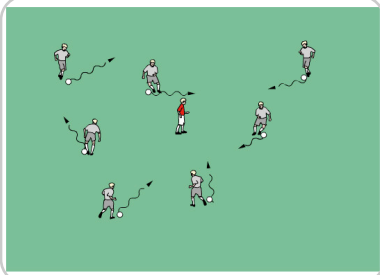

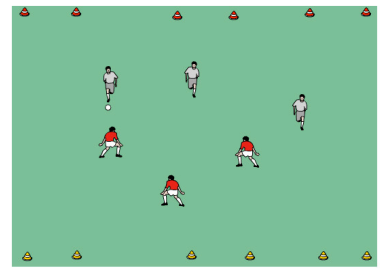
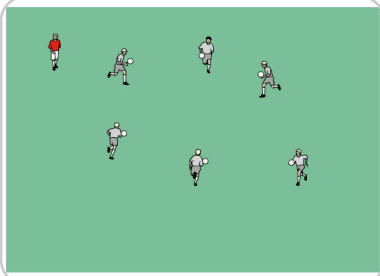
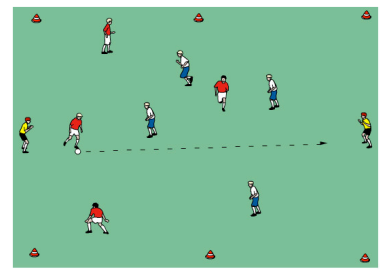
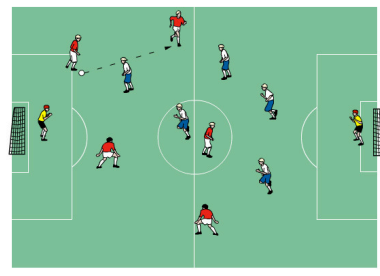


U9/10

Week 4

<b>Theme: They have the ball! Winning the ball back!</b>	<b>Character Theme: 110%</b>	<b>Soccer Theme: Best Defender</b>
		
<b>Warm-up: “Change”</b> All players have a ball and dribbles a ball. When coach says “change” then go to a new ball.	<b>1st Activity: 1v1 to one ball</b> Players play 1v1 against each other. They play with one ball while the other ball is the goal.	<b>2nd Activity: 3v3 to 3 goals</b> Two teams of 3. Each team has 3 goals to score on and 3 goals to protect. Work on small group defending.
		
<b>Character Activity: “Do your best”</b> <b>Juggling-see who can do the most?</b> Start with: thigh-catch, foot-catch, thigh-foot-catch, etc.	<b>4th Activity: Target Game</b> 4v4 game. Each team defends a target player and tries to get the ball to the other. Work on small group defending principles.	<b>Final Activity: Small Sided Game</b> <b>4v4-6v6</b> <b>One ball-Goal keepers.</b>