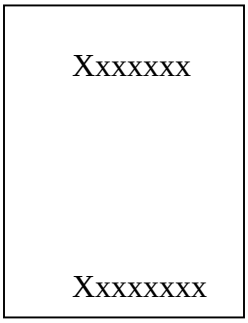
**SESSION PLAN**

Club West-Mont USA Session 1 Date

Session Title U5 Ball Familiarity

Objectives

| PHASE and ACTIVITY | DIAGRAM | TIME | COACHING POINTS |
|---|---|---|---|
| SUPERHEROES OR CHAIN GAME – only use with older players<br>2 teams make chains in both goals, each player is a superhero. When their name is called out, they must run out to try and score against the other team. Alternatively the name or names called out could mean the amount of players required per game, they come out in that amount from the left of the chain, and return to the right of the chain. |  | 15 | Points |
| SCRIMMAGE<br><br>Every player has a ball and is wearing a pinnie. Scoring on both goals with coaches playing as GK. Ask parents for help as GK too.<br><br>CELEBRATION<br><br>High Five to coach after each goal. | | | |
| | | | |