



Sparks Lesson Plan - Week 3



Coach's (Team Leader) Qualities: Facilitator, Friendly Helper, Organizer, Motivator, Patient, Enthusiastic, Imaginative

Characteristics of Players: Short attention span, individually oriented, Sensitive, Constantly in Motion

What to Teach:

Technique: Dribbling, Kicking, Catching

Psychology: Sharing, Fair Play, "How to Play", Fitness: Balance, Running, Jumping, Rolling, Hopping, Skipping

Tactics: Boundaries of Field, Moving in Correct Direction

Rules: Kick off, Goal Kick, Ball in/out of play, Handball, Physical fouls

Length of Session: 60 Minutes

Activity #1 (6 – 8 minutes) **Fire Volcanoes** – Players *dribble* from one end of grid to the other without hitting the volcanoes. As they continue to go from one side to the other, the volcanoes get closer and closer to each other. Coaching (Team Leader) Tip – Demonstrate how to dribble, make the game interesting, put a story behind it.

<https://www.youtube.com/watch?v=Jl9eHcBAYK4&list=PLB5C7BF9FF7945A12>

WATER BREAK – 45 SECONDS

Activity #2 (6 – 8 minutes) **Red Light, Green Light!** - Players dribble towards opposite line, they go on green light, they stop on red light. They start over if they get caught not freezing on the red-light command. Players continue until they have made it through the finish line. Coaching (Team Leader) Tip– Play without the ball so players can get the hang of the game. Make it fun!

<https://www.youtube.com/watch?v=3X37QIBIR-8>

WATER BREAK – 45 SECONDS

Activity #3 (6 – 8 minutes) **Turtles and Rabbits** – Players dribble around really slow when they turn into turtles, players dribble around really fast when they turn into rabbits. Coaching (Team Leader) Tip – Demonstrate proper technique for dribbling, Challenge the players, be creative, put a story behind it.

<https://www.youtube.com/watch?v=2iyzdN4KQ0o&list=PLB5C7BF9FF7945A12&index=5>

WATER BREAK – 45 SECONDS

Activity #4 (6 – 8 minutes) **Soccer Bees!** – Players dribble away from nest when asked to fly away (looking for honey), players dribble back to nest when asked to come home (when bear is near the nest). Coaching (Team Leader) Tip – Have fun, be creative and put a story behind it.

<https://www.youtube.com/watch?v=h3J4uP2guhE&list=PLB5C7BF9FF7945A12&index=7>

WATER BREAK – 45 SECONDS

Activity #5 (6 – 8 minutes) **Crab Soccer!** – Players *dribble* from side to side while hungry crab tries to eat them by knocking their ball out. Coach (Team Leader) Tip – Excellent activity to teach dribbling. Have fun, be creative and put story behind it.

<https://www.youtube.com/watch?v=4BRS6czw5yM>

WATER BREAK – 45 SECONDS

Activity #6 (15 – 18 minutes) **3v3 Small Sided Games** - Break up your team into four teams of equal numbers. Set up two fields of equal size and play 3v3 or 4v4 (based on attendance). If number of teams is unequal, make sure players are not sitting out for more than 90 seconds at a time. Coaching (Team Leader) Tip – Let the game be the teacher, focus on teaching fundamentals, e.g., which direction to go, how to score, what is out of bounds, what is a foul. UTILIZE assistant team leaders in this activity as much as possible.

<https://www.youtube.com/watch?v=p0G5i3ga6g>