



# Interactive Lesson Plan



Season: Spring 2015 Age Group: U6 Week: 4

| Stage      | Activity Description  | Diagram   | U6: Coach Effectiveness  |
|------------|---|---|--|
| Activity 1 | <p>Around the Cone: (7 minutes)</p> <p>In a 15Wx20L grid. The Coach will place 2 cones 3 yards apart. Place the players by each orange cone in teams of 2 to 3 players. The first player on the team will run with the ball from their Orange cone to their Yellow cone. At the Yellow cone the player will perform the following:</p> <ol style="list-style-type: none"> <li>1. Go around the cone with the inside of the foot</li> <li>2. Go around the cone with the outside of the foot</li> <li>3. At the cone stop the soccer ball: do a drag back or heel turn</li> </ol> <ul style="list-style-type: none"> <li>• Play 5 rounds of 1 minute each with 30 seconds break in between rounds</li> </ul> |   | <p>Coach (C) - What surface should a player use when running with the ball?<br/> Player (P) - The Laces.<br/> C - When should a player's touch be further in front of them?<br/> P - In the open space.</p>  |
| Activity 2 | <p>Snake: (7 minutes)</p> <p>In a 15Wx20L grid. All players are dribbling a soccer ball with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts.</p> <p>Coach:</p> <ul style="list-style-type: none"> <li>• Encourage the snake players to hiss.</li> <li>• The snake should not be bigger than 3-4 players</li> </ul> <ul style="list-style-type: none"> <li>• Play 5 rounds of 1 minute each with 30 seconds break in between rounds</li> </ul>  |   | <p>C - Which surfaces can a player use to change directions?<br/> P - Inside, outside for side to side and/or bottom to turn.<br/> C - Why is it important to stay far away from the snake?<br/> P - So the snake can't tag you.</p>   |
| Activity 3 | <p>Cross the River: (8 minutes)</p> <p>In a 15Wx20L grid. Get the players in pairs and place them on opposite sides of the soccer grid. At coach's command, the players will dribble the soccer ball to the other side of the grid. They will try to cross the river as fast as they can. When they arrive to the other side they must control the soccer ball within the end zone in order to get a point. Players must call out their name when they have full control of the ball. Start with Foundation moves then running with the ball.</p> <ul style="list-style-type: none"> <li>• Play 8 rounds of 45 seconds each with 15 second break in between rounds</li> </ul>                               |   | <p>C - What surface should a player use when running with the ball?<br/> P - The Laces.<br/> C - Why do players need to play with their head up?<br/> P - So you know where other players are and you don't run into your teammates.</p>   |
| Activity 4 | <p>Bandits 1: (8 minutes)</p> <p>In a 15Wx20L grid, select 1 or 2 players to be the Bandits. Their mission is to get any dribblers' ball, once the bandit gets a ball the player without the ball becomes the new bandit.</p> <p>Variation: When the bandit gets a ball, they must dribble it outside the grid. The player that lost the ball can regain it in the grid. If the ball goes outside of the grid both players are bandits.</p> <ul style="list-style-type: none"> <li>• Play 6 rounds of 1 minute each with 25 seconds break in between rounds</li> </ul>  |   | <p>C - What can players do to protect the ball from bandits?<br/> P - Change direction, change speed or put your body sideways between the bandit and the ball (shielding.)<br/> C - Where should the ball be when shielding?<br/> P - On the furthest foot from the bandit.</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   |