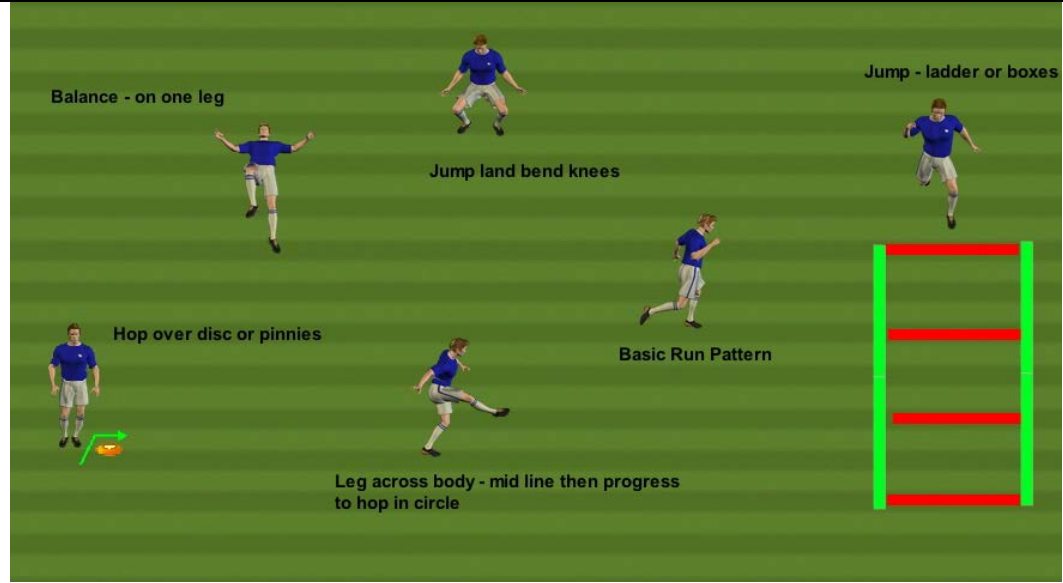
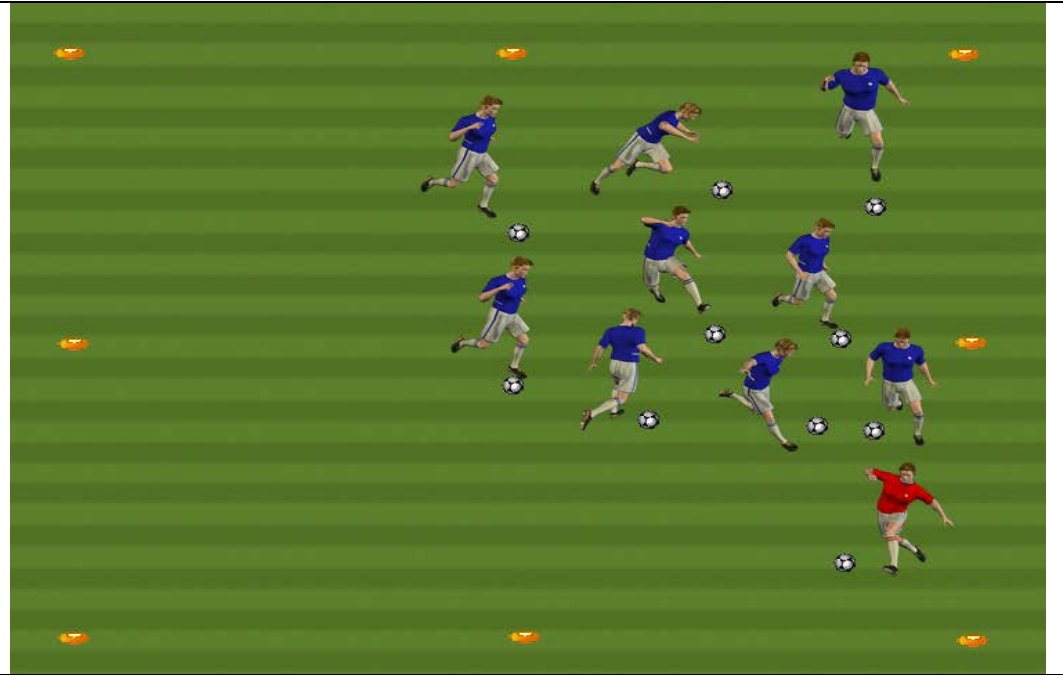
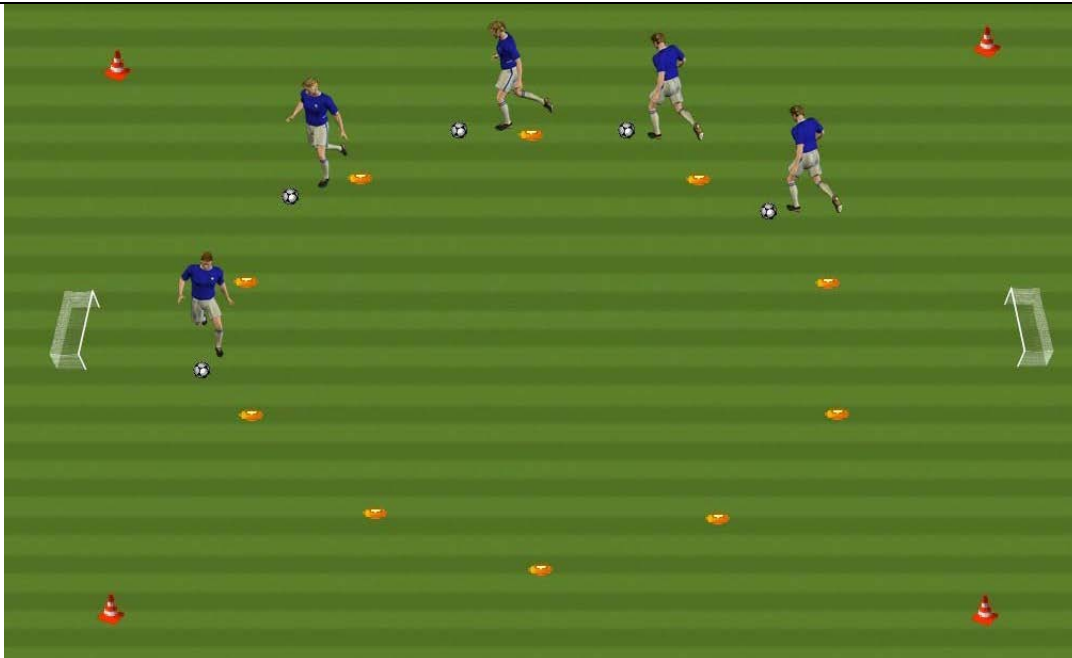
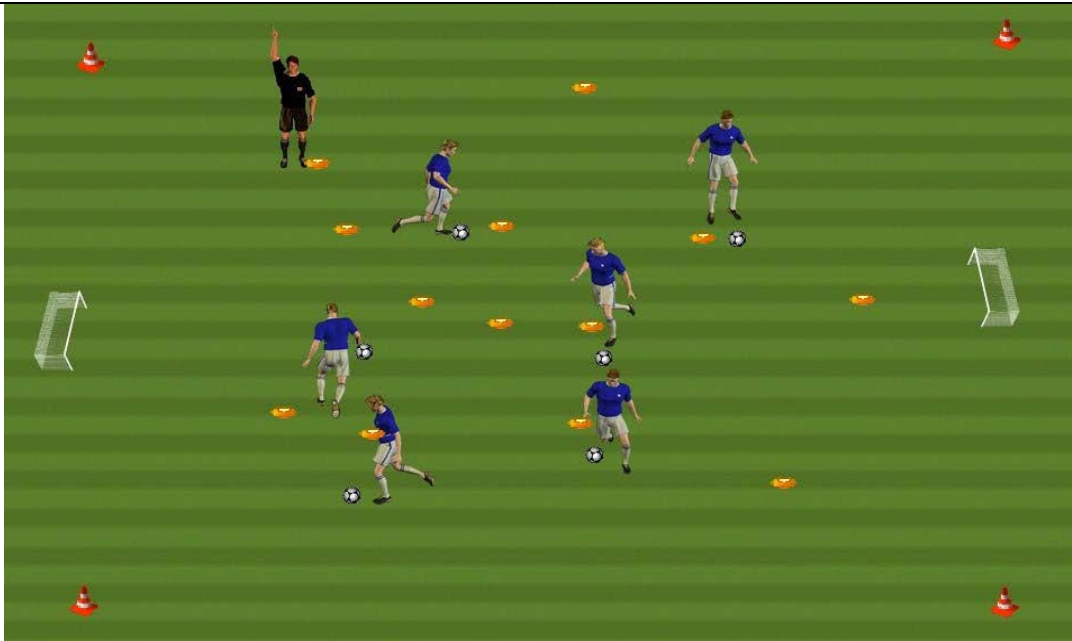



Week 7 U4 Lesson Plan: Movement Education, Dribbling and Striking Ball

 <p>Balance - on one leg</p> <p>Jump land bend knees</p> <p>Jump - ladder or boxes</p> <p>Hop over disc or pinnies</p> <p>Basic Run Pattern</p> <p>Leg across body - mid line then progress to hop in circle</p>	<p><u>RHYTHMIC WARM UP</u></p> <p>Movement education. Ask players to find some space where they can see you. Ask them to stand on one foot. Place leg behind, front and sideways. Hop around one foot, find a cone and hop over a cone 6 times with one foot then change foot. Jump up and land and bend knees to cushion. Show how to run on balls of feet on spot. Run thru and then jump thru ladder or cones in a straight line.</p>	<p>0-5 mins</p> <p>Guided Discovery / Coach Pts: Can you do this?</p> <p>Field 25 length by 20 width yards</p>
	<p><u>FOLLOW the LEADER</u></p> <p>All the players follow the coach. Can they stay close? Can they do what the coach does? (Stop ball, turn with a certain part of the foot etc). Take a heavy touch to run or strike the ball at goal. Ask players to take turns to be a leader and as above.</p>	<p>6-9 mins</p> <p>Guided Discovery / Coach Pts: How can you find the activity leader? Response – Look up and see where activity leader is or going.</p> <p>What can you do so we can follow you? Response – Varies – give players' Ideas.</p> <p>When should you take a heavy or soft touch? Response – Heavy to run with ball or strike ball over distance – close to keep.</p> <p>Field 20 length by 12.5 width yds Or Field 25 length by 20 width yds</p>
<p style="text-align: center;">WATER BREAK</p>		

	<p><u>TALLADEGA/ SPEED RACER / TOW TRUCK</u></p> <p>Activity leader / coach asks players if they would like to drive around a track. Coach asks players to follow them go from 1 garage/goal to the other garage. Encourage players to drive outside the cones on the track. Rotate direction so they go around field from both sides...encourage them to use the foot that is closest to the outside. Progress to speed racer where players go as quickly as possible between garages. Progress to Tow Truck where players choose to either go around the track where the tow truck can n't get them or to speed where they can be caught.</p>	<p>11-21 mins</p> <p>Guided Discovery / Coach Pts: How can you keep the ball outside the cones – what foot should you use? <i>Response</i> – Use the foot closest to outside or touchline away from cones</p> <p>When can you take a soft or heavy touch? <i>Response</i> – Soft touch around other cars or near cones – heavy touch in space or parking car in garage.</p> <p>When should you run? <i>Response</i> – In space and - use a heavy touch. When away from the tow truck.</p> <p>Field 20 length by 12.5 width yds or Field 25 length by 20 width yds</p>
WATER BREAK		
	<p><u>TOP HAT / and or TAG</u></p> <p>Activity leader asks players to dribble their ball towards and touch a cone / “hat” with their ball. After the ball touches a hat the child can turn it upside down. As players are turning hats over, the activity leader and/ or 1 or 2 other parents are turning the cones up the right way. Encourage all the children to try to turn all the hats over. Progress to Tag, players move around w/out a ball while the activity leader tries to tag them. The child can be safe if they step on a 1 color cone e.g. red. The activity leader calls out a new color. Progress to with ball.</p>	<p>23-32 mins</p> <p>Guided Discovery / Coach Pts: What part of the foot can we use to dribble and strike a hat with? <i>Response</i> – [Instep / laces are best as it mirrors the way players move / run.</p> <p>How do you know where to find a hat that needs to be turned? <i>Response</i> – Head Up or Look around</p> <p>How can you find a safe cone and / or avoid a tagger? <i>Response</i> – As above but also run away from tagger and keep ball ahead as dribbling so see ball/cone.</p> <p>Field 20 length by 12.5 width yds or Field 25 length by 20 width yds</p>
WATER BREAK		

	<p><u>RED LIGHT GREEN LIGHT</u></p> <p>Activity leader / coach asks players questions (see right). Coach then goes towards one end and calls out alternatively “Green light”, “Yellow light” and “Red light” holding the appropriate cone. After a couple of times across the field, the coach then just shows the cones without talking encouraging the players to keep head up. Players should park their car in the garage at the end they are driving towards. Coach should demonstrate how to stop the ball – the car by putting foot on brakes</p>	<p>33-36 mins</p> <p>Guided Discovery / Coach Pts: What do you do when cone/light is green, yellow or red? <i>Response</i> – Go, slow down or stop.</p> <p>What touch should you take when the light is yellow or green? <i>Response</i> – Soft / heavy touch.</p> <p>When and how can you park your car / shoot? <i>Response</i> – When I see and am close to the garage / goal. I should take a heavy touch.</p> <p>Field 20 length by 12.5 width yds or Field 25 length by 20 width yds</p>
<p>WATER BREAK</p>		
	<p><u>GAME</u></p> <p>Regular soccer no more than 3vs 3. Have adults at each goal with balls ready to serve to keep game going. Try to serve ball to players who have not recently touched the ball. No formal restarts necessary. Keep ball moving.</p>	<p>38-46 mins</p>

COOL DOWN and TEAM CHEER