

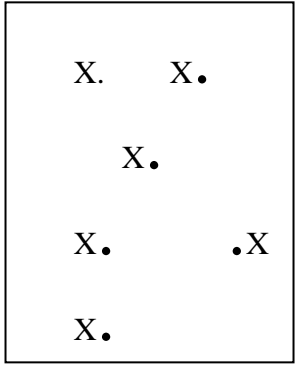
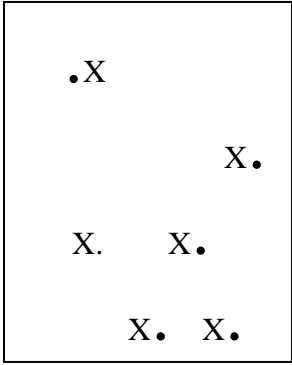


Lesson Plan



Topic: Coordination Movement
Dribbling, Ball Control

Age: U6

Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1. Free Movement with the Ball.</p> <p>Free Movement with the Ball at their Feet.</p> <p>Activity time: 5 - 10 min.</p>	<p>Every player has a ball in a 10 x 15 yd grid. Coach asks all players to move freely with their ball around the grid.</p> <p>Coach then asks players to move freely with the ball at their feet.</p>	<p>15 yds.</p>  <p>Coach on side</p> <p>10 yds.</p>	<p>Movement education; repetition in ball touches; balance; eye-foot coordination; change of speed; change of direction; decision making.</p>
Water Break (2 min)			
<p>2. Body Part Dribble</p> <p>Activity time: 5 - 10 min.</p>	<p>Same set up as above. All players dribble their ball in the grid. When the coach yells out a body part, the players must stop the ball with that body part. "Foot" "Head" "Knee" "Seat"</p> <p>More advanced: "right foot" "left foot"</p>	<p>15 yds.</p>  <p>Coach on side</p> <p>10 yds.</p>	<p>Same as above. Players work on balance, etc.</p>
Water Break (2 min)			

Remember: NO LAPS, NO LINES, NO LECTURES

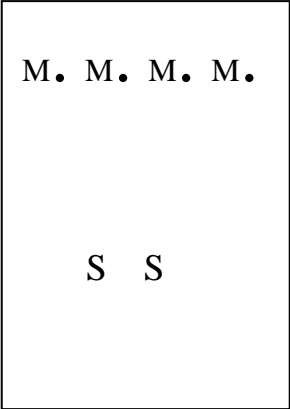
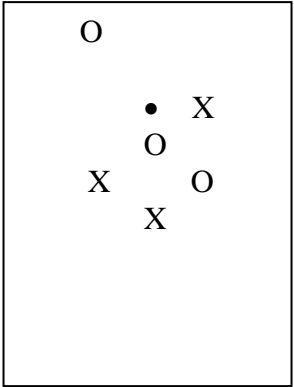


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<p>3. Sharks and Minnows</p> <p>Activity time: 10 min. (or longer if kids into it)</p>	<p>The minnows, the players with a ball, line up shoulder to shoulder on one end of the grid. Two players are designated as sharks and are positioned inside of the grid without soccer balls. On the coach's command, the minnows must dribble their ball through the grid and get to the other side without getting their ball stolen or kicked away by the sharks. If a player loses their ball while crossing the grid, he/she becomes a shark.</p>	<p>Coach</p>  <p>25 yds.</p> <p>20 yds.</p>	<p>FUN...Dribbling under pressure; decision making; change of speed; change of direction; defending. This is an inclusive game...the players are either dribbling a ball or trying to get one back.</p>
<p>Water Break (2min)</p>			
<p>End Game 3v3 or 4v4 Soccer Match</p> <p>Activity time: 20 min with water breaks when necessary</p>	<p>Set up a 20 yd x 25 yd field with goals at each end. Divide the players into two teams. Play 3v3 with no goalkeepers on the field. Balls are served in one at a time by the coach who is positioned outside the field at midfield.</p>	<p>25 yds.</p> <p>Coach</p>  <p>20 yds.</p>	<p>Let the kids play, no coaching necessary.</p>

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