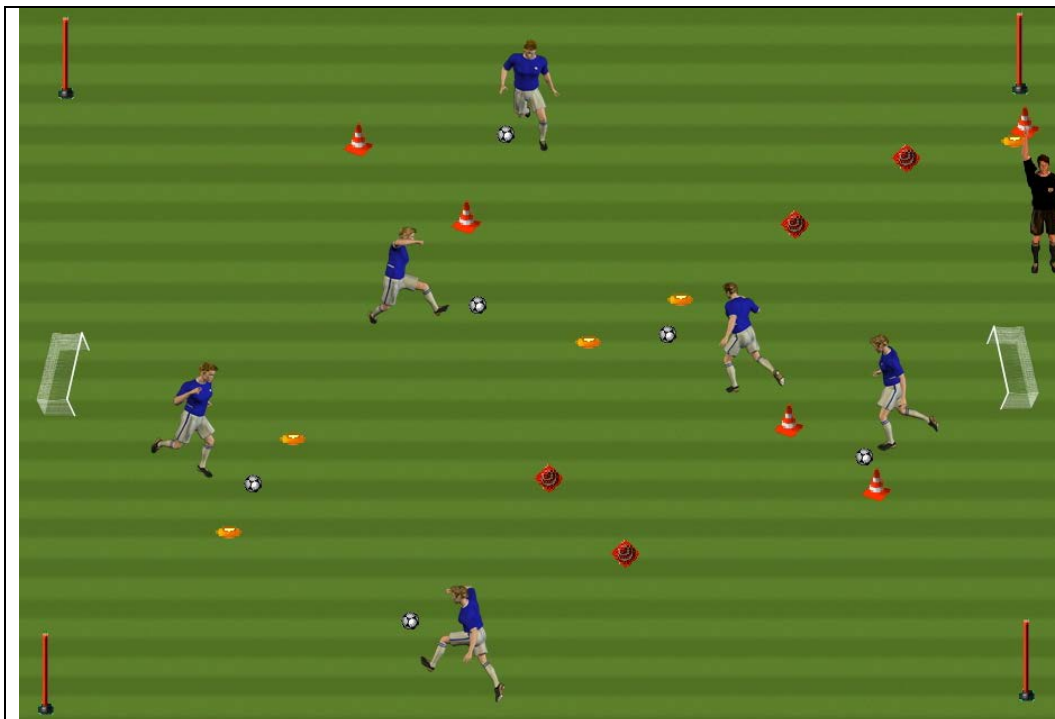


Week 7 U6 Lesson Plan: Dribbling, Running and Striking the Ball

<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>Dribble Tag Knees</p> <p>Decide when to play heavy or soft touch</p> <p>Knockout</p> <p>Tag Knees</p>	<p><u>TOUCH KNEES or KNOCKOUT</u> All players dribbling in small grid – within a certain time players attempt to tag each others' knees. Initially players very social and allow others to touch their knees. After first attempt encourage players to tag but not be tagged. [Encourage players to count times tagged not how many they tagged]. Progress, as above but now while dribbling and / or ask players while dribbling in small grid to keep their ball while attempting to knockout another players ball – player who loses ball re-enters.</p>	<p>6-14 mins</p> <p>Guided Discovery / Coach Pts: <i>How can you tag someone's knee?</i> <i>Response – Dribble, come from side, towards or behind bend down.</i></p> <p><i>What was most common way tagged?</i> <i>Response– From behind or side.</i></p> <p><i>If you want to keep your ball what should you do?</i> <i>Response – Head up – keep looking around – maybe over shoulder, keep ball away from people – dribble away.</i></p> <p>Field 12.5 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.

15-22 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 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.

24-31 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?

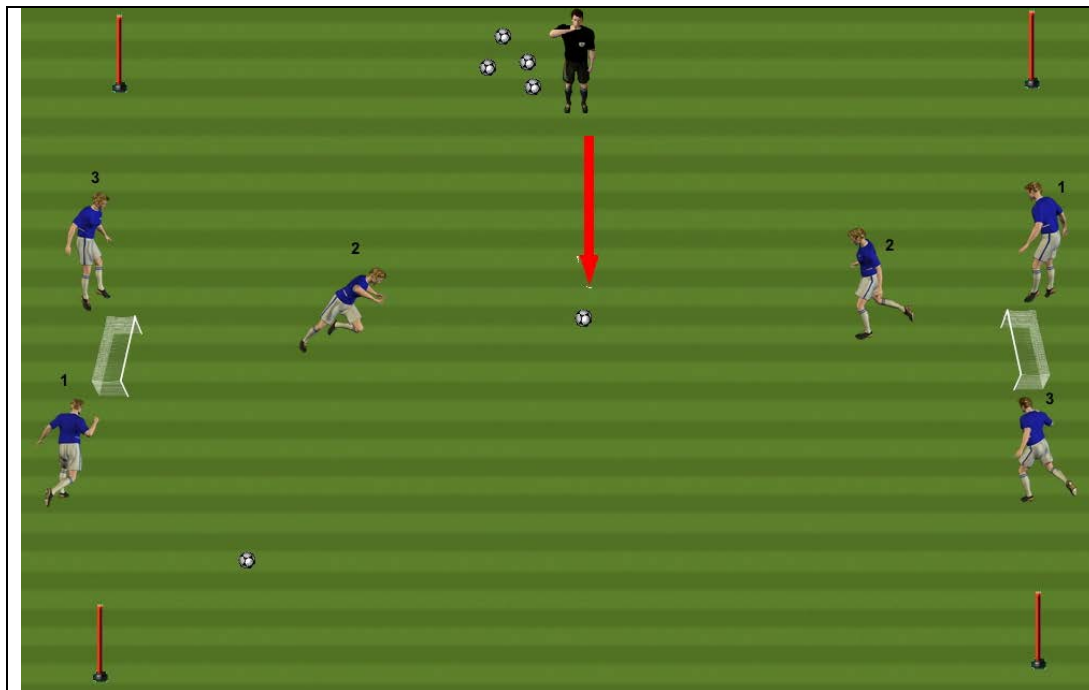
Response – Take a heavy touch if been chased. Use a soft touch when striking ball thru friends' legs, when not under pressure, moving towards touchline or safe areas.

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 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. 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.

33-41 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.
 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.

43-53 mins

COOL DOWN and TEAM CHEER