



# SYC SOCCER U6/7 LESSON PLANS



DAY 1	<b>THEME: JUNGLE BOOK</b> <b>OBJECTIVE:</b> Provide enjoyable, age-appropriate activities that promote movement, learning, and greater comfort on and with the ball for each player. It is extremely important that each player have the ball in most activities so they can maximize touches in each session and become comfortable dribbling the ball in a variety of situations. Each session at this age should not exceed 45-60 minutes, including 3v3 at the end. <b>*** Try to engage the kids' imagination by taking the time to create an entire world revolving around the theme of the day. If the players imaginations' are engaged, they will have more fun, and thus work harder and stay involved for longer periods of time.</b>		
	DIAGRAM	ACTIVITY DESCRIPTION	COACHING POINTS
STAGE 1		<b>TIGER TAG</b> - Coach acts as a tiger and tries to tag all the players who must try to run away while remaining inside the designated area (Let the kids choose an animal/character for themselves and they can act like that animal while trying to escape). Progression: (1) Introduce the ball and they must escape while dribbling the ball. (2) Players band together to attack Shere Khan the tiger (coach). <b>*** Show the players how to turn using the inside hook and outside hook.</b>	<ol style="list-style-type: none"> <li>1. Keep the ball close.</li> <li>2. Dribble the ball using every part of the foot (inside, outside, laces, and sole)</li> <li>3. Keep the head up in order to scan for opponents</li> <li>4. Shielding the ball by using the body</li> </ol>
STAGE 2		<b>TAIL TAG:</b> Players all take a pinnie and put in the back of their shorts to serve as a tail. The coach will try to pull out the tail of the players and throw it outside the designated area. When this happens, the players must do 3 toe touches before they can resume play. <b>Progression:</b> (1) Players will compete against each other. They will all try to pull out the other players' pinnies. (2) Players will band together to pull out the coaches pinnie while dribbling a ball. (3) Players compete against each other to pull out their friends'/animals' pinnies while dribbling their balls in the designated area. <b>*** Show the players how to turn using the drag-back turn.</b>	<ol style="list-style-type: none"> <li>1. Keep the ball close.</li> <li>2. Dribble the ball using every part of the foot (inside, outside, laces, and sole)</li> <li>3. Keep the head up in order to scan for opponents</li> <li>4. Shielding the ball by using the body</li> </ol>
STAGE 3		<b>Find the Animals</b> - Players dribble the ball around the designated area and they must dribble toward an animal noise they hear. The animals will be four willing parents. Ask four parents to each stand on a separate corner of the marked out area. Tell each parent what animal noise they will need to make (Kaa the Python; Bagheera the Black Panther; King Louie the Giant Ape; Akela the Wolf). For example, you will tell the players "now it is time to go find the Louie the Giant Ape". The parent will then make an Ape noise (and hopefully do a good Ape impression) and the kids will dribble their soccer ball toward them. <b>Progression:</b> To make this soccer drill more fun get the kids to do the animal impressions too. If you want to win the kids over, sit them all down for 2 minutes at the start of the activity and talk about the movie and their favorite characters, and be really imaginative and enthusiastic.	<ol style="list-style-type: none"> <li>1. Keep the ball close</li> <li>2. Keep the head up</li> <li>3. Use all the different parts of the foot and perform all different kind of turns</li> </ol>
STAGE 4		<b>Shere Khan the Tiger Chase</b> - Players line up on one side of the box and try to dribble across to the other side of the box while trying to prevent the coach from touching their ball. Once they make it to the other side they must stop and wait for baloo the bear (coach) to tell them it is time to try to make it to the other side again. <b>Progression:</b> Players band together to try to prevent the coach from getting to the other side.	<ol style="list-style-type: none"> <li>1. Keep the ball close.</li> <li>2. Dribble the ball using every part of the foot (inside, outside, laces, and sole)</li> <li>3. Keep the head up in order to scan for opponents</li> <li>4. Shielding the ball by using the body</li> <li>5. Be a clever animal and disguise your intentions</li> </ol>
STAGE 5		<b>3v3 SCRIMMAGE:</b> Separate the players into two teams, and play 3v3 without goalkeepers using pugg goals. Let the kids play with minimal coaching. Try to be as positive and encouraging as possible. Reinforce and praise when they use the basic moves they have learnt. Rotate additional players into the game every 1 or 2 minutes. Don't discourage selfish and individualistic play. At this age, the players are egotistical and want to keep the ball for themselves. Thus the coach must use these attributes to develop ball mastery and dribbling skills. Passing and team concepts come later!	Positive reinforcement only such as... <ol style="list-style-type: none"> <li>1. Good move</li> <li>2. Great shot</li> <li>3. Amazing turn</li> <li>4. Tremendous pass (if they happen to)</li> </ol>