



Sparks Lesson Plan - Week 2



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) **Battleships and Submarines** – Players are the submarines and the cones are the battleships. Players *dribble* and run over the cones. Coaching (Team Leader) Tip – Put a story behind it, be enthusiastic, energetic and have fun with this game.

<https://www.youtube.com/watch?v=H1yvOiSI-p8>

WATER BREAK – 45 SECONDS

Activity #3 (6 – 8 minutes) **I Can Do This, Can You?** Players are challenged by coach to do different activities with the ball. Coaching (Team Leader) Tip – This is an excellent activity to introduce players to the ball. Be creative, challenge players and have fun.

<https://www.youtube.com/watch?v=oqnopsia-mc>

WATER BREAK – 45 SECONDS

Activity #4 (6 – 8 minutes) **A Drive Around Town!** – Players jump on their favorite type of car (*dribble around*) and BEEP their horn as loud as possible. Coaching (Team Leader) Tip – When demonstrating act like a car, as game goes on you can put on brakes and TURN! Make sure you are enthusiastic and have fun.

<https://www.youtube.com/watch?v=RWX00wOLAWQ>

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>