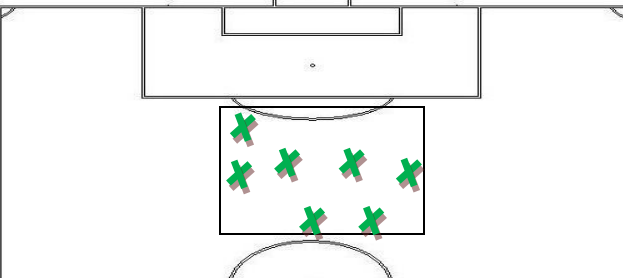
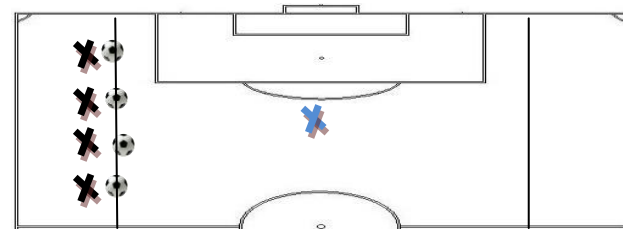
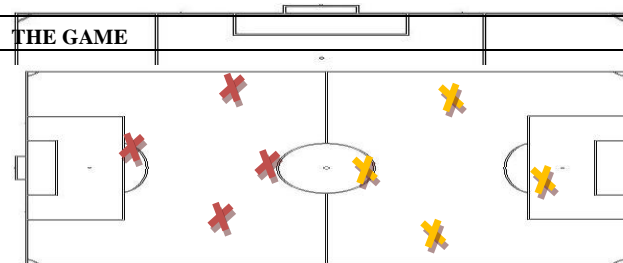




Name: U5 HOT Curriculum  
 Topic: WEEK 1

WARM-UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>• Groups of 6 to 8</li> <li>• 20x20 area (arranged as needed)</li> <li>• 1:1 ball ratio</li> <li>• Free movement (open space)</li> </ul>	<ul style="list-style-type: none"> <li>• Dribble with the inside, outside, and the laces?</li> <li>• Do we kick with the toe?</li> <li>• How else can you move the ball?</li> <li>• Look what I can do!!! (show how to bounce ball off your thigh)</li> </ul>
<p>Target Game “Shark and Minnows” or The “BLOB”</p> 	<ul style="list-style-type: none"> <li>• 1:1 ball ratio</li> <li>• 20x20 area as needed</li> <li>• 1 defender</li> <li>• First players run from one side of the field to the other without being caught</li> <li>• THEN, dribble the soccer ball</li> </ul>	<ul style="list-style-type: none"> <li>• How can we get away from the blob?</li> <li>• Can you go away from the blob</li> <li>• How can you get across faster</li> </ul> <p>If a player is “tagged” out, require some sort of small task to return to the game- 5 toe taps, throw the ball up and clap 1 time</p>
<p>THE GAME</p> 	<ul style="list-style-type: none"> <li>• 3v3 or 4v4</li> </ul>	<ul style="list-style-type: none"> <li>• LET THEM PLAY!</li> <li>• Follow rules of the game</li> </ul>
	<p>Always allow for a period of guided discovery! It is important for the kids to learn and discover on their own new and different ways to solve the problem. It is equally important that they be shown proper technique; however, it is not expected they will be able to cognitively and physically accomplish the tasks.</p>	