



Name: U5 HOT Curriculum

Topic: Week 4

Warm-Up: Ball Master/Free Dribble	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> • 6-8 players • 1:1 ball ration • Coach is center of all players • Players roll/throw ball out between their legs 	<ul style="list-style-type: none"> • Ball Master instructs players to bring the ball back with their head, with their elbow, with their feet, dribbling.
<p>Shooting</p>	<ul style="list-style-type: none"> • 2 goals • 1:1 ball ratio • Dribble to shoot • Shag ball and get back in line <p>*Add a cone as an obstacle</p>	<ul style="list-style-type: none"> • Focus on proper shooting with the instep or laces • Do we kick with our toe? • Can we pass the ball into the goal... • How do play in the game?? (Fast or slow) <p>*PROPER DEMONSTRATION WILL BE NEEDED**</p>
<p>The Game</p>	<ul style="list-style-type: none"> • 3v3 or 4v4 	<ul style="list-style-type: none"> • LET THEM PLAY • Follow the rules of the game