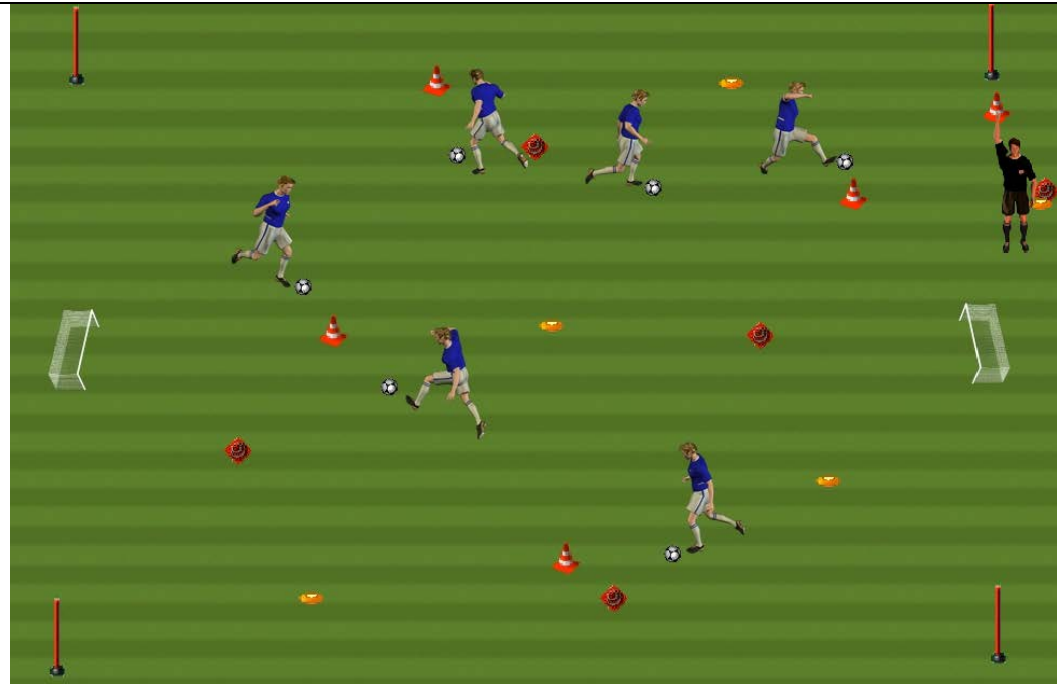


Week 5 U6 Lesson Plan: Dribbling and Turning

<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>Leg across body - mid line then progress to hop in circle</p> <p>Jump - ladder or boxes</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>Initially players run without ball</p> <p>2 safe areas - triangle shape 2 yards wide 1 player only allowed in for 4 secs Help inexperienced or tired player</p> <p>Progress to Dr</p>	<p><u>FREEZE TAG – Thru LEGS</u> 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.</p>	<p>6-12 mins</p> <p>Guided Discovery / Coach Pts: <i>What can you do to not get tagged?</i> <i>Response – Look around and see where coach or safe areas are located.</i></p> <p><i>When can you take a soft or heavy touch?</i> <i>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.</i></p> <p><i>When can you help a friend?</i> <i>Response – When the coach is not close to friend who is frozen.</i></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.

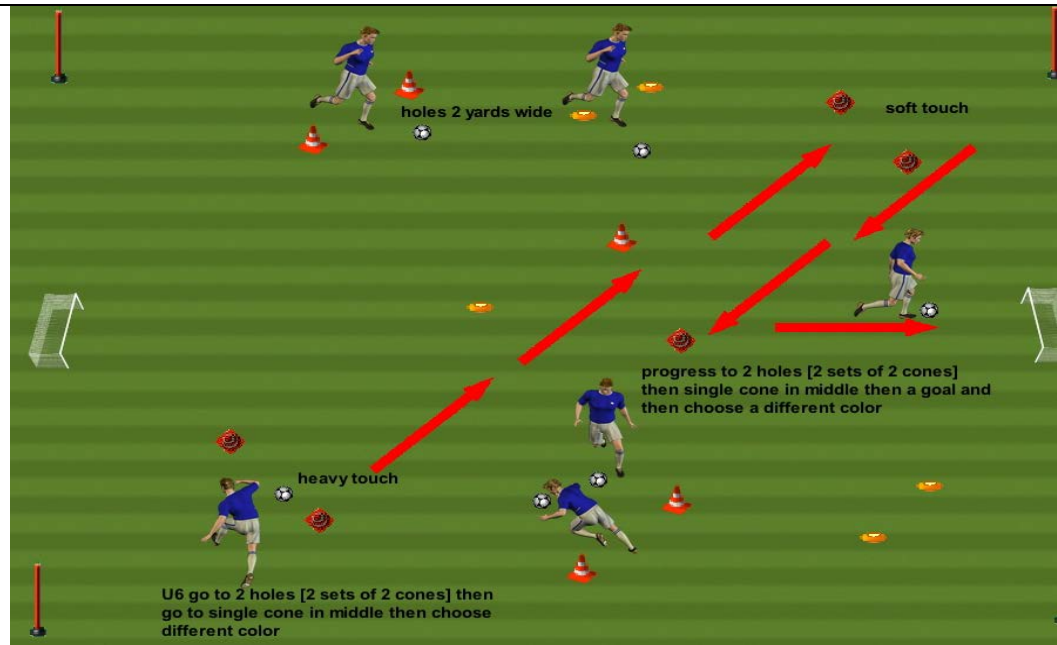
What can you do to find out what color cones to go around?

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



SOCCER GOLF

Coach asks the players to choose a color of a set of cones and then strike / “putt” their ball thru the 2 cones / “hole”. After putting their ball (replicates a shot/pass) the player should then take heavy touches towards the other hole of the same color. They then dribble to the middle triangle choose a new color and repeat above. Encourage heavy touches between cones and a short touch to turn the ball after putting. Progress to going to shoot / “putt” the ball into the goal after going thru 2 sets of holes/middle triangle. They then restart by going to a new color.

23-31 mins

Guided Discovery / Coach Pts:

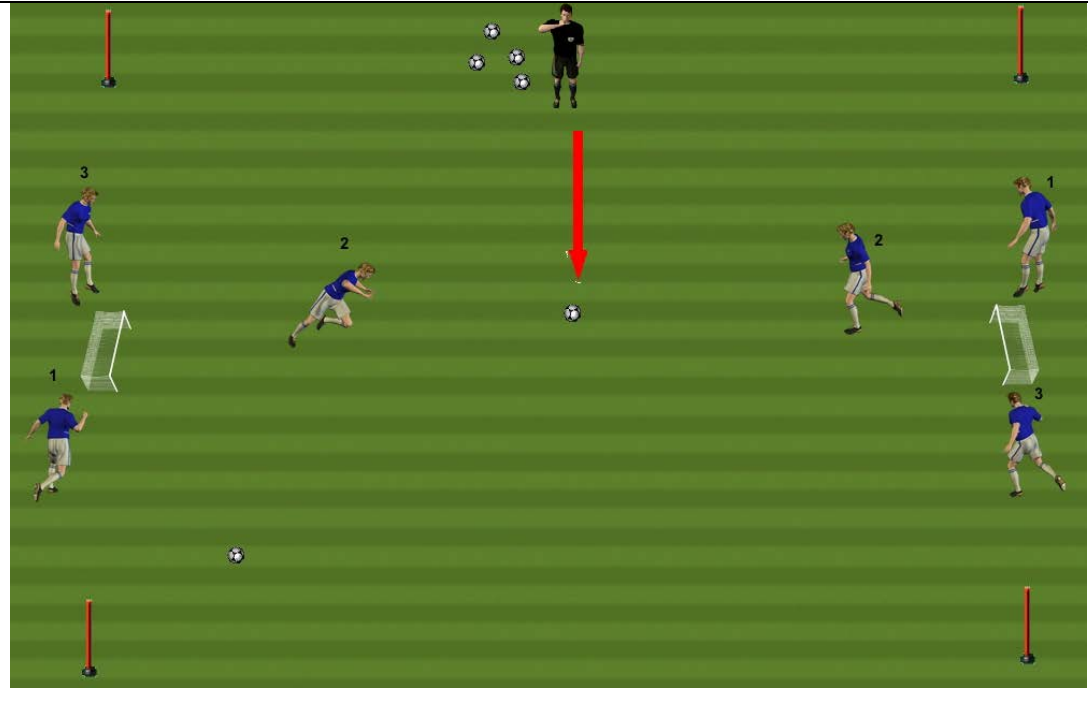
How do you know where to go?
Response – Head up or look around and see best path to holes and / or least amount of children.

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.

What can you do to help the ball go towards the hole or goal?
Response – Look to make sure body and in particular plant foot is facing the home / goal.

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