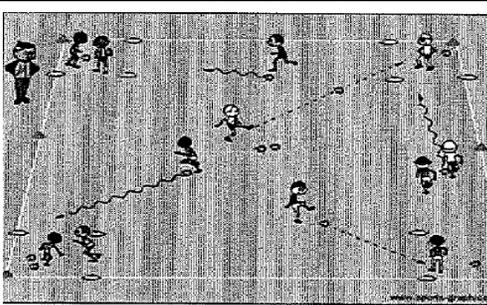
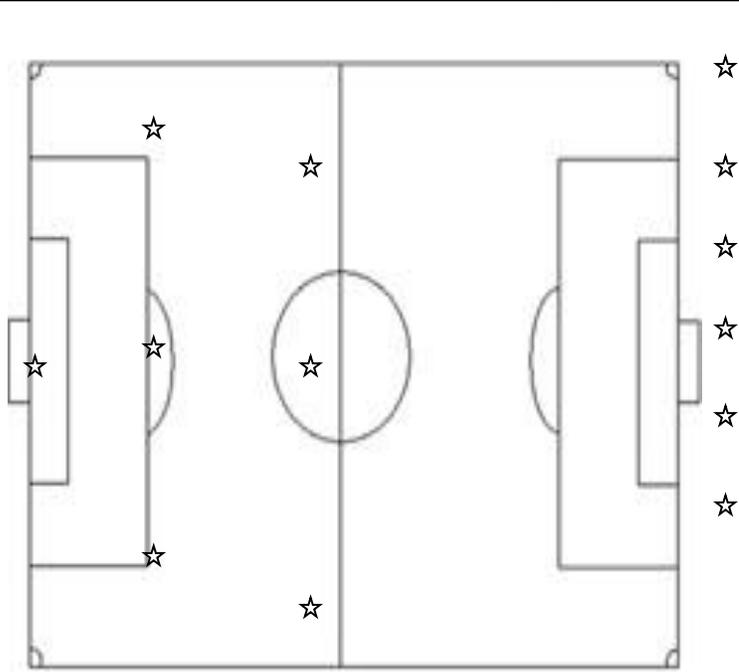


US Session Plan – Week #7

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>Red Light/Green Light:</u> All players dribbling freely in the area listening for colour. “Red Light”=stop and put foot on ball. “Yellow Light”=dribble slowly. “Green light”= dribble fast.</p> <p>Coach: Vary the frequency/order of the changes and add other colours(i.e. purple=hop back and forth over ball, orange light=run around ball, etc....make up your own)</p>	
5-6 minutes	<p><u>Activity 1</u></p> <p><u>Gate Passing:</u> Set up as many gates (two cones 2 yards apart) as you can in your area and have the players in groups of 2 with a ball. They must pass the ball through the gate to their partner to score a point Coach: Have players count the points they score in 1 minute. Repeat asking the players to beat their previous score each round.</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 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>