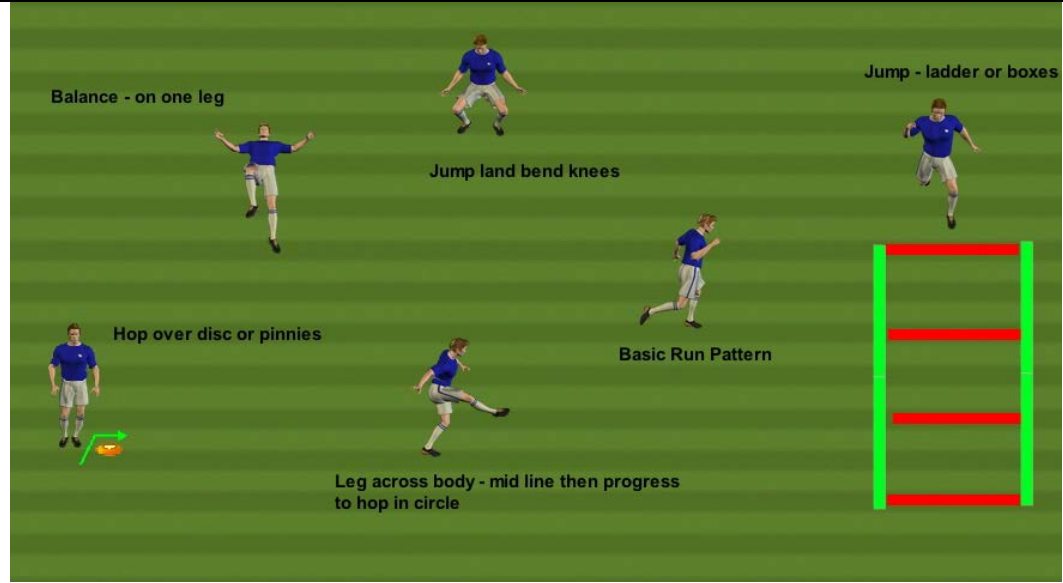
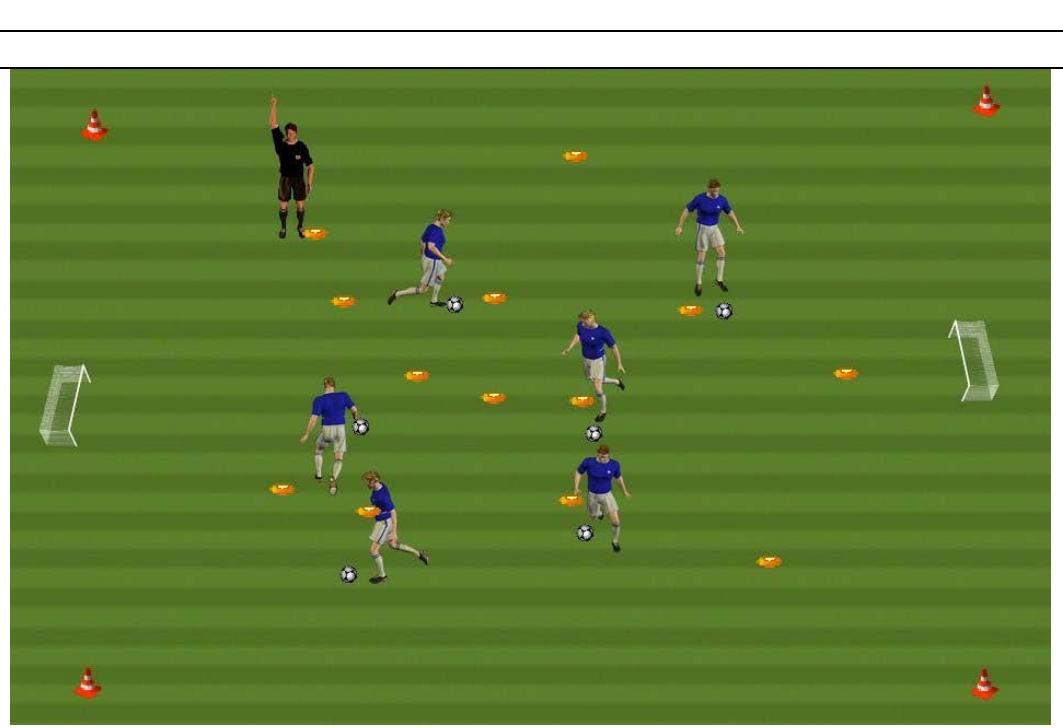
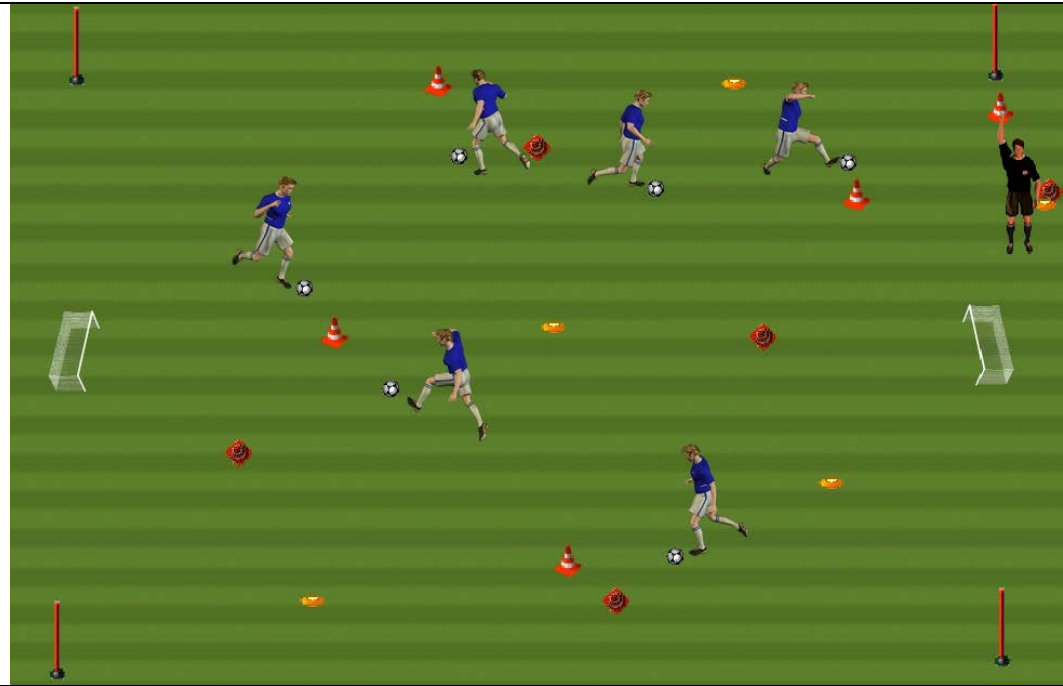
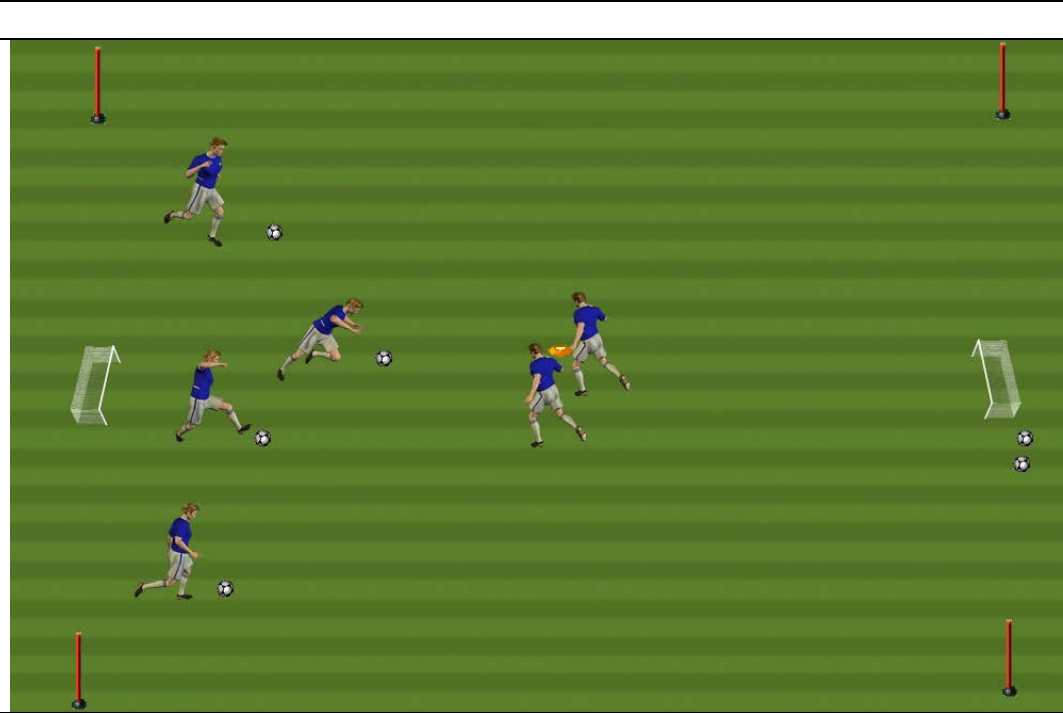



Week 3 U4/U5 Lesson Plan: Dribbling and Running with the Ball

	<p><u>RHYTHMIC WARM UP</u> 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 or over pinnies in a straight line.</p>	<p>0-5 mins</p> <p>Guided Discovery / Coach Pts: <i>Can you do this?</i></p> <p>Field 20 length by 20 width yards</p>
	<p><u>TOP HAT</u> Coach asks players to turn the hats [cones] upside down, If the player sees a hat turned upside down they should dribble their ball over the hat and then turn it back so the base is on the ground. Coach (DEMOS) how to turn a cone over by dribbling.. As the players turn the cone back onto the base – the Coach should be turning cones upside down so the players are constantly engaged.</p>	<p>6-13 mins</p> <p>Guided Discovery / Coach Pts: <i>What part of the foot can we use to dribble?</i> [Instep / laces are best as it mirrors the way children move / run. Also see if players say - inside, outside, heel and bottom / sole</p> <p><i>What can you do to find a cone to turn over?</i> <i>Response</i> – Look around and see what cones are not upside down and if any of the other players are going towards the cones that are not upside down.</p> <p><i>What goal should you go towards?</i> <i>Response</i> – The closest goal.</p> <p>Field 20 length by 20 width yards</p>
<p style="text-align: center;">WATER BREAK</p>		

	<p><u>SCANNING</u></p> <p>Coach initially asks players to run around [without ball] one color set of cones [e.g. red]. After a couple of repetitions, coach asks the players to keep looking at him/her so they know what color to run around as he holds different colors. The coach should move around the field so the players also have to look for coach and color cone. The coach then asks the players to dribble around the area again looking to see what color the coach is holding. Coach should change cones every 15-20 secs. It will be necessary, especially early, to ask the players what color is the cone.</p>	<p>14-21 mins</p> <p>Guided Discovery / Coach Pts: What can you do to get around the cones? Look to see where are the ### cones e.g. red cones. Look to see where other players are.</p> <p>What can you do to find out what color cones to go around? <i>Response</i> – Listen. Find the coach and look to see what color cone is the coach holding.</p> <p>How can you move the ball between cones? <i>Response</i> – Heavy or soft touch. Heavy if cone is further away. When close to the cone use a soft touch.</p> <p>Field 25 length by 20 width yards</p>
	<p><u>SHARKS and MINNOWS</u></p> <p>Initially the coach is the shark and attempts to catch the minnows (players who dribble with the ball) before they get to the other end. Once someone is caught they join the coach as a shark. They then hold hands or hold a pinny with a fellow player and work together to catch other minnows. There can't be a shark alone so the coach should help if there is an odd number. The last one or two minnows left are the new sharks.</p>	<p>23-30 mins</p> <p>Guided Discovery / Coach Pts: How can you keep the ball close and know where the shark is? <i>Response</i> – Try to keep head up and take soft touches. Use a heavy touch to get away from and past the shark.</p> <p>How can 2 sharks work together? <i>Response</i> – Varies – give players' ideas – talk, take turns deciding which direction to move.so they do not split up. Try to move as one. After some time perhaps person closet decides which way to go.</p> <p>Field 25 length by 20 width yards</p>
<p>WATER BREAK</p>		

	<p><u>BOSS of the BALLS</u></p> <p>Split players into 2 teams – max 3 players a team. Give each player a number 1 thru 3. All players stand behind their goal WITHOUT a ball. Coach has all the balls and will pass one into the field to start game (at the same time coach will call what #'s to play). If a players' number is called they must get to the ball and with teammate(s) either score or defend. The game is over either when a goal is scored or ball goes out. Coach then restarts a new game and call new numbers. Coach should match players of similar ability - make same #. Pass towards players with less experience.</p>	<p>32-39 mins</p> <p>Guided Discovery / Coach Pts: How can you get to the ball quickly? <i>Response</i> – Listen for my number and/or see where the ball is going.</p> <p>How can you get past the other player? <i>Response</i> – See where they are and take a heavy touch.</p> <p>When can you shoot? <i>Response</i> – When I see the goal and am close enough?</p> <p>Field 25 length by 20 width yards</p>
<p>WATER BREAK</p>		
	<p><u>GAME</u></p> <p>Regular soccer 3vs 3. Reinforce parts of field: Center circle where we start the game of if we play the ball over the goal line. Protect our house/goal. Use a pinny to indicate goal to score into.</p>	<p>41-50 mins</p>

COOL DOWN and TEAM CHEER