




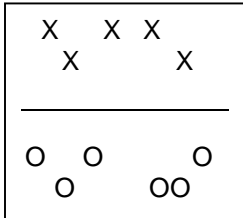
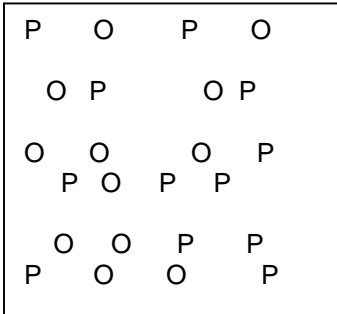
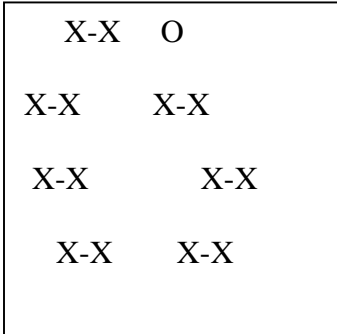
**SESSION  
PLAN**

Club West-Mont USA Session 6 Date \_\_\_\_\_

Session Title U5 - ATTACKING/SHOOTING GAMES

Objectives \_\_\_\_\_

\_\_\_\_\_

PHASE and ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p><b>Battleships</b></p> <p>All players sail their ship, ball around the field.            Drop your anchor- stop the ball            Aim- look for another ship to shoot at.            Fire- use laces to shoot the ball            Finish with free play            Points system.</p>		15	<p>Points</p> <p>Use Laces to strike ball            Toe pointing at ground</p>
<p><b>CLEAN YOUR Bedroom</b></p> <p>A center line divides the field in half. Players are divided into 2 teams, one in each half. There are about as many balls as players. Each team tries to keep its own half "clean", by "clearing" the balls. The team with the least balls in their half wins.</p>		15	<p>Points</p> <ol style="list-style-type: none"> <li>1. Hit through the ball.</li> <li>2. Minimize touches.</li> <li>3. Laces, not toes</li> </ol>
<p><b>PUMPKIN GAME OR BEACH SOCCER</b></p> <p>10/12 size four/five balls in middle of field (pumpkins or beach balls). These are too heavy to pick up, and kicking them would damage them. They can only be cleared by kicking your soccer ball against them. Must clear field before they can carry on with soccer. Players on the outside can shoot any balls back in the area.</p> <p>Variations: have friendly ghosts who dribble around replacing the pumpkins</p>		15	<p>Points</p> <p>P- Pumpkin            O- Child</p> <p>Use of instep/side foot for accuracy</p>
<p><b>JIMMY NEUTRON</b></p> <p>Players, in pairs holding hands (or linked by pinnies) running around the area. Balls are in the middle of the field. Coach (ugly alien), shoots ball at players below knee height. If pair gets hit, they then have to join coach and become alien, unlinked. Last pair wins.</p>		15	<p>Points</p>