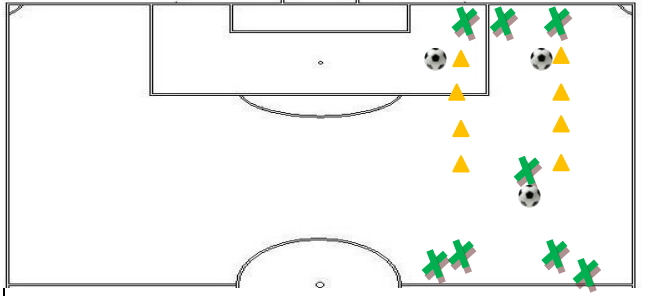
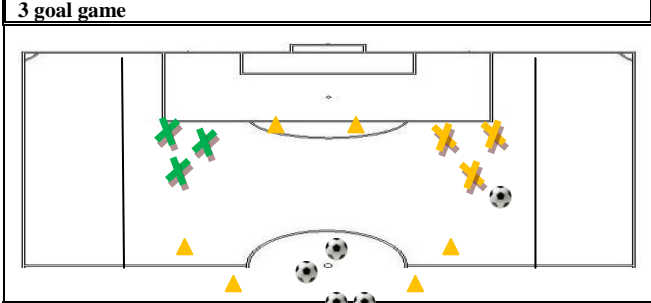
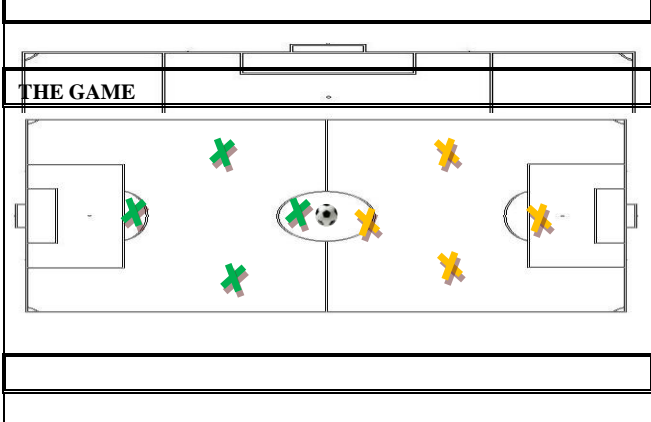




Name: U5 HOT Curriculum

Topic: Week 8

Warm-Up: Cone dribble	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>• 6-8 players</li> <li>• 1:1 ball ratio</li> <li>• 2 lines 4-6 cones</li> <li>• Dribble to pass</li> </ul> <p>**Variation- add more lines and add small goal to shoot/pass through or add a defender**</p>	<ul style="list-style-type: none"> <li>• Dribble-using the outside/inside of right/left foot</li> <li>• Inside/outside</li> <li>• Keep ball close</li> <li>• What part of the foot do we use to make the ball go through the cones</li> <li>• Do we dribble in a straight line?</li> </ul>
<p><b>3 goal game</b></p> 	<ul style="list-style-type: none"> <li>• 6-8 players</li> <li>• 20x20 areas as needed</li> <li>• 3 goal games</li> <li>• 1v1</li> <li>• 2v2</li> <li>• 3v3</li> </ul> <p>**To eliminate down time you can create 2 fields based on number of players**</p>	<ul style="list-style-type: none"> <li>• Coach distributes a ball and 2 players play 1 v1 to any goal</li> <li>• If the defender is here, what can we do to get away from the defender?</li> <li>• Can we shoot and score</li> <li>• How do you keep possession of the ball?</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>