



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	U6: 3v3 - Dual Field Scrimmage	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