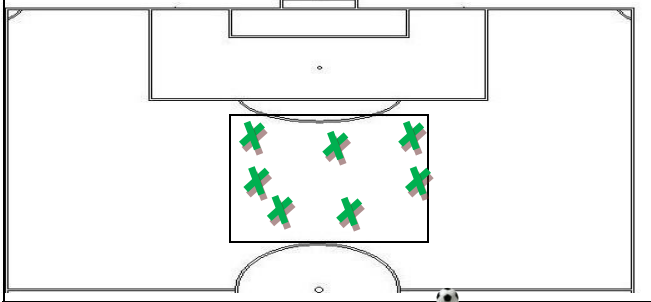
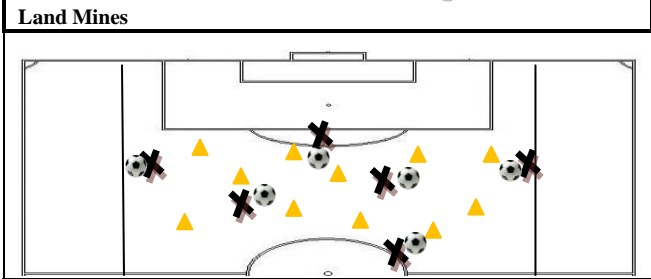
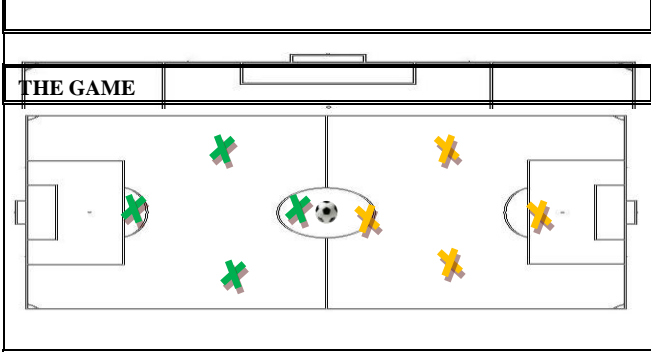




Name: U5 HOT Curriculum

Topic: Week 3

Warm-Up: Drive-the-car/Freeze Tag	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>6-8 players</li> <li>1:1 ball ration</li> <li>20x20 area as needed</li> </ul> <p>These activities can be seperated</p>	<ul style="list-style-type: none"> <li>Hit the brakes-stop ball with sole of foot</li> <li>Wash the car-ankle roll over ball</li> <li>Pump the gas- toe taps on the ball</li> <li>Reverse-stop ball with sole, roll the ball back, and (ALWAYS) turn toward the ball</li> </ul> <p>Freeze Tag</p> <ul style="list-style-type: none"> <li>Players tag each other by passing the ball and hitting the other players</li> </ul>
<p><b>Land Mines</b></p> 	<ul style="list-style-type: none"> <li>20x20 areas as needed</li> <li>1:1 ball ratio</li> <li>Scattered cones throughout</li> </ul>	<ul style="list-style-type: none"> <li>Players dribble to avoid land mines</li> <li>Keep the ball close-control</li> <li>What part of the foot do we dribble with?</li> <li>Dribble to landmine and "cut" the ball</li> <li>Hit the brakes</li> <li>How many can you do in 30 seconds?</li> </ul>
<p><b>THE GAME</b></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 the rules of the game</li> </ul>