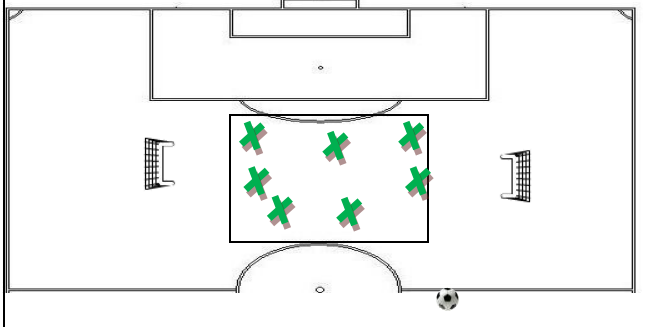
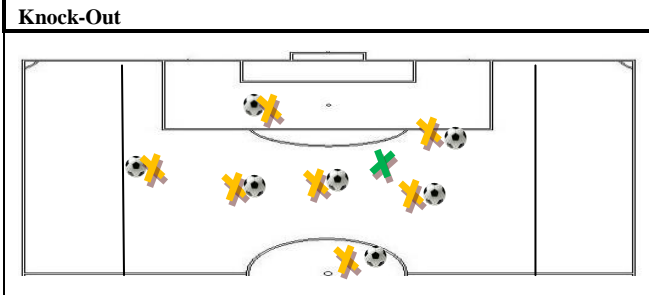





Name: U5 HOT Curriculum

Topic: Week 6

Warm-Up: Drive the Car/Simon Says	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> 6-8 players 1:1 ball ratio 20x20 area as needed 	<ul style="list-style-type: none"> Play Simon Says Use as many skills and movements as possible, with and without the ball Skip, jump, crawl, switch balls, change direction, head the ball, dribble, score!! <p>Provide constant recollection of how to perform the tasks through guided discovery questions.</p>
<p>Knock-Out</p> 	<ul style="list-style-type: none"> 6-8 players 1:1 ball ratio 20x20 areas as needed 	<ul style="list-style-type: none"> Players dribble and keep possession of the ball and knock each other out of grid Progression 1- defender. If you lose your ball, you become a defender Progression 2 – defender. If you lose your ball, you can pass with your teammate to keep away from defender. Progression 3- 2defender
<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