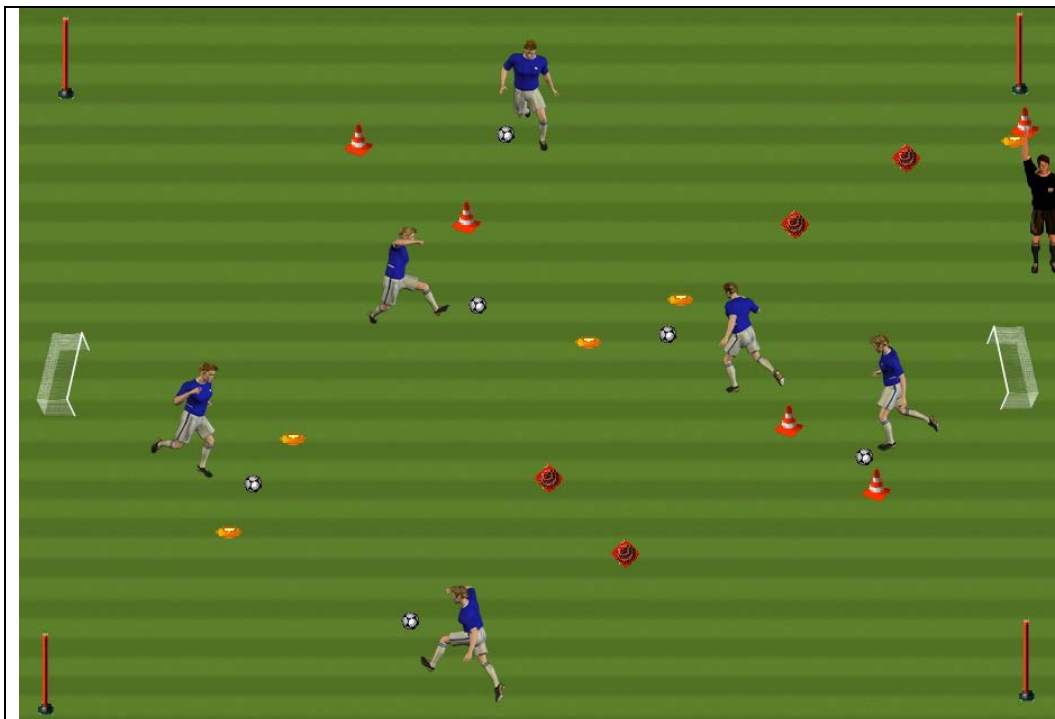


Week 7 U5 Lesson Plan: Dribbling / Running with the Ball

	<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>SPEED RACER</u> Coach splits players into 2 groups and asks them to stand next to either goal. The coach then asks the players to drive their car “ball” as quickly as possible and park it the opposite garage “goal”. The drivers are encouraged to avoid other cars but go as quickly as possible. Once everyone gets to the garage – the coach repeats so the drivers return to their original garage. Progress, add speed bumps so drivers have to consider changing direction or speed to get to the garage as quickly as possible.</p>	<p>6-12 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. <i>Also see if players say - inside, outside, heel and bottom / sole</i></p> <p><i>What can you do to get to the garage quickly?</i> <i>Response – Look around and see the shortest distance to the garage without hitting another car, driver or speed bump.</i></p> <p>Field 25 length by 20 width yards</p>
<p>WATER BREAK</p>		



SCANNING

Coach initially asks players to run thru [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 striking the ball thru the gates while looking to see what color the coach is holding. Coach changes cones every 15-20 secs. Progress, coach enters field still holding a different cone but now trying to win players' ball.

13-20 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



FREEZE TAG – Thru LEGS

Coach initially asks players to run around area avoiding been tagged by coach. If they are tagged they must stand still with legs open so a friend can crawl underneath and free them. There are 2 small safe areas where a player can briefly recover for 4 secs, then they must re-enter the field. After 3 mins ask players to now dribble the ball and avoid the tagger. If a player is tagged, as above but keep ball close, they can begin playing when a friend strikes their ball thru the tagged players' legs. Coach decides whether to use safe area.

22-30 mins

Guided Discovery / Coach Pts:

What can you do to not get tagged?
Response – Look around and see where coach or safe areas are located.

When can you take a soft or heavy touch?

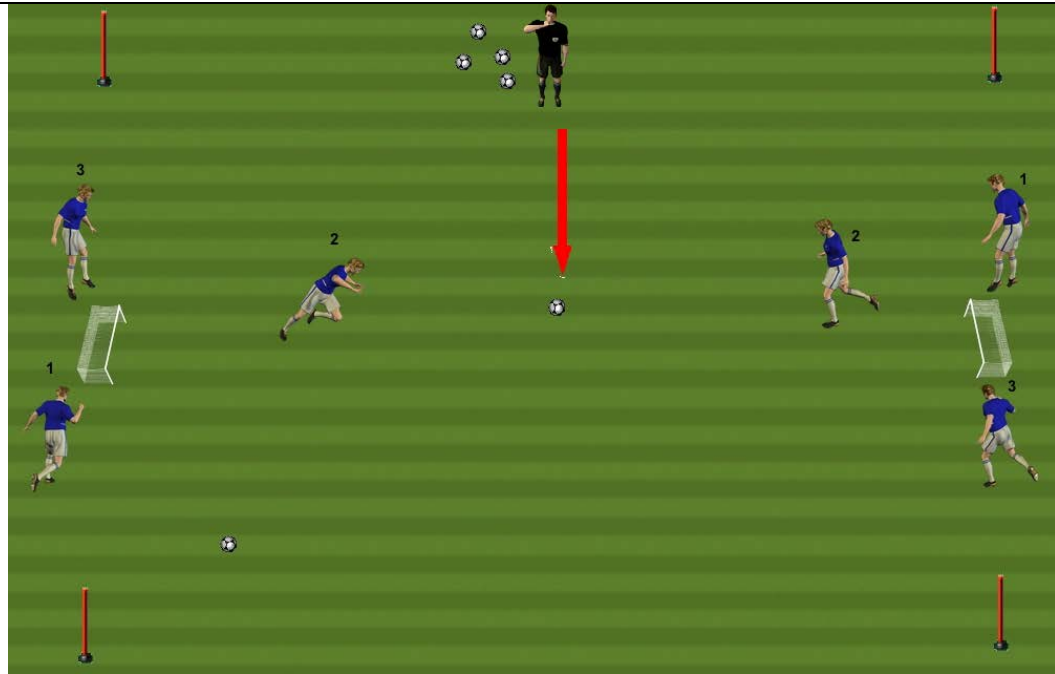
Response – Take a heavy touch if been chased. Use a soft touch when striking ball thru friends' legs, when not under pressure, moving towards touchline or safe areas.

When can you help a friend?

Response – When the coach is not close to friend who is frozen.

Field 25 by 20 width

WATER BREAK



GET OUTTA OF HERE

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.

32-38 mins

Guided Discovery / Coach Pts:

How can you get to the ball quickly?
Response – Listen for my number and/or see where the ball is going.

How can you get past the other player?
Response – See where they are and take a heavy touch.

When can you shoot?
Response – When I see the goal and am close enough?

Field 25 length by 20 width yards

WATER BREAK

GAME

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.

39-49 mins

COOL DOWN and TEAM CHEER