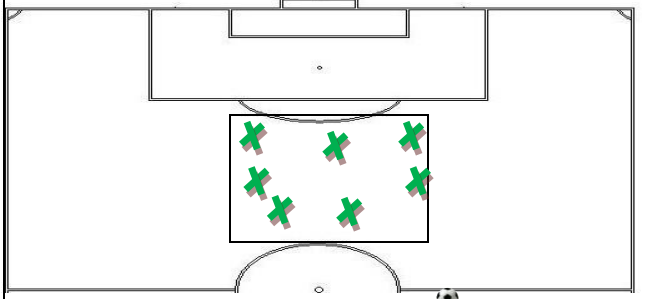
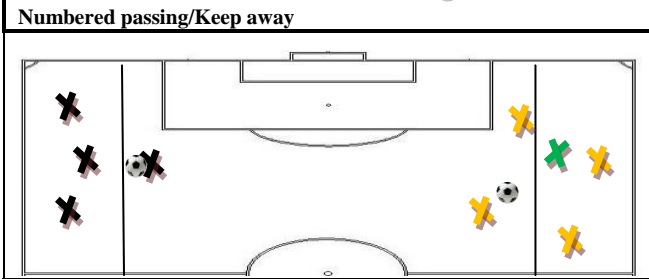
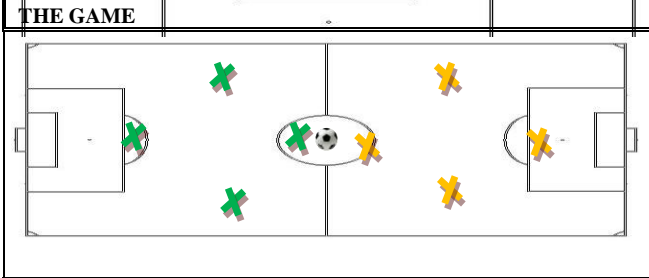




Name: U5 HOT Curriculum  
 Topic: Week 5

| 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>  | <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>Numbered passing/Keep away</p>  | <ul style="list-style-type: none"> <li>Two 20x20 areas as needed</li> <li>3/4:1 ball ratio</li> <li>Players pass the ball amongst team mates-no pressure/then add pressure in 3v1 or 4v1</li> </ul> <p>**We want to allow success for the passers**</p> | <ul style="list-style-type: none"> <li>Pass with the inside of foot</li> <li>What direction should you face when passing? (at your target)</li> <li>Where can you move to receive a pass (open space)</li> </ul> <p>When asking player centric question, allow the kids to answer. Give hints</p>  |
|  |   | <p>You can number players 1, 2, 3, 4. 1 pass to 2, 2 pass to 3, etc.</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 the rules of the game</li> </ul>  |
|  |   |  |