

## U4 ACTIVE START LESSON PLAN

<b>Session 1</b>	<b><u>Monday (Dribbling)</u></b>		<b>Session 2</b>	<b><u>Wednesday (Passing)</u></b>
10 mins	Quicksand Pg 38		10 mins	Shark Island pg 20
10 mins	Troll pg 13		10 mins	Bowling pg 22
10 mins	Survivor pg 9		10 mins	Truck & Trailer Pg 30

<b>Session 3</b>	<b><u>Monday (Shooting)</u></b>		<b>Session 4</b>	<b><u>Wednesday (Control)</u></b>
10 mins	Through the gate pg 26		10 mins	Coach Says pg 16
10 mins	Knock it off pg 27		10 mins	Control and Pass pg 18
10 mins	Monkey in the middle pg 28		10 mins	Think Fast Pg 31

<b>Session 5</b>	<b><u>No Soccer (Holiday)</u></b>		<b>Session 6</b>	<b><u>Wednesday (Passing)</u></b>
10 mins	Parts of the body Pg 35		10 mins	Clean your room pg 23
10 mins	Catch me if you can pg 12		10 mins	Valley of Doom Pg 43
10 mins	Timber Pg 49		10 mins	Through the Gate Pg 32

<b>Session 7</b>	<b><u>Monday (Dribbling)</u></b>		<b>Session 8</b>	<b><u>Wednesday (Control)</u></b>
10 mins	Parts of the body Pg 35		10 mins	Obstacle Course Pg 39
10 mins	Catch me if you can pg 12		10 mins	Up and catch Pg 40
10 mins	Timber Pg 49		10 mins	To Your Corner Pg 33

<b>Session 9</b>	<b><u>Monday (Dribbling)</u></b>		<b>Session 10</b>	<b><u>Wednesday (Passing)</u></b>
10 mins	Survivor pg 9		10 mins	Truck & Trailer Pg 30
10 mins	Troll pg 13		10 mins	Bowling pg 22
10 mins	Quicksand Pg 38		10 mins	Shark Island pg 20

<b>Session 11</b>	<b><u>Monday (Shooting)</u></b>		<b>Session 12</b>	<b><u>Wednesday (Control)</u></b>
10 mins	Ground Ball pg 25		10 mins	Think Fast Pg 31
10 mins	Knock it off pg 27		10 mins	Control and Pass pg 18
10 mins	Through the gate pg 26		10 mins	Coach Says pg 16

<b>Session 13</b>	<b><u>Monday (Dribbling)</u></b>		<b>Session 14</b>	<b><u>Wednesday (Passing)</u></b>
10 mins	Freeze Pg 36		10 mins	Through the Gate Pg 32
10 mins	Catch me if you can pg 12		10 mins	Valley of Doom Pg 43
10 mins	Parts of the body Pg 35		10 mins	Clean your room pg 23

<b>Session 15</b>	<b><u>Monday (Shooting)</u></b>		<b>Session 16</b>	<b><u>Wednesday (Control)</u></b>
10 mins	Timber Pg 49		10 mins	To Your Corner Pg 33
10 mins	Wild West Shoot Out Pg 58		10 mins	Up and catch Pg 40
10 mins	Ground Ball pg 25		10 mins	Obstacle Course Pg 39

**Refer to document: U4,U6 ACTIVE START**  
**\*\*\*THESE ACTIVITIES NEED TO BE CHANGED OR MODIFIED FOR SOCIAL DISTANCING\*\*\***