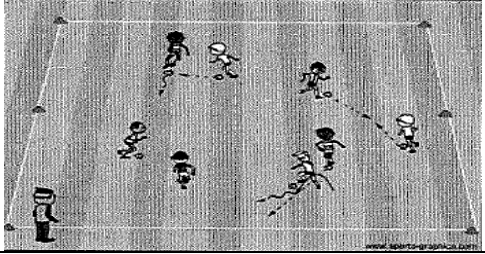
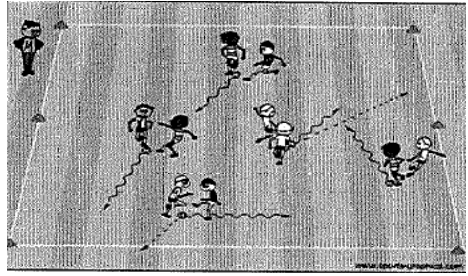
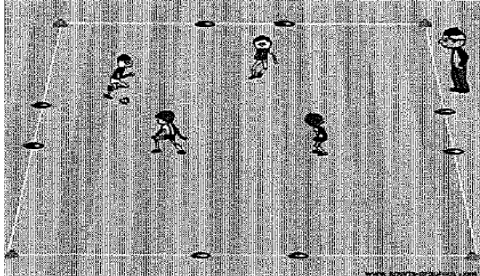
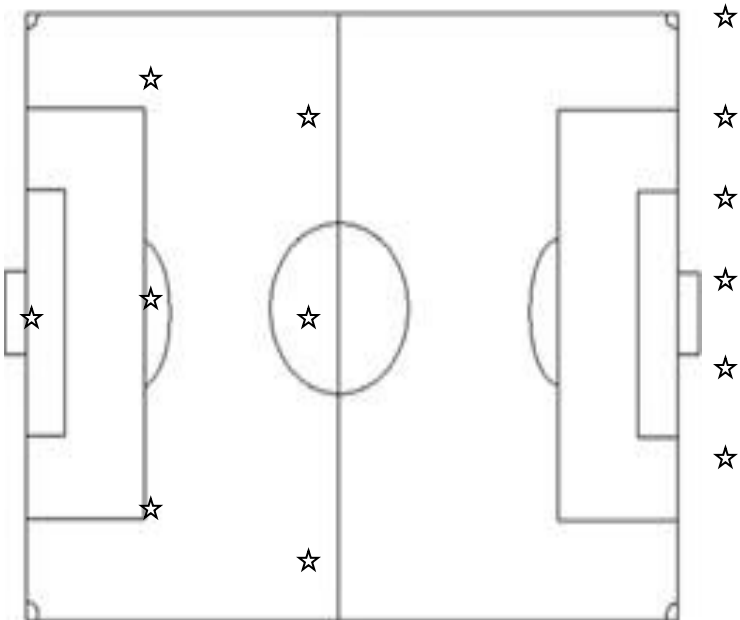


US Session Plan – Week #8

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>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.</p> <p>Coach: Coaches and parents should play as well. Hitting the coach's or parent's soccer ball counts as 5 points.</p>	
5-6 minutes	<p><u>Activity 1</u></p> <p><u>Crab Soccer:</u> Have 2 or 3 players without a ball standing inside the area acting as crabs. The other players are spread out around the area and dribble around area on coach signal trying to avoid the moving crabs and find open space. The crabs try to kick the ball out of the area, if a dribbler's ball goes out of the area they become a crab as well. Play until all are crabs. Can be repeated several times.</p>	
5-6 minutes	<p><u>Activity 2</u></p> <p><u>3 v 3 mini games:</u> Divide the group into teams of 3 and position each team outside the grid at a corner of the area marked by cones. Coach calls 2 teams into the grid who play 3v3 trying to score into a net marked by cones. If the ball goes out of the grid send the teams back to their corner and restart with different teams.</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>