



# Interactive Lesson Plan



Season: Spring 2015 Age Group: U6 Week: 5

Stage	Activity Description	Diagram	U6: Coach Effectiveness
Activity 1	<p>4 Surfaces: (8 minutes)</p> <p>In a 15Wx20L grid. Each player has a ball. Have the players try to use the 4 surfaces of the foot in 1 fluid motion in this order: Inside, Outside, Laces and Bottom, Transfer the ball from the right to left foot after they stop the ball with the bottom (sole of the shoe) When the players display proficiency, challenge them to do it faster and in a smaller space.</p> <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 are the surfaces of the foot that a player can use to dribble?</p> <p>Player (P) – The inside, outside, laces, bottom of the foot.</p> <p>C – Why is it important to keep the ball close during this activity?</p> <p>P – Because you can't get as many touches on the ball if you have to chase it first.</p>
Activity 2	<p>Freeze Tag 2: (8 minutes)</p> <p>In a 15Wx20L grid all players are dribbling a soccer ball. 1-2 players dribble a soccer ball, but they are the freeze monsters. The freeze monsters tag other players who are then frozen and must stand holding the soccer ball above their head. The activity ends when all players are frozen.</p> <p>Coaches: 1 coach may be the freeze monster while another is unfreezing</p> <p>Variation 1: Players can unfreeze each other by tagging them.</p> <p>Variation 2: Players can unfreeze each other by kicking their own ball through the frozen player's legs.</p> <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 – Why is it important for a player to keep their head up while dribbling?</p> <p>P – So you always know where the freeze monsters are.</p> <p>C – When should a player keep the ball close?</p> <p>P – When there are other players around you are you are close to a sideline.</p>
Activity 3	<p>Sharks and Minnows: (8minutes)</p> <p>In a 15Wx20L grid have 1-2 players acting as the sharks. They start in the middle of the grid. The minnows are at one end of the grid with their soccer balls. When the Sharks say "Fishy, Fishy Cross My Ocean" the minnows try to dribble to the other end of the grid and the sharks are trying to kick the ball out. When the dribbler's ball goes out, he/she becomes a shark. If the minnows reach the other end, they will wait for the Sharks to command them to play again. The game continues until all players turn into sharks.</p> <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 – What surfaces of the foot should the player use to dribble?</p> <p>P – The Laces to dribble forward and the inside or the outside of the foot to change direction.</p> <p>C – Why would a player want to kick the ball further in front?</p> <p>P – Because the sharks are not close so you can run faster.</p> <p>C – When does a player want to keep the ball close?</p> <p>P – When the sharks are close, until you find enough space to kick it further in front of you.</p>
Activity 4	<p>Combat 1: (8 minutes)</p> <p>In a 20Wx30L grid. The coach makes two teams of 3-5 players each. The players are lined up next to the coach. When the coach serves the ball, the first players next to the coach will go after the soccer ball and retrieve it by dribbling and kicking it into their team's goal for a point.</p> <p>The coach can make the games 1v1, 2v2 and 3v3's. You can have several groups of players playing at the same time.</p> <ul style="list-style-type: none"> <li>• Play 3 rounds having all the players go 3 times/round with a 30 second rest in between rounds</li> </ul>		<p>C – What parts of the foot should a player use to turn the ball back toward their goal?</p> <p>P – Bottom of the foot, close to the toe, inside of the foot to chop it or outside of the foot to hook the ball.</p> <p>C – Why is it important to always be ready to play?</p> <p>P – So when the ball is in play, you can be the fastest to the ball.</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	