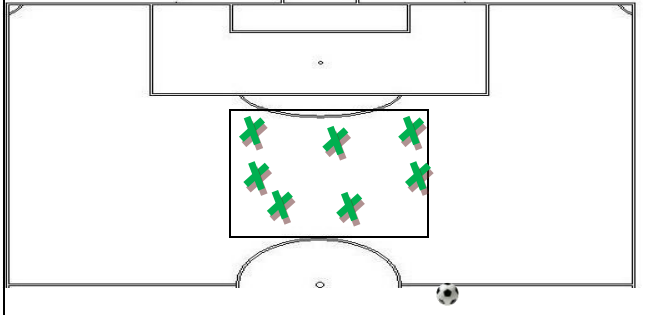
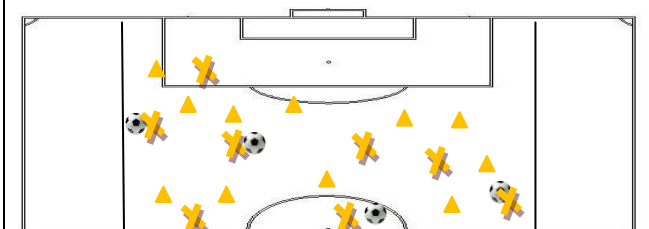
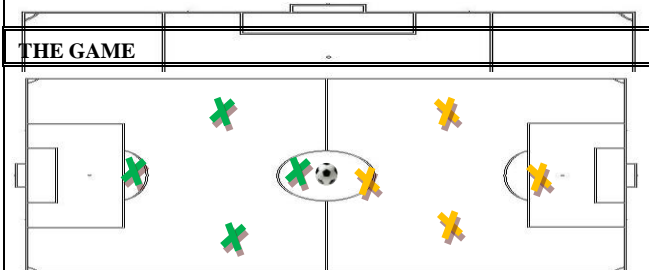




Name: U5 HOT Curriculum

Topic: Week 7

Warm-Up: Drive the Car/Simon Says	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>• 6-8 players</li> <li>• 1:1 ball ratio</li> <li>• 20x20 area as needed</li> </ul>	<ul style="list-style-type: none"> <li>• Play Simon Says</li> <li>• Use as many skills and movements as possible, with and without the ball</li> <li>• Skip, jump, crawl, switch balls, change direction, head the ball, dribble , score!!</li> </ul> <p>Provide constant recollection of how to perform the tasks through guided discovery questions.</p>
<p><b>Gate Pass</b></p> 	<ul style="list-style-type: none"> <li>• 6-8 players</li> <li>• 2:1 ball ratio</li> <li>• 20x20 areas as needed Players dribble and connect passes with team mate through the gates</li> </ul>	<ul style="list-style-type: none"> <li>• What part of the foot do we use to pass?</li> <li>• How do you know where to go? (talk/point)</li> <li>• Where should the player without the ball go?</li> </ul> <p>How many passed in 30 seconds? Can you beat your score?</p>
<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>
<p> </p>	<p> </p>	<p> </p>
<p> </p>	<p> </p>	<p> </p>
<p> </p>	<p> </p>	<p> </p>
<p> </p>	<p> </p>	<p> </p>
<p> </p>	<p> </p>	<p> </p>
<p> </p>	<p> </p>	<p> </p>
<p> </p>	<p> </p>	<p> </p>
<p> </p>	<p> </p>	<p> </p>
<p> </p>	<p> </p>	<p> </p>