

Week 1 U6 Lesson Plan: Dribbling

<p>Balance - on one leg</p> <p>Jump land bend knees</p> <p>Hop over disc or pinnies</p> <p>Basic Run Pattern</p> <p>Jump - ladder or boxes</p> <p>Leg across body - mid line then progress to hop in circle</p>	<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>FREE DRIBBLE</u> All players dribbling in small grid – using different surfaces. Show them different parts of feet –see if they know name? Instep or laces, inside, outside, bottom or sole and heel. Can they keep their head up when moving around? Can they keep ball close? Can they use both feet? Can they pull the ball back? Can they turn with the ball inside or outside?</p> <p><i>progress ONLY if players are comfortable with trying some moves:</i></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. Also see if players say - inside, outside, heel and bottom / sole</p> <p><i>How do we know where to go?</i> Response – Head Up or Eyes <i>Can you do that while keeping the ball close?</i> Suggestion: Try not to have your head down. Remember: Lots of praise, show me, what else can you do, I like that</p> <p>Field 20 length by 20 width yards</p>
<p>WATER BREAK</p>		



FOLLOW the LEADER

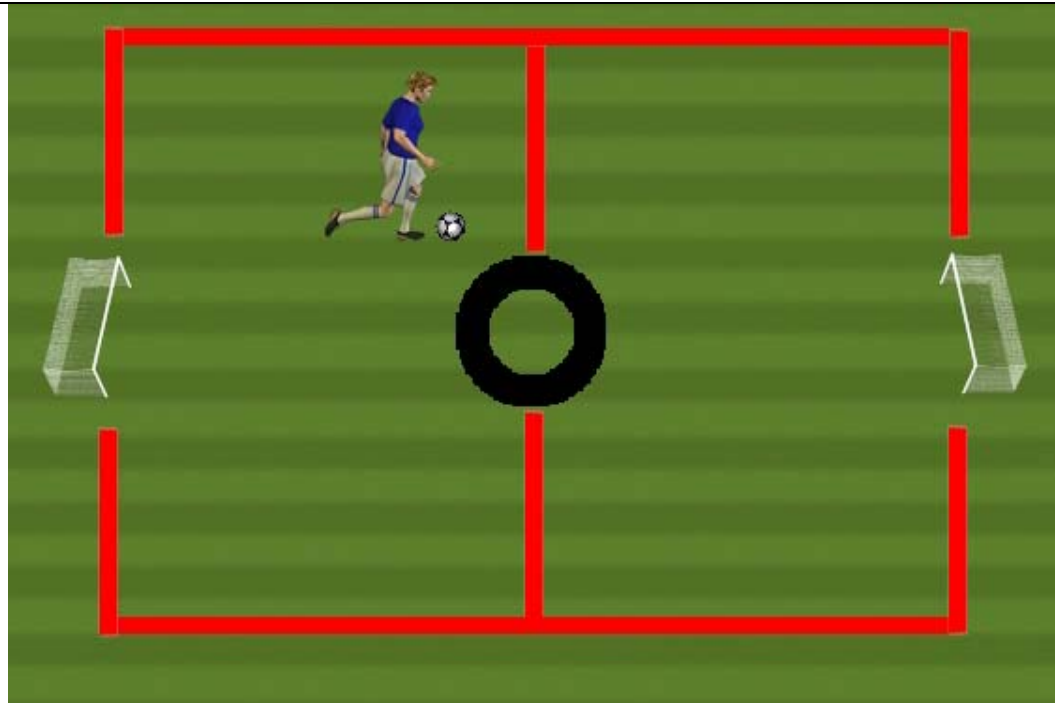
All the players follow the coach. Can they stay close? Can they do what the coach does? (Stop ball, turn with a certain part of the foot etc)
Ask players to take turns to be a leader and as above.

14-20 mins

Guided Discovery / Coach Pts:
How can you keep ball close and know where coach is?
Suggestion: Try not to have your head down – try to look out of the bottom of your eyes to look at ball
Remember: Lots of praise, show me, what else can you do, I like that

What can you do so we can follow you?
Response – Varies – give players' ideas

Field 25 length by 20 width yards



FIELD GAME

Coach dribbles around field, followed by players, explaining the field. Goal going to [put a color pinny on goal to help] – goal protecting, center circle, touchline (sideline) goal line (end line). Players must dribble to an area (see above) before the coach tags them. If coach tags them they help coach tag others.


22-28 mins

Guided Discovery / Coach Pts:
What part of the foot can we use to change direction? Instep, laces inside, outside, heel and bottom / sole
How can we stop the ball?
Response – Bottom of foot / brakes or get ahead of ball and stop with foot.
Can you do that while keeping the ball close?

How do we know which goal to go to?
Response – Look up and find pinny [could use cones to help know when to go back to center circle].

Field 25 length by 20 width yards

WATER BREAK

 <p>Coach or 2 parents vs. Players. All players have a ball and attack Coach /Parent goal. Coach tries to win ball and dribble / shoot at players' goal</p>	<p><u>PLAYERS vs. COACH</u> Players all start at one end of the field and try to score against Coach. Ask player's who knows how to score...ask them to show you if not show them. (Use a color pinny on the goal they are going towards to help them) If ball goes behind coach gets the ball – could let others score. Play until all balls in net or 4 mins. Restart with coach passing balls towards players' opponents goal and players getting and coming towards coaches' goal.</p>	<p>30-36 mins</p> <p>Guided Discovery / Coach Pts: How can you score? <i>Response</i> – Dribble and shoot.</p> <p>Who is trying to stop you from scoring? <i>Response</i> – You the coach</p> <p>How can you get past the coach? <i>Response</i> – Keep ball away – see where you are?</p> <p>Field 25 length by 20 width yards</p>
WATER BREAK		
	<p><u>GAME</u> Regular soccer 3vs 3. Ask players part of field when ball goes out. Introduce to players when they must go to the center circle when we start the game of if we play the ball over the goal line we are going to. (cones at one end of field).</p>	<p>38-45 mins</p>

COOL DOWN and TEAM CHEER