



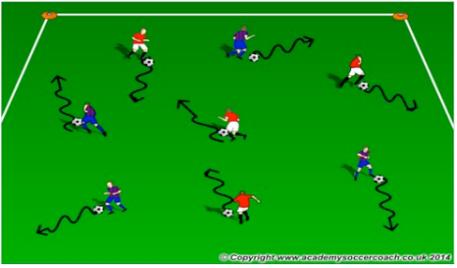
Session plans u5-u6

Season: Spring 2016

Age Group: U6

Week: 1

Let's Learn the Rules - Let's play

Stage	Activity Description	Diagram	Coach Effectiveness
<p>Activity 1</p>	<p>3 Surfaces: (7 minutes) In a 15Wx20L grid. Each player has a ball. Have the players try to use the 3 surfaces of the foot in 1 fluid motion in this order: Inside, Outside, Laces. Transfer the ball from the right to left foot after they stop the ball with the bottom (sole of the shoe) When the players display proficiency, challenge them to do it faster and in a smaller space. • Play 5 rounds of 1 minute each with 30 seconds rest between rounds; new information can be provided during rest period</p>		<p>Coach (C) – What are the surfaces of the foot that a player can use to dribble? Player (P) – The inside, outside, laces of the foot. C - Why is it important to keep the ball close during this activity? P - Because you can't get as many touches on the ball if you have to chase it first.</p>
<p>Activity 2</p>	<p>Red Light/Green Light: (7 minutes) In a 15Wx20L yard grid all players are dribbling freely. When the coach says "red light" the players must stop and put their foot on the ball. When the coach says "yellow light" the players must dribble slowly, and when the coach says "green light" the players must dribble fast. Coach: Control the frequency of light changes. Variation: Now the colors are the surfaces: Yellow= outside of the foot, Blue= inside of the foot, Green= Laces push, Red= Stop. • Play 5 rounds of 1 minute each with 30 seconds rest between rounds; new information can be provided during rest period</p>		<p>C – What parts of the foot do players use to stop the ball? P – The bottom or the inside of the foot. C – When the light turns green, where do players want to try to dribble? P – To empty space (where there are no other players) so you do not run into any other players.</p>

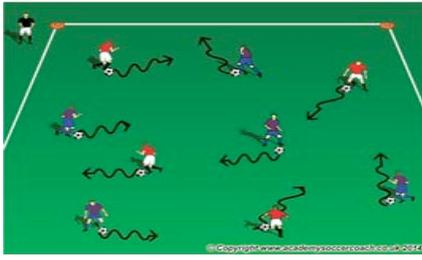
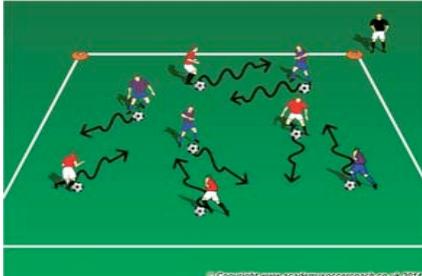
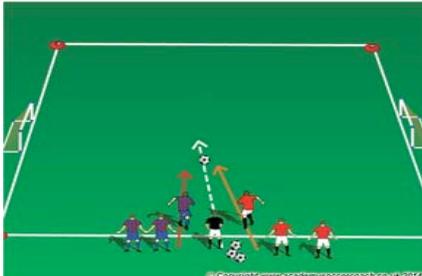
Let's Play the Game

Recommended Rules – Your local rules may differ

	<p>Dimensions in Yards:</p>	<p>Wide: 25 max-15 min</p>	<p>Long: 30 max-20 min</p>	
	<p>Ball</p>	<p>Size 3</p>		
	<p>Number of Players</p>	<p>3 Players per team on the field - No Goalkeepers needed</p>		
	<p>Referee</p>	<p>No Referee needed</p>		
	<p>Duration</p>	<p>No more than 30 minutes max – Can play in quarters</p>		
	<p>Fouls and Misconduct</p>	<p>No cards (Yellow or Red) If a child misbehaves you must sub him/her out of the game</p>		
	<p>Free Kicks</p>	<p>All free kicks shall be direct</p>		
	<p>Out of bounds - Side Line</p>	<p>1. When the ball goes out bounds, please say RED LIGHT (all the players shall stop) 2. Place the soccer ball on the side line and allow the player to kick it in or dribble it into the field</p>		
	<p>Out of Bounds – End Line</p>	<p>1. When the ball goes out of bound, Please say RED LIGHT (opposite team will regroup by the mid line) 2. The Kicking team will place the soccer ball about 1-2 yards in front of the goal and kick it to a teammate</p>		
	<p>Corners (optional)</p>	<p>When the defending team kicks the ball over the end line the other team will place the ball on the corner and kick it in. The defending team must be at least 4-5 yards away from the ball.</p>		

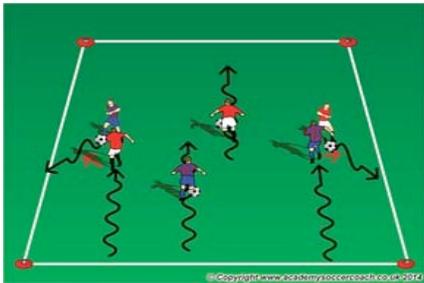
Interactive Lesson Plan

Season: Spring 2016 Age Group: U6 Week: 2

Stage	Activity Description	Diagram	U6: Coach Effectiveness
Activity 1	<p>Body Part Dribble - (Movement Education and Coordination): (7 minutes) In a 15Wx20L grid. All players dribbling a soccer ball. The coach calls out a body part (elbow! - knee!) And the players then stop their ball with that part of the body.</p> <p>Coach: Vary the body parts, number of body parts called out, and rate at which they are called out.</p> <ul style="list-style-type: none"> • Play 5 rounds of 1 minute each with 30 second break in between rounds 		<p>Coach (C) – What part of the foot do the players use to dribble the soccer ball? Player (P) - The laces, the inside (big toe,) outside (pinky toe.) C - Why do players need to keep the ball close? P - So you can keep control of the soccer ball.</p>
Activity 2	<p>Boston Traffic: (8 minutes) In a 15Wx20L grid. Players dribble their soccer balls trying not to crash with any other player. Coach should give a ticket to any players that crash. After 3 crashes, he or she must do 10 ball taps and get back in traffic Variation: Add tall cones and place them randomly all over the grid. The players try to dribble as close to any tall cone as they can without knocking it over. If they knock it over, they must stand it back up before they can continue.</p> <ul style="list-style-type: none"> • Play 6 rounds of 1 minute each with 25 second break in between rounds 		<p>C - What surface of the foot should the player use to dribble the soccer ball? P - The Laces to dribble forward and the inside or the outside of the foot to change direction. C - What surface of the foot should the player use to stop the ball and turn? P – The inside, outside or the bottom of the foot.</p>
Activity 3	<p>Freeze Tag 1: (8 minutes) In a 15Wx20L grid. The coach or coaches start as the freeze monster without a soccer ball. The players are dribbling their soccer ball. When a freeze monster tags a player they are frozen (hold a soccer ball on top of your head with legs opened). To unfreeze, any dribbler must pass the soccer ball between the frozen player's legs. The Coach starts as the freeze monster and can select one or two players to be the monster.</p> <ul style="list-style-type: none"> • Play 6 rounds of 1 minute each with 25 second break in between rounds 		<p>C – What part of the foot can the player use to strike the ball between the legs of the frozen players? P – The inside of the foot with the toe up and heel down. C - Why do players need to play with their head up? P – So you know where the freeze monsters are and you don't run into your teammates.</p>
Activity 4	<p>Get "Outta" There with Numbers: (8 minutes) In a 15W x 20L grid with one small goal on each end line, the players are divided into two teams, with each player given a number. Players are positioned at either side of the coach. Coach has all of the soccer balls. The coach calls out a number (s), serves a ball into the grid on the ground and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells "Get outta there". Can make the games 1v1, 2v2 and 3v3.</p> <ul style="list-style-type: none"> • Play 3 rounds having all the players go 3 times/round with a 30 seconds rest between rounds 		<p>C - What part of the foot should the players use to shoot? P - The Laces. C - When is it ok for players to use their toe to shoot? P - At this age, anytime.</p>
Match	<p style="text-align: center;">U6: 3v3 - Dual Field Scrimmage</p>	<p>If possible set up two fields of 20Wx30L yards with a 5 yard space between them in order to keep the majority of your team playing.</p>	<p style="text-align: center;">25 minutes</p>

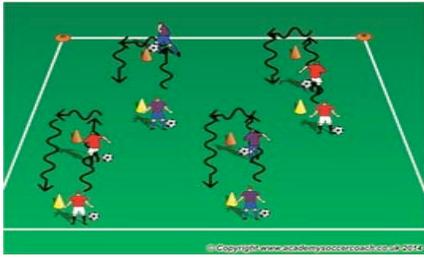
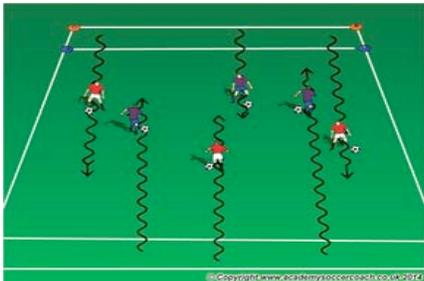
Interactive Lesson Plan

Season: Spring 2015 Age Group: U6 Week: 3

Stage	Activity Description	Diagram	U6: Coach Effectiveness
Activity 1	<p>Hospital Tag: (8 minutes) In a 15Wx20L grid. All players dribbling a soccer ball will try to tag each other with their hands. Once a player is tagged, he/she must cover the tagged (injured) spot with one hand, second tag use the other hand, third tag the player must go to the hospital to see the doctor and cure him/her. Coach: Acts as the “doctor” and heals the dribblers so they can stay involved in the activity. The coach “cures” the patient by asking him/her to do: Toe Taps, Pendulum, 4 surfaces with each foot or another soccer related task. • Play 6 rounds of 1 minute each with 25 seconds break in between rounds</p>		<p>Coach (C) - What surfaces should a player use to dribble the ball? Player (P) - The laces. C - When should a player keep the ball close? P - If you are close to a sideline or close to tagging another player. C - What can a player do if someone is trying to tag them? P - Either make a fake to get away or push the ball further in front of you and run onto it.</p>
Activity 2	<p>Paired Tag: (8 minutes) In a 15Wx20L grid make 5 bases as shown in the diagram. Pair players up (Tagger and Dribbler) each with soccer balls. The Dribblers start in a base and they must dribble from their base to another base. Dribblers can be in a base for a maximum of 3 seconds. Once the dribbler is tagged, the roles reverse and the chase starts again. • Play 6 rounds of 1 minute seconds each with 25 seconds break in between rounds</p>		<p>C - What surfaces should a player use to dribble the ball? P - The laces. C - Why is it important to always be ready in the game? P - So you are ready to get to the next base without getting tagged</p>
Activity 3	<p>British Bulldog 1: (8 minutes) In a 15Wx20L grid. All players are dribbling a soccer ball from one end to the other end. The coach begins as the “bulldog” and tries to steal players’ soccer balls and dribble them out of the grid. The player who lost the ball can try to get it back but once the ball is out of the grid, they become the “bulldog”. Coach: Have players change direction (use a move) and accelerate away. Variation: Players who can turn away from the bulldog get a free pass to finish the cross. (Introduction to Shielding) • Play 6 rounds of no more than 1 minutes each with 25 seconds break in between rounds</p>		<p>C - What can a player do if a bulldog steals their ball? P - You can win it back by chasing the bulldog and stealing your ball back before he/she gets across the sideline. C - Why would a player change direction and accelerate away? P - Because there is a bulldog in front of you.</p>
Activity 4	<p>Capture the Balls: (8 minutes) In a 15Wx20L grid players should be divided into equal teams with each team having separate home bases in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach’s command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent’s home bases. Coach: Call “Time” and each team counts the soccer balls they have collected. • Play 4 rounds of 1.5 minutes each with 30 seconds break in between rounds</p>		<p>C - What does a player do if they do not have a soccer ball? P - Steal one from another home and take it back to your home. C - Why would a player want to get the ball back home quickly? P - So you can find another ball to bring back.</p>
Match	<p style="text-align: center;">U6: 3v3 - Dual Field Scrimmage</p>	<p>If possible set up two fields of 20Wx30L yards with a 5 yard space between them in order to keep the majority of your team playing.</p>	<p style="text-align: center;">25 minutes</p>

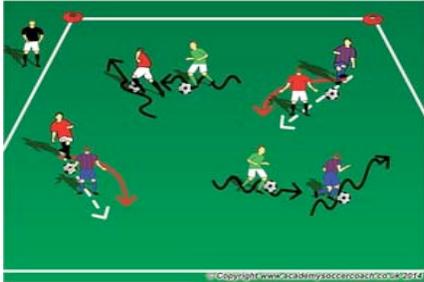
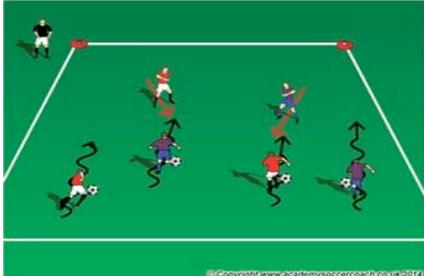
Interactive Lesson Plan

Season: Spring 2016 Age Group: U6 Week: 4

Stage	Activity Description	Diagram	U6: Coach Effectiveness
Activity 1	<p>Around the Cone: (7 minutes) In a 15Wx20L grid. The Coach will place 2 cones 3 yards apart. Place the players by each orange cone in teams of 2 to 3 players. The first player on the team will run with the ball from their Orange cone to their Yellow cone. At the Yellow cone the player will perform the following:</p> <ol style="list-style-type: none"> Go around the cone with the inside of the foot Go around the cone with the outside of the foot At the cone stop the soccer ball: do a drag back or heel turn <ul style="list-style-type: none"> Play 5 rounds of 1 minute each with 30 seconds break in between rounds 		<p>Coach (C) - What surface should a player use when running with the ball? Player (P) - The Laces. C - When should a player's touch be further in front of them? P - In the open space.</p>
Activity 2	<p>Snake: (7 minutes) In a 15Wx20L grid. All players are dribbling a soccer ball with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts.</p> <p>Coach:</p> <ul style="list-style-type: none"> Encourage the snake players to hiss. The snake should not be bigger than 3-4 players <ul style="list-style-type: none"> Play 5 rounds of 1 minute each with 30 seconds break in between rounds 		<p>C - Which surfaces can a player use to change directions? P - Inside, outside for side to side and/or bottom to turn. C - Why is it important to stay far away from the snake? P - So the snake can't tag you.</p>
Activity 3	<p>Cross the River: (8 minutes) In a 15Wx20L grid. Get the players in pairs and place them on opposite sides of the soccer grid. At coach's command, the players will dribble the soccer ball to the other side of the grid. They will try to cross the river as fast as they can. When they arrive to the other side they must control the soccer ball within the end zone in order to get a point. Players must call out their name when they have full control of the ball. Start with Foundation moves then running with the ball.</p> <ul style="list-style-type: none"> Play 8 rounds of 45 seconds each with 15 second break in between rounds 		<p>C - What surface should a player use when running with the ball? P - The Laces. C- Why do players need to play with their head up? P - So you know where other players are and you don't run into your teammates.</p>
Activity 4	<p>Bandits 1: (8 minutes) In a 15Wx20L grid, select 1 or 2 players to be the Bandits. Their mission is to get any dribblers' ball, once the bandit gets a ball the player without the ball becomes the new bandit.</p> <p>Variation: When the bandit gets a ball, they must dribble it outside the grid. The player that lost the ball can regain it in the grid. If the ball goes outside of the grid both players are bandits.</p> <ul style="list-style-type: none"> Play 6 rounds of 1 minute each with 25 seconds break in between rounds 		<p>C - What can players do to protect the ball from bandits? P - Change direction, change speed or put your body sideways between the bandit and the ball (shielding.) C - Where should the ball be when shielding? P - On the furthest foot from the bandit.</p>
Match	<p style="text-align: center;">U6: 3v3 - Dual Field Scrimmage</p>	<p>If possible set up two fields of 20Wx30L yards with a 5 yard space between them in order to keep the majority of your team playing. 25 minutes</p>	

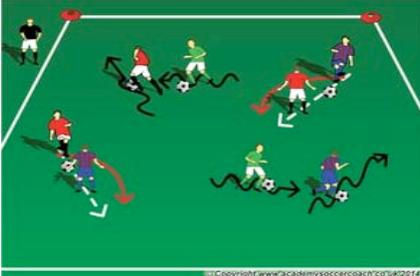
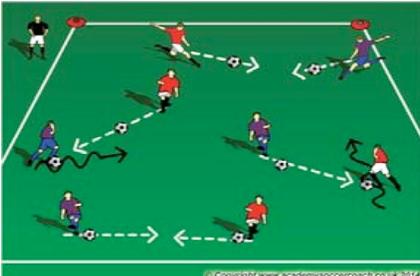
Interactive Lesson Plan

Season: Spring 2016 Age Group: U6 Week: 5

Stage	Activity Description	Diagram	U6: Coach Effectiveness
Activity 1	<p>4 Surfaces: (8 minutes) In a 15Wx20L grid. Each player has a ball. Have the players try to use the 4 surfaces of the foot in 1 fluid motion in this order: Inside, Outside, Laces and Bottom, Transfer the ball from the right to left foot after they stop the ball with the bottom (sole of the shoe) When the players display proficiency, challenge them to do it faster and in a smaller space.</p> <p>• Play 5 rounds of 1 minute each with 30 seconds break in between rounds</p>		<p>Coach (C) – What are the surfaces of the foot that a player can use to dribble? Player (P) – The inside, outside, laces, bottom of the foot. C - Why is it important to keep the ball close during this activity? P - Because you can't get as many touches on the ball if you have to chase it first.</p>
Activity 2	<p>Freeze Tag 2: (8 minutes) In a 15Wx20L grid all players are dribbling a soccer ball. 1-2 players dribble a soccer ball, but they are the freeze monsters. The freeze monsters tag other players who are then frozen and must stand holding the soccer ball above their head. The activity ends when all players are frozen. Coaches: 1 coach may be the freeze monster while another is unfreezing Variation 1: Players can unfreeze each other by tagging them. Variation 2: Players can unfreeze each other by kicking their own ball through the frozen player's legs.</p> <p>• Play 5 rounds of 1 minute each with 30 seconds break in between rounds</p>		<p>C - Why is it important for a player to keep their head up while dribbling? P - So you always know where the freeze monsters are. C - When should a player keep the ball close? P - When there are other players around you are you are close to a sideline.</p>
Activity 3	<p>Sharks and Minnows: (8minutes) In a 15Wx20L grid have 1-2 players acting as the sharks. They start in the middle of the grid. The minnows are at one end of the grid with their soccer balls. When the Sharks say “Fishy, Fishy Cross My Ocean” the minnows try to dribble to the other end of the grid and the sharks are trying to kick the ball out. When the dribbler's ball goes out, he/she becomes a shark. If the minnows reach the other end, they will wait for the Sharks to command them to play again. The game continues until all players turn into sharks.</p> <p>• Play 5 rounds of 1 minute each with 30 seconds break in between rounds</p>		<p>C - What surfaces of the foot should the player use to dribble? P - The Laces to dribble forward and the inside or the outside of the foot to change direction. C – Why would a player want to kick the ball further in front? P – Because the sharks are not close so you can run faster. C – When does a player want to keep the ball close? P – When the sharks are close, until you find enough space to kick it further in front of you.</p>
Activity 4	<p>Combat 1: (8 minutes) In a 20Wx30L grid. The coach makes two teams of 3-5 players each. The players are lined up next to the coach. When the coach serves the ball, the first players next to the coach will go after the soccer ball and retrieve it by dribbling and kicking it into their team's goal for a point. The coach can make the games 1v1, 2v2 and 3v3's. You can have several groups of players playing at the same time.</p> <p>• Play 3 rounds having all the players go 3 times/round with a 30 second rest in between rounds</p>		<p>C – What parts of the foot should a player use to turn the ball back toward their goal? P – Bottom of the foot, close to the toe, inside of the foot to chop it or outside of the foot to hook the ball. C – Why is it important to always be ready to play? P – So when the ball is in play, you can be the fastest to the ball.</p>
Match	<p>U6: 3v3 - Dual Field Scrimmage</p>	<p>If possible set up two fields of 20Wx30L yards with a 5 yard space between them in order to keep the majority of your team playing.</p>	<p>25 minutes</p>

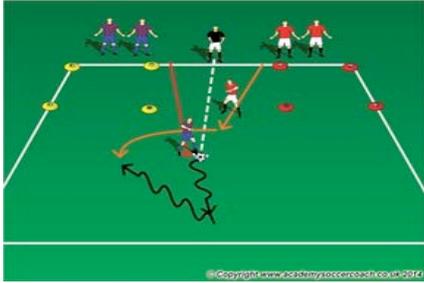
Interactive Lesson Plan

Season: Spring 2016 Age Group: U6 Week: 6

Stage	Activity Description	Diagram	U6: Coach Effectiveness
Activity 1	<p>Crash: (6 minutes) In a 15Wx20L grid. Players dribble their soccer balls trying not to crash with any cone or other player. Every time a player is in front of another player, they should "BEEP" their car. They must fall down and get back up if they crash. The coach should control the traffic by saying Green Light, Yellow Light, Red Light. After 3 crashes, he or she must do 10 ball taps and get back in traffic.</p> <ul style="list-style-type: none"> Play 4 rounds of 1 minute with 30 seconds rest. 		<p>Coach (C) - What surfaces of the foot should the player use to dribble the soccer ball? Player (P) - The Laces to dribble forward and the inside or the outside of the foot to change direction.</p> <p>C - When should a player keep the ball close? P - So you don't crash into anyone and get a ticket.</p>
Activity 2	<p>Marble Kings: (9 minutes) In a 15Wx20L grid, select 3 Marble Kings who have a soccer ball in their hand. The Marble Kings have to run around and with their ball and hit the dribblers' ball by underhand tossing it. Once the dribbler's ball is tagged, then he/she takes the place of the Marble King.</p> <p>Variation: Start with one Marble King. Every time a dribbler gets tagged they become an additional Marble King.</p> <ul style="list-style-type: none"> Play 4 rounds of 1:30 with 45 seconds rest 		<p>C - What can players do to protect the ball from Marble Kings? P - Change direction, change speed or put your body sideways between the Marble King and the ball (shielding.)</p> <p>C - Why do players need to play with their head up? P - So you know where other players are and you don't run into the Marble King.</p>
Activity 3	<p>Ball Tag: (8 minutes) In a 15Wx20L grid all players are dribbling a soccer ball. The players try to hit another player's feet or soccer ball by passing their own soccer ball.</p> <p>Players should keep count of how many times they tag another player or their ball.</p> <p>Variation: If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points</p> <ul style="list-style-type: none"> Play 3 rounds of 2 minutes with 1 minute rest. 		<p>What parts of the foot can a player use to strike the ball? P - The inside of the foot if you are close and the laces if you are farther away.</p> <p>C - Why do players need to play with their head up? P - To know where the other players are to hit with your ball, or to avoid being hit.</p>
Activity 4	<p>2v2 Combat 2: (7 minutes) In a 20Wx30L grid. The coach makes two teams of 3-5 players each. The players are lined up next to the coach. When the coach serves the ball, two players from each team next to the coach will go after the soccer ball. They will retrieve it and dribble or pass it into their team's goal for a point.</p> <p>Variation: Players must connect one pass before going to goal. Increase numbers to 3v2 and 3v3's.</p> <ul style="list-style-type: none"> Play 3 rounds having all the players go 3 times/round with a 30 seconds rest between rounds 		<p>C - When should a player dribble to the goal? P - When you are closer as it is easier to score, and you may need to get by your opponent.</p> <p>C - Why would a player give the ball to their teammate? P - He/she may be in a better position to score.</p>
Match	<p style="text-align: center;">U6: 3v3 - Dual Field Scrimmage</p>	<p>If possible set up two fields of 20Wx30L yards with a 5 yard space between them in order to keep the majority of your team playing.</p>	<p style="text-align: center;">25 minutes</p>

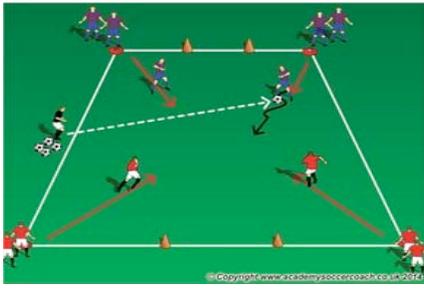
Interactive Lesson Plan

Season: Spring 2016 Age Group: U6 Week: 7

Stage	Activity Description	Diagram	U6: Coach Effectiveness
Activity 1	<p>Cops and Robbers 1: (6 minutes) In a 15Wx20L grid. The coach sets up 8-10 stand up (tall) cones. Robbers will strike the ball and try to knock the cone (the banks) down. The cops (2 or 3 players) are without soccer balls and are trying to stand all the cones back up before all the banks are robbed. Rotate the cops and the robbers.</p> <ul style="list-style-type: none"> The Coach starts as the guard, and then selects players to be the guard If no tall cones available, place the cops soccer balls and extra soccer balls on top of small disc cones to act as the banks. Play 4 rounds of 1 minute with 30 seconds rest 		<p>Coach (C) - What surface of the foot should the players use to strike the ball? Player (P) - The laces for power and long distance. The inside of the foot for accuracy. Strike the ball in the middle to keep it low. C - What parts of your feet can a player use to change direction? P - Inside or outside for side to side and/or bottom to turn back.</p>
Activity 2	<p>Cannon Ball Run: (8-10 minutes) In a 15Wx 20L yard grid (the ship) place all the PIRATES on one end line. The Pirates need a new Captain and for this they need to cross the ship without getting hit by a cannon ball. The game starts with the coach calling “Cannon Ball Run” and all the pirates run to the other end of the ship. Any pirate that gets hit becomes the Cannon Baller and joins the coach. The ball MUST STAY ON THE GROUND</p> <ul style="list-style-type: none"> Play 3/4 games until the last player is finally hit by a cannon ball. 		<p>C - What surface of the foot should the players use to strike the ball? P - The laces for power, and long distance the inside of the foot for accuracy. Strike the ball in the middle to keep it low. C - Where should the non-kicking foot be placed when striking a ball? P - Next to the ball, pointing to the target.</p>
Activity 3	<p>Castle Combat: (8 minutes) In a 15Wx20L grid the coach makes two teams of 3-5 players each. The players are lined up next to the coach. When the coach serves the ball, the first player on each team next to the coach will go after the soccer ball and try to dribble the soccer ball to stop it inside their own box. The defender can't defend inside the castle. The team with the most soccer balls inside their castle wins the game. The coach can make the games 1v1, 2v2. You can have several groups of players playing in the soccer area.</p> <ul style="list-style-type: none"> Play 3 rounds of 5 turns for each player. 		<p>C - What part of the foot should the player use to stop the ball in the box? P - The bottom of the foot close to the toe or wrap the inside or outside of their foot around the ball. C - When should the player give their teammate the ball when playing 2v2? P - After the defender gets close to you but not too close to steal the ball.</p>
Activity 4	<p>4 Corner Dribbling Through the Goal: (8 minutes) In 20Wx30L grid with players of the same team placed by either corner cones of the goal they are defending. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball on the ground and one player from each corner comes out to play 2v2. The game is over when one team scores by dribbling the ball through the opponent's goal. When the ball goes out of bounds, players need to get out of the field quickly and get back in line.</p> <ul style="list-style-type: none"> Play 3 rounds having all the players go 3 times/round with a 30 seconds rest between rounds 		<p>C – When is it ok for a player to kick the ball further in front of them? P – When the defenders are far away and you know you can still control it. C – If a player can't score, who can help score a goal? P – Either one of your teammates can help.</p>
Match	<p style="text-align: center;">U6: 3v3 - Dual Field Scrimmage</p>	<p>If possible set up two fields of 20Wx30L yards with a 5 yard space between them in order to keep the majority of your team playing.</p>	<p style="text-align: center;">25 minutes</p>

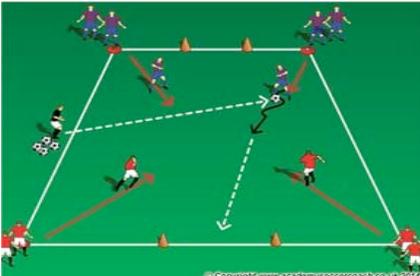
Interactive Lesson Plan

Season: Spring 2016 Age Group: U6 Week: 7

Stage	Activity Description	Diagram	U6: Coach Effectiveness
Activity 1	<p>Boston Bulldogs: (6 minutes) In a 15Wx20L yard grid, the dribblers will try to cross the dog pound by eluding the Bulldogs. Place two Bulldogs inside a 5x15 yard area in the middle of the grid. Place half of the players (Dribblers) with a ball at each end of the grid. On coach's command, one group of dribblers will try to cross the dog pound. As soon as one gets to the opposite line the next dribbler waiting goes. If the bulldog dispossesses the dribbler he/she switches with the bulldog.</p> <ul style="list-style-type: none"> • Play 3 rounds of 1.5 minutes each with 30 seconds rest in between. 		<p>Coach (C) - What surface of the foot should the players use to strike the ball? Player (P) - The laces for power and long distance. The inside of the foot for accuracy. Strike the ball in the middle to keep it low.</p> <p>C - What parts of your feet can a player use to change direction? P - Inside or outside for side to side and/or bottom to turn back.</p>
Activity 2	<p>Cannon Ball Run: (8-10 minutes) In a 15Wx 20L yard grid (the ship) place all the PIRATES on one end line. The Pirates need a new Captain and for this they need to cross the ship without getting hit by a cannon ball. The game starts with the coach calling "Cannon Ball Run" and all the pirates run to the other end of the ship. Any pirate that gets hit becomes the Cannon Baller and joins the coach. The ball MUST STAY ON THE GROUND</p> <ul style="list-style-type: none"> • Play 3/4 games until the last player is finally hit by a cannon ball. 		<p>C - What surface of the foot should the players use to strike the ball? P - The laces for power, and long distance the inside of the foot for accuracy. Strike the ball in the middle to keep it low.</p> <p>C - Where should the non-kicking foot be placed when striking a ball? P - Next to the ball, pointing to the target.</p>
Activity 3	<p>Castle Combat: (8 minutes) In a 15Wx20L grid the coach makes two teams of 3-5 players each. The players are lined up next to the coach. When the coach serves the ball, the first player on each team next to the coach will go after the soccer ball and try to dribble the soccer ball to stop it inside their own box. The defender can't defend inside the castle. The team with the most soccer balls inside their castle wins the game. The coach can make the games 1v1, 2v2. You can have several groups of players playing in the soccer area.</p> <ul style="list-style-type: none"> • Play 3 rounds of 5 turns for each player. 		<p>C - What part of the foot should the player use to stop the ball in the box? P - The bottom of the foot close to the toe or wrap the inside or outside of their foot around the ball.</p> <p>C - When should the player give their teammate the ball when playing 2v2? P - After the defender gets close to you but not too close to steal the ball.</p>
Activity 4	<p>4 Corner Dribbling Through the Goal: (8 minutes) In 20Wx30L grid with players of the same team placed by either corner cones of the goal they are defending. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball on the ground and one player from each corner comes out to play 2v2. The game is over when one team scores by dribbling the ball through the opponent's goal. When the ball goes out of bounds, players need to get out of the field quickly and get back in line.</p> <ul style="list-style-type: none"> • Play 3 rounds having all the players go 3 times/round with a 30 seconds rest between rounds 		<p>C - When is it ok for a player to kick the ball further in front of them? P - When the defenders are far away and you know you can still control it.</p> <p>C - If a player can't score, who can help score a goal? P - Either one of your teammates can help.</p>
Match	<p style="text-align: center;">U6: 3v3 - Dual Field Scrimmage</p>	<p>If possible set up two fields of 20Wx30L yards with a 5 yard space between them in order to keep the majority of your team playing.</p>	<p style="text-align: center;">25 minutes</p>

Interactive Lesson Plan

Season: Spring 2016 Age Group: U6 Week: 8

Stage	Activity Description	Diagram	U6: Coach Effectiveness
Activity 1	<p>Cross Over Dribbling: (7 minutes) In a 15Wx20L grid all players with a ball standing around the perimeter. When the coach says "GO" the players will try to dribble through the 10x10 square in the middle and to the other side of the grid. When they reach the other side, the players turn and dribble back to their starting spots. Variation 1: Have them dribble through the 10x10 square, reach the other side and go to another side. Variation 2: Do 10 toe taps once they got back to their spot to encourage them to stop the ball</p> <ul style="list-style-type: none"> • Play 10 rounds of 30 seconds with 10 seconds rest 		<p>Coach (C)– What surface of the foot does a player use to dribble forward? Player (P)– The laces. C – What surface of the foot does a player use to dribble around other players? P – The inside or outside of the foot. C – What surface of the foot does a player use to stop the ball? P – The bottom.</p>
Activity 2	<p>Bandits 2: (8 minutes) In a 15Wx20L grid. Select 1or 2 players to be the Bandits. Their mission is to get the dribblers' ball and bring it to one of the two hideouts. The dribbler can try to take the ball back from the bandit. If the bandit gets the ball into the hideout, the dribbler becomes a bandit.</p> <ul style="list-style-type: none"> • Play 4 rounds of 1:30 with 30 seconds rest in between 		<p>C – What can a player do to protect the ball form a bandit? P – Put your body sideways between the bandit and the ball. C - Where should the ball be when shielding? P - On the furthest foot from the bandit. C -- If the bandit gets the ball, where does a player go to stop them from getting the ball into the hideout? P – By getting in between the hideout and the bandit.</p>
Activity 3	<p>Doctor, Doctor: (8-12 minutes) In a 15Wx20L grid divide the group into two teams. Send them to their hospital (corner boxes). Each team selects a doctor. He/she will cure (unfreeze) his/her team's players. Teams try to freeze each other by hitting the other team's players by passing their soccer balls into the opponents feet. When frozen, players must put ball above head, remain in place, and yell "Doctor, Doctor". The Doctor is without a ball, and is safe in the hospital, but when they come out, they can be frozen. When the doctor is frozen the game is over. Coach should be the DOCTOR first. Change doctors every game.</p> <ul style="list-style-type: none"> • Play 3/4 games for as long as there are players still unfrozen. Allow 1 minute rest for every game played 		<p>C - Why is it important to get closer to a target before shooting at them? P – The closer you are to the target, the easier it is to be accurate. C – Why is it important for players to have their heads up? P – So you always know where the opponents are and you can tag the doctor.</p>
Activity 4	<p>4 Corner Shooting: (8 minutes) In 20Wx30L grid with players of the same team placed by the corner cones of the goal they are defending. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball on the ground and one player from each corner comes out to play 2v2. Round ends when a goal is scored or the ball goes out of bounds. Players need to get off the field quickly and get back in line.</p> <ul style="list-style-type: none"> • Add a GK after a while • Play 3 rounds having all the players go 3 times/round with a 30 seconds rest between rounds 		<p>C - Which part of the foot should a player use to try and score? P - For close shots: Inside of the foot with the toe pointed to the side and up and the heel down. For longer shots: Laces C - Why would a player dribble instead of pass? P - A lot of space in front of you and/or only 1 person stopping you from scoring.</p>
Match	<p>U6: 3v3 - Dual Field Scrimmage</p>	<p>If possible set up two fields of 20Wx30L yards with a 5 yard space between them in order to keep the majority of your team playing.</p>	<p>25 minutes</p>

Interactive Lesson Plan

Season: Spring 2016 Age Group: U6 Week: 9

Stage	Activity Description	Diagram	U6: Coach Effectiveness
Activity 1	<p>Gate Dribbling: (8 minutes) In a 20Wx30L grid set up as many gates (two cones about 2 yards apart). All players with a ball must dribble through the gates in order to score points. Coach: Have players keep count of how many points they scored in 1 minute Repeat asking the players to beat the score by one or more points. You can also ask them to dribble with the left or right foot only.</p> <ul style="list-style-type: none"> • Play 4 rounds of 1 minute with 30 seconds rest 		<p>Coach (C) - Which surfaces of the foot should you try to use to dribble? Player (P) - Inside and/or outside when close to a gate for control and laces between gates to push the ball further in front of them. C- Why is it important to play with your head up? P - To see where the next gate is and to avoid other dribblers.</p>
Activity 2	<p>Dribbling Gates With Bandits: (8 minutes) In a 20Wx30L grid, set up many gates (two cones about 2 yards apart). All players with a ball must dribble through the gates in order to score points. Select 2-3 players to be the “Bandits” who will not have soccer balls. They will try to steal a soccer ball from a player and when this happens, the bandit switches with the player who lost the ball.</p> <ul style="list-style-type: none"> • Play 4 rounds of 1:30 with 45 seconds rest 		<p>C- What should a player do after they dribble through a gate? P - Look over both shoulders for bandits and accelerate to the next gate. C - What can players do to protect the ball from bandits? P - Change direction, change speed or put your body sideways between the bandit and the ball (shielding.)</p>
Activity 3	<p>2v2 Combat 2: (8 minutes) In a 20Wx30L grid the coach makes two teams of 3-5 players each. The players are lined up next to the coach. When the coach serves the ball, two players from each team next to the coach will go after the soccer ball. They will retrieve it and dribble or pass it into their team’s goal for a point. Variation: Players must connect one pass before going to goal. Increase numbers to 3v2 and 3v3’s.</p> <ul style="list-style-type: none"> • Play 3-5 rounds of each player having 5 turns 		<p>C - When should a player dribble to the goal? P - When you are closer as it is easier to score, and you may need to get by your opponent. C - Why would a player give the ball to their teammate? P - He/she may be in a better position to score.</p>
Activity 4	<p>4 Corner to 4 Goals: (8 minutes) In 20Wx30L grid with 2 cone goals at each end, players of the same team are placed by the corner cones of the goal line they are defending. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball and one player from each corner comes out to play 2v2. The turn is over when one team scores in any of the two goals they are attacking or the ball goes out of bounds.</p> <ul style="list-style-type: none"> • Play 3 rounds having all the players go 3 times/round with a 30 seconds rest between rounds 		<p>C - Which part of the foot should a player use to try and score? P - For close shots: Inside of the foot with the toe pointed to the side and up and the heel down. For longer shots: Laces C - Why would a player dribble instead of pass? P - A lot of space in front of you and/or only 1 person stopping you from scoring.</p>
Match	<p style="text-align: center;">U6: 3v3 - Dual Field Scrimmage</p>	<p>If possible set up two fields of 20Wx30L yards with a 5 yard space between them in order to keep the majority of your team playing.</p>	<p style="text-align: center;">25 minutes</p>

Interactive Lesson Plan

Season: Spring 2016

Age Group: U6

Week: 10

Stage	Activity Description	Diagram	Coach Effectiveness
<p>Warm up</p>	<p><u>Paint the Field Dribbling:</u> In a 15Wx20L grid all players will dribble their soccer ball pretending that is a paintbrush. The players will try to paint as much of the area as possible in the time allotted. Coach: Have the players write their names with the "Paintbrush" (Ball,) favorite number, favorite movie character, their street name etc. Variation: Ask the players to dribble only with the left foot, then with the right foot. x Play 30 second rounds with time in between to pick a new creative dribbling idea.</p>	 <p align="right"><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<p>Coach (C) - When should the ball be close to the dribbler? Player (P) - When another dribbler is in front of them or you want to change direction. C - What should a player do with the ball if they want to paint long lines even faster? P - Push the ball further in front of you then run onto it.</p>
Notes:			