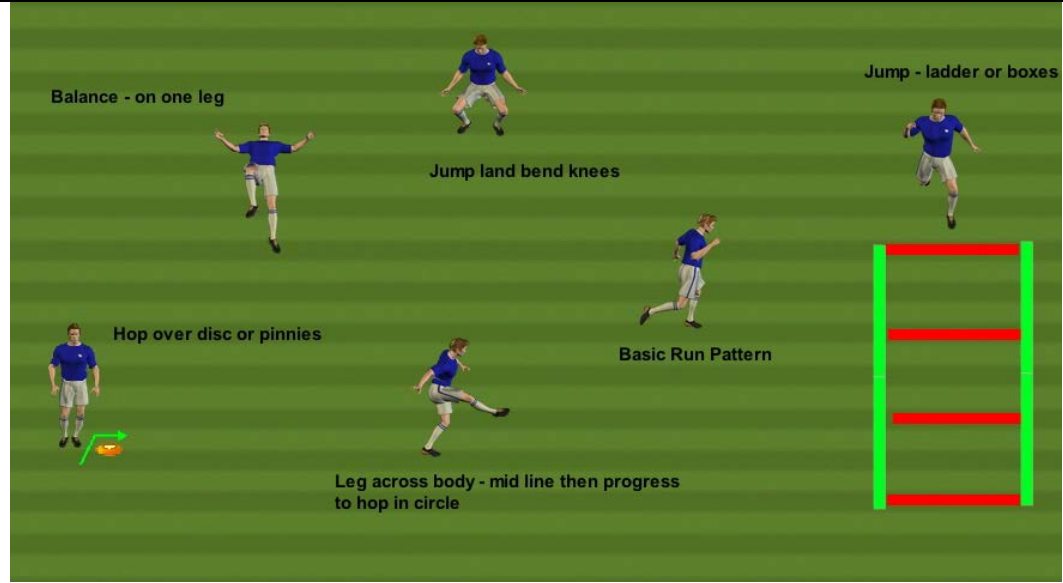
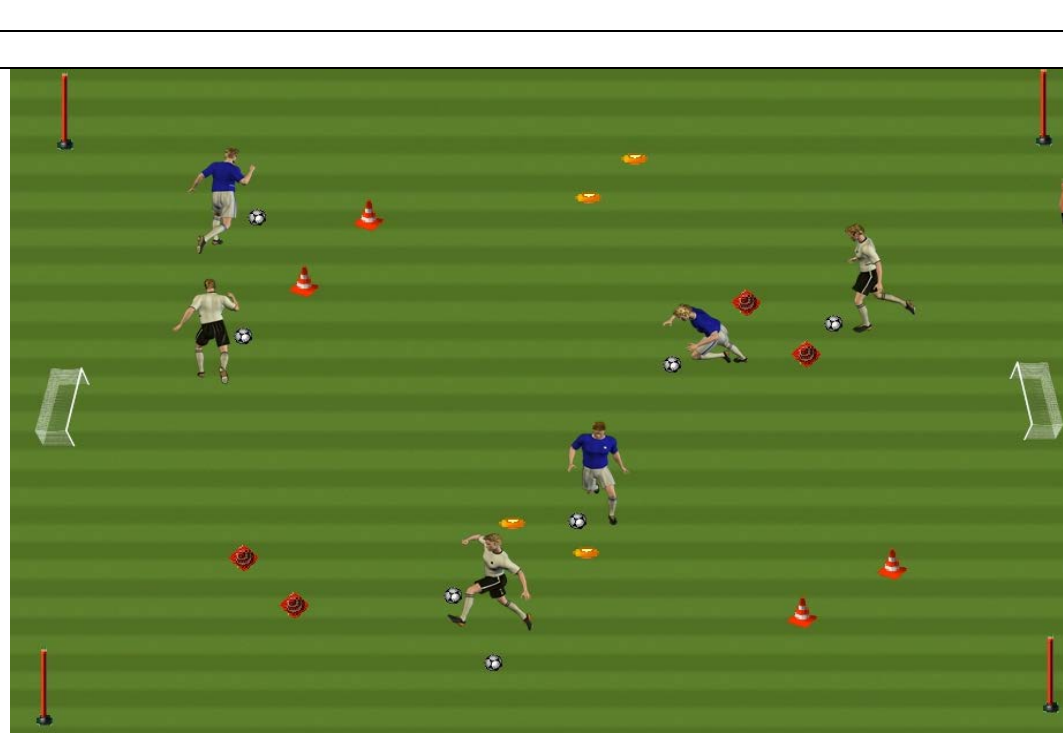
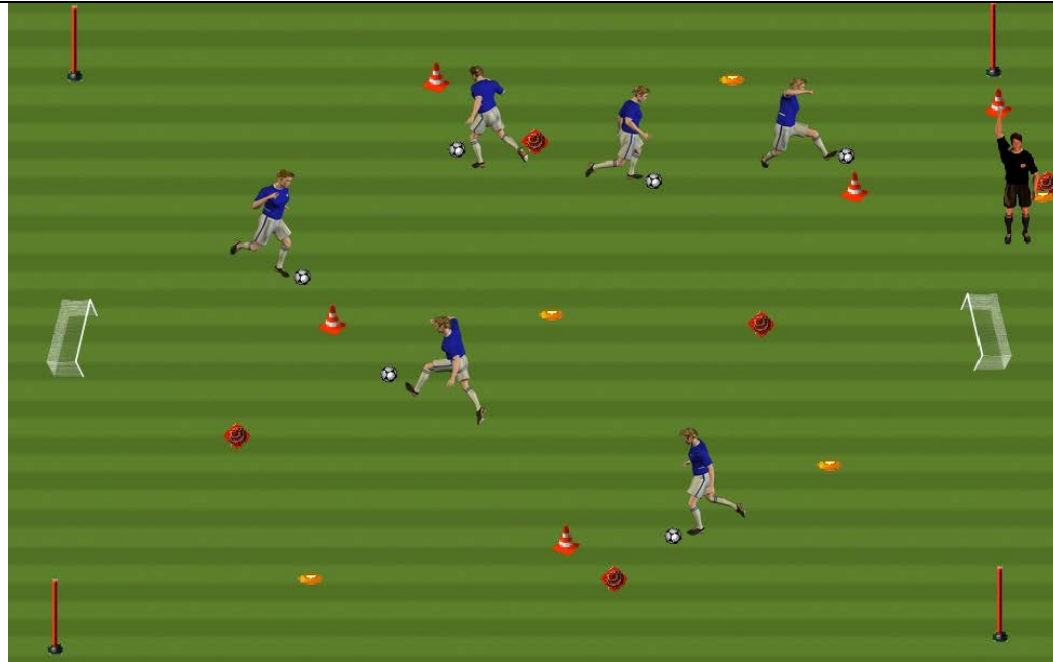


## Week 4 U4/U5 Lesson Plan: Dribbling and Running with the Ball

	<p><b><u>RHYTHMIC WARM UP</u></b>          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><b>Guided Discovery / Coach Pts:</b>  <i>Can you do this?</i></p> <p>Field 20 length by 20 width yards</p>
	<p><b><u>FOLLOW the COACH/PARTNER</u></b>          Coach asks the players to 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) Coach then pairs the children and asks them to take turns following each other. After a couple of attempts [30 secs] coach informs the group that when he shouts "Change" they should change roles e.g. the follower becomes the followed and the followed becomes the follower.</p>	<p>6-13 mins</p> <p><b>Guided Discovery / Coach Pts:</b>  <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 see where the coach or friend are going?</i>  <i>Response</i> – Look around and see where the coach is going and doing with their ball?</p> <p><i>Should you take a heavy or soft touch when following your friend?</i>  <i>Response</i> – When the friend is not close – a heavy touch – when close a soft touch.</p> <p>Field 25 length by 20 width yards</p>
<p><b>WATER BREAK</b></p>		



### SCANNING

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.

14-21 mins

#### **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.

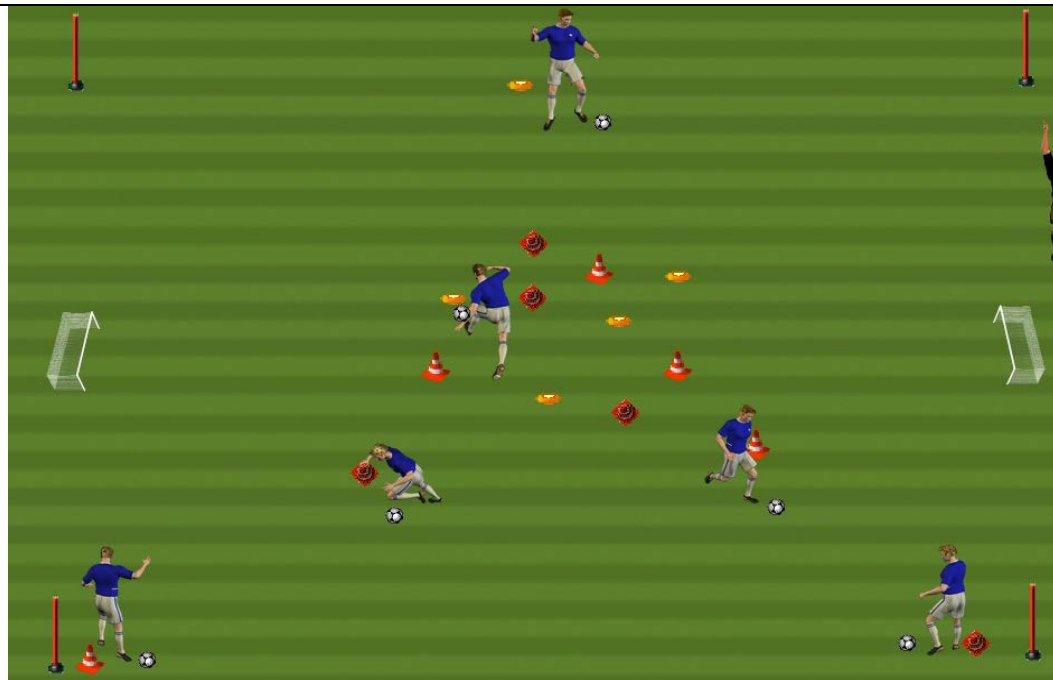
**What can you do to find out what color cones to go around?**

*Response* – Listen. Find the coach and look to see what color cone is the coach holding.

**How can you move the ball between cones?**

*Response* – Heavy or soft touch. Heavy if cone is further away. When close to the cone use a soft touch.

Field 25 length by 20 width yards



### TREASURE CHEST

Split team into 3 pairs. Coach starts the game and 1 player from each team dribbles to treasure and brings something back to goal or own chest. At that point next player dribbles to treasure and brings something back. When a partner comes back the next player goes. Game ends within 60 secs or if all treasure gone from middle chest.

23-31 mins

#### **Guided Discovery / Coach Pts:**

**What part of the foot can we use to dribble and TURN?** *Response* – [Instep / laces are best as it mirrors the way children move / run. *Also see if players say* – inside.

**How do you know where to go to get the treasure or what team has a lot of treasure?**


*Response* – Head Up or Look around

**How can you get back to your treasure island?**

After turn - push ball ahead with a heavy touch and run after.

Field 25 length by 20 width yards

WATER BREAK

	<p><b><u>BOSS of the BALLS</u></b></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>33-40 mins</p> <p><b>Guided Discovery / Coach Pts:</b>  <b>How can you get to the ball quickly?</b>  <i>Response</i> – Listen for my number and/or see where the ball is going.</p> <p><b>How can you get past the other player?</b>  <i>Response</i> – See where they are and take a heavy touch.</p> <p><b>When can you shoot?</b>  <i>Response</i> – When I see the goal and am close enough?</p> <p>Field 25 length by 20 width yards</p>
<p><b>WATER BREAK</b></p>		
	<p><b><u>GAME</u></b></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 when other team has a goal kick.  Go close to our goal when ball is on touchline.  Use a pinny to indicate goal to score into.</p>	<p>42-51 mins</p>

**COOL DOWN and TEAM CHEER**