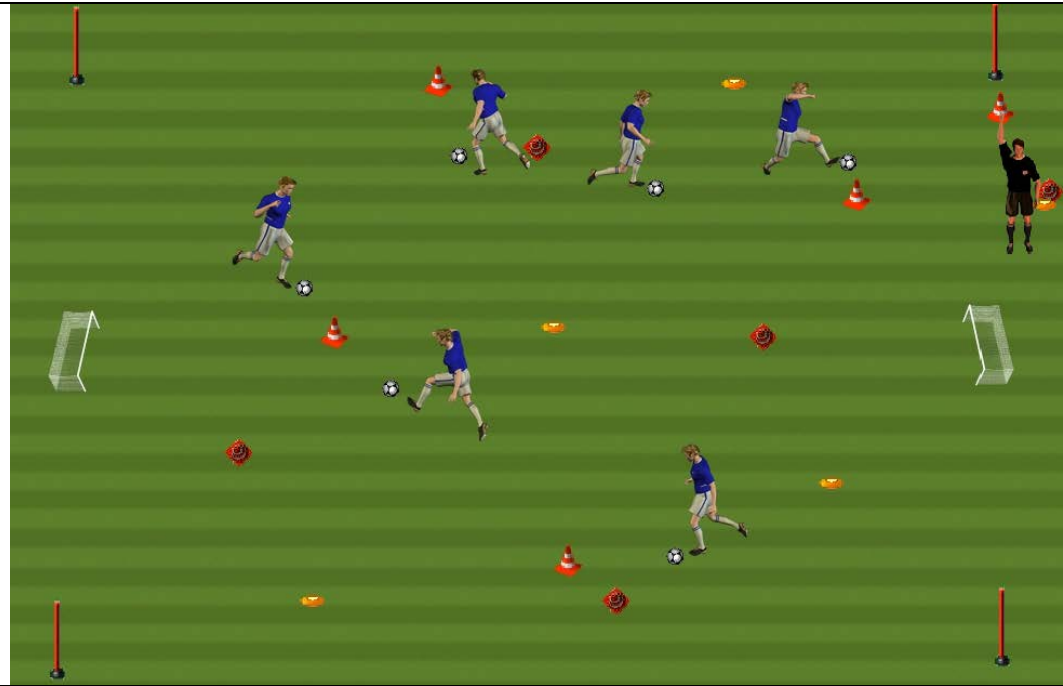
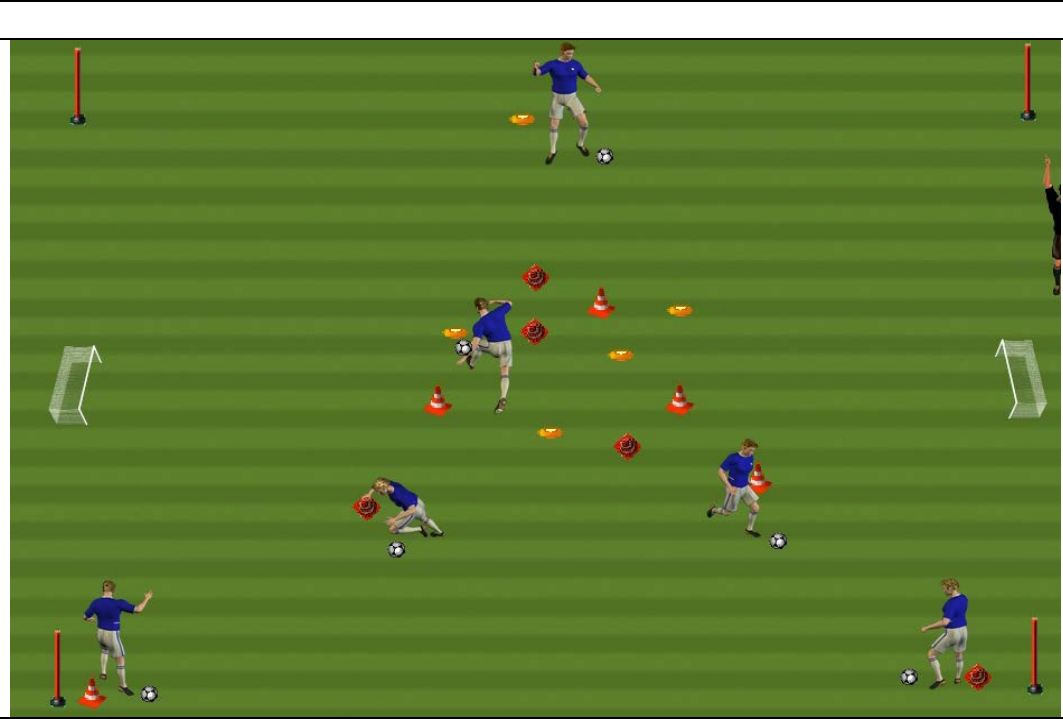
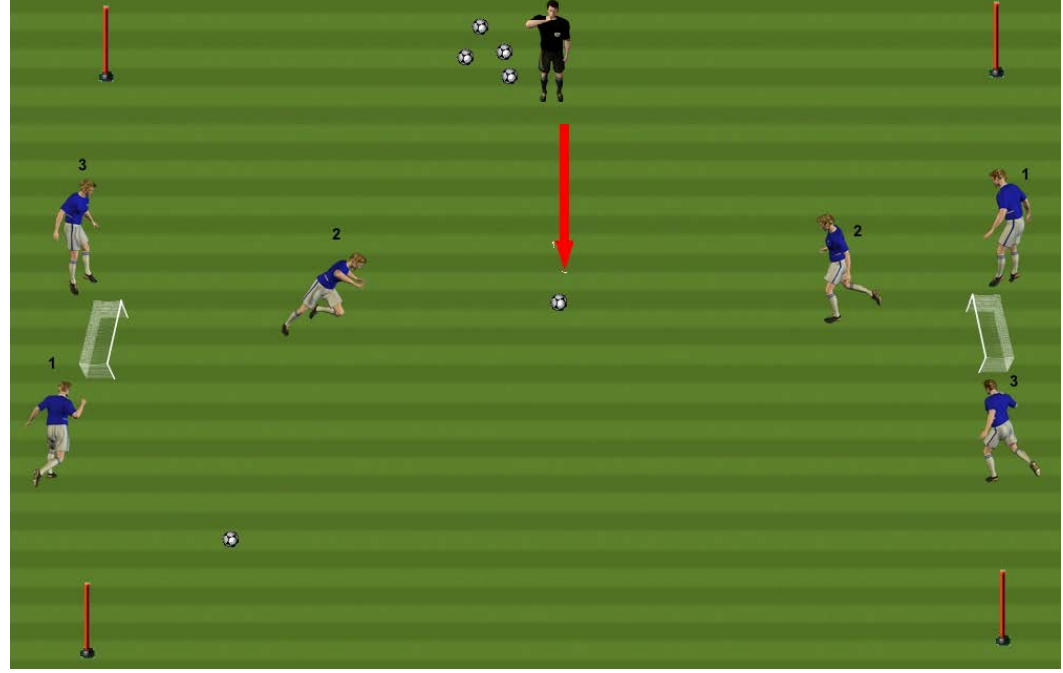


## Week 6 U4/U5 Lesson Plan: Dribbling / Running and Striking the Ball

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| <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><b><u>RHYTHMIC WARM UP</u></b></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 or over pinnies in a straight line.</p>   | <p>0-5 mins</p> <p><b>Guided Discovery / Coach Pts:</b><br/>Can you do this?</p> <p>Field 20 length by 20 width yards</p>   |
| <p>without ball</p> <p>with ball</p>  | <p><b><u>DONKEY TAIL</u></b></p> <p>Coach asks parents to place a pinny in the back of players' shorts so over ½ is hanging outside. Worst case scenario - coach places pinny - in clear view of other adults. Coach reminds players of the playing area e.g. ½ field and tells them to avoid having their tail pulled out by coach or other donkey catcher. If a tail is pulled out the child must stand still, with the tail close by on the floor, then a friend will retrieve and place back in the back of the player. The last person left is the new chaser. Progress to dribbling w/ball while protecting the tail.</p> | <p>6-13 mins</p> <p><b>Guided Discovery / Coach Pts:</b><br/>What can you do to keep your pinny safe?<br/>Response – Look around and see where coach or donkey catcher is located. If close - make sure coach or donkey catcher cannot see you tail.</p> <p>What can you do to help a friend?<br/>Response – Look around and see if there pinny is on the ground.</p> <p>When can you help a friend?<br/>Response – When the coach/donkey chaser is not close to friend.</p> <p>Field 12.5 length by 20 width yards</p> |
| WATER BREAK   |   |   |

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|    | <p><b><u>SCANNING</u></b></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. Progress, coach enters field still holding a different cone but now trying to win players' ball.</p>      | <p>14-21 mins</p> <p><b>Guided Discovery / Coach Pts:</b><br/> <b>What can you do to get around the cones?</b> Look to see where are the ### cones e.g. red cones. Look to see where other players are.</p> <p><b>What can you do to find out what color cones to go around?</b><br/> <i>Response</i> – Listen. Find the coach and look to see what color cone is the coach holding.</p> <p><b>How can you move the ball between cones?</b><br/> <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><b><u>TREASURE CHEST</u></b></p> <p>Split team into 3 pairs. Coach starts the game and 1 player from each team dribbles to treasure and brings something back to own island. Then next player dribbles to treasure chest and brings something back. When a player comes back the next player goes. Game ends within 60 secs or if all treasure gone from middle chest. Progress where player strikes their ball towards their friend on island. Progress, whereby, there are fewer cones of 1 set e.g. 4 cones so greater value is placed on finding those cones 1<sup>st</sup> e.g. 3 pts per red cone others worth 1. Let players count/add cones.</p> | <p>23-31 mins</p> <p><b>Guided Discovery / Coach Pts:</b><br/> <b>What part of the foot can we use to dribble and TURN?</b> <i>Response</i> – [Instep / laces are best as it mirrors the way children move / run. <i>Also see if players say</i> – inside.</p> <p><b>How do you know where to go to get the treasure or what team has a lot of treasure?</b><br/> <i>Response</i> – Head Up or Look around</p> <p><b>How can you get back to your treasure island?</b><br/> After turn - push ball ahead with a heavy touch and run after.</p> <p>Field 25 length by 20 width yards</p>                      |
| <p><b>WATER BREAK</b></p>  |   |  |

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|--|---|--|
|  | <p><b><u>GET OUTTA OF HERE</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>33-39 mins</p> <p><b>Guided Discovery / Coach Pts:</b><br/> <b>How can you get to the ball quickly?</b><br/> <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><br/> <i>Response</i> – See where they are and take a heavy touch.</p> <p><b>When can you shoot?</b><br/> <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.<br/> Reinforce parts of field:<br/> 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**