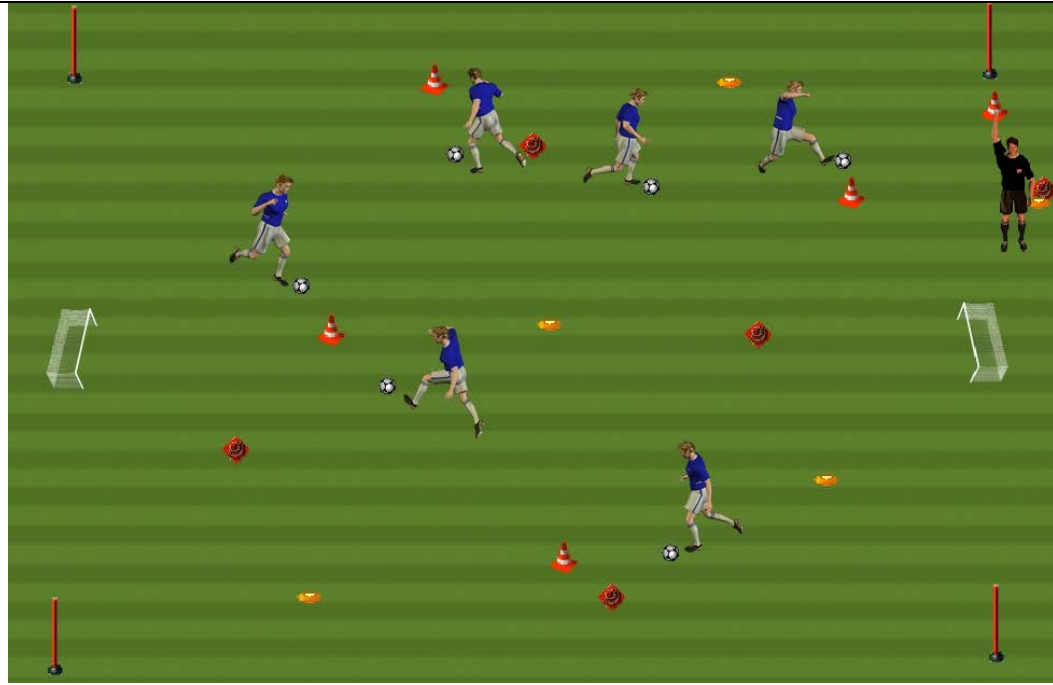


Week 6 U6 Lesson Plan: Dribbling, Running and Striking the Ball

<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><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>FOLLOW the LEADER</u> 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). Take a heavy touch to run or strike the ball at goal. Ask players to take turns to be a leader and as above.</p>	<p>6-12 mins</p> <p>Guided Discovery / Coach Pts: <i>How can you keep ball close and know where coach is?</i> Suggestion: Try not to have your head down – try to look out of the bottom of your eyes to look at ball</p> <p><i>What can you do so we can follow you?</i> <i>Response</i> – Varies – give players' Ideas.</p> <p><i>When should you take a heavy or soft touch?</i> <i>Response</i> – Heavy to run with ball or strike ball over distance – close to keep.</p> <p>Field 25 by 20 width</p>
<p>WATER BREAK</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.

13-22 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.

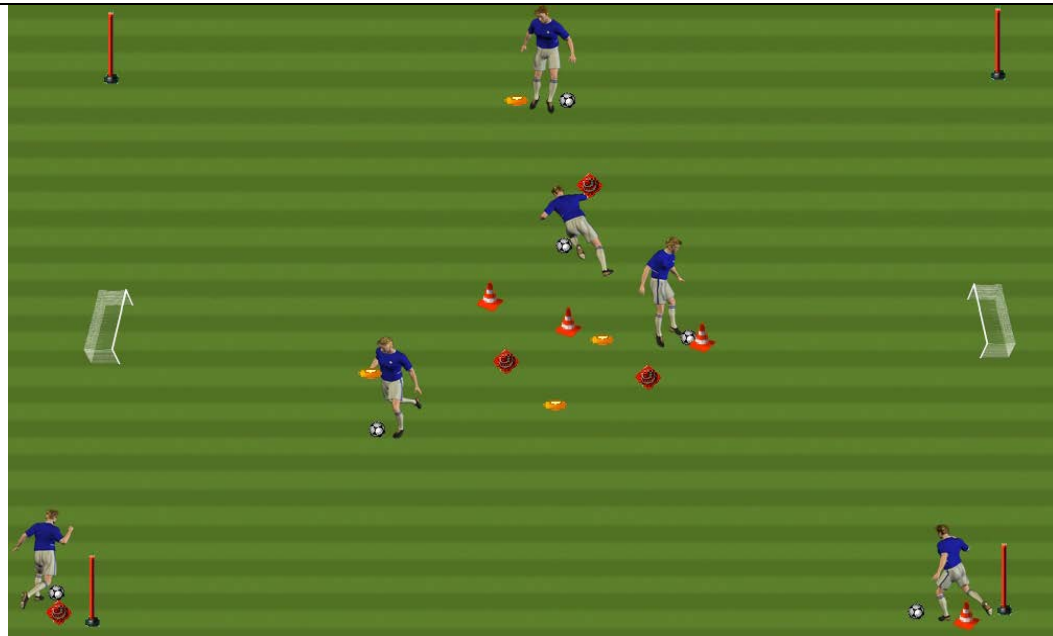
What can you do to find out what color cones to go around?

Response – Listen. Find the coach and look to see what color cone 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 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, there are fewer cones of 1 set e.g. 4 cones so greater value is placed on finding those cones 1st e.g. 3 pts per red cone others worth 1.

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?

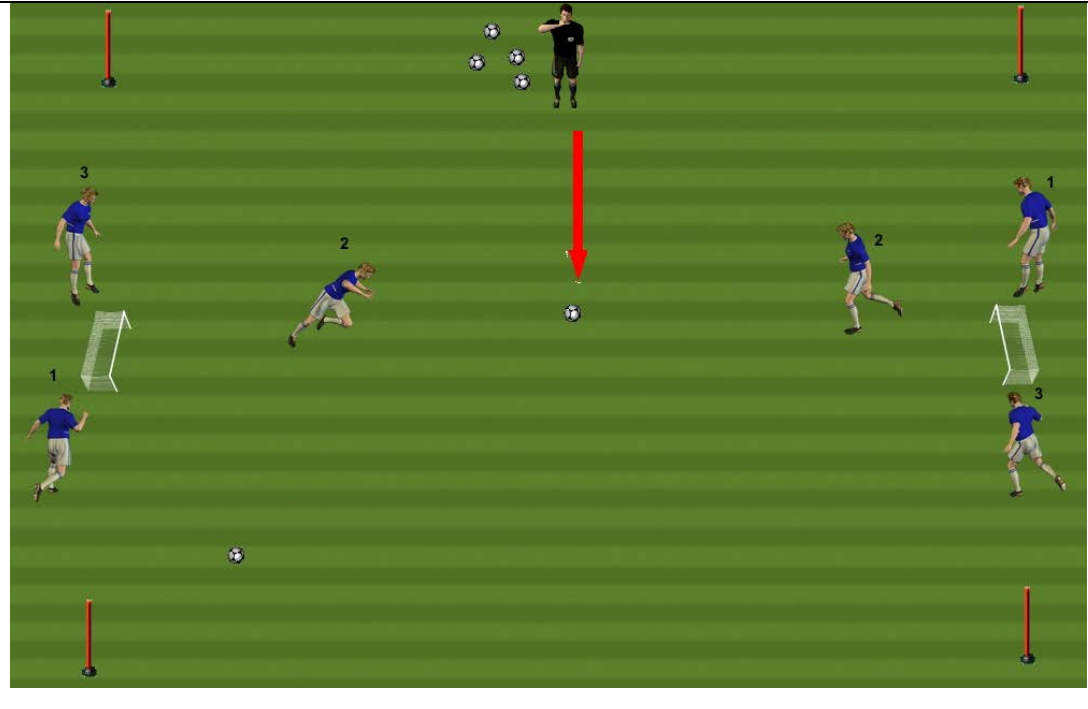
Response – Head Up or Look around

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><u>GET OUTTA HERE</u> 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. When a goal is scored or the ball goes out – Coach shouts ‘Get Outta Here’ and 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>33-41 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>
WATER BREAK		
	<p><u>GAME</u> Regular soccer 3vs 3. Ask players part of field when ball goes out .Goa line vs. touchline. Reinforce 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. Explain why we should be closer to our house /goal.</p>	<p>43-53 mins</p>

COOL DOWN and TEAM CHEER