



Interactive Lesson Plan



Season: Spring 2015 Age Group: U6 Week: 7

Stage	Activity Description	Diagram	U6: Coach Effectiveness
Activity 1	<p>Boston Bulldogs: (6 minutes) In a 15Wx20L yard grid, the dribblers will try to cross the dog pound by eluding the Bulldogs. Place two Bulldogs inside a 5x15 yard area in the middle of the grid. Place half of the players (Dribblers) with a ball at each end of the grid. On coach's command, one group of dribblers will try to cross the dog pound. As soon as one gets to the opposite line the next dribbler waiting goes. If the bulldog dispossesses the dribbler he/she switches with the bulldog.</p> <ul style="list-style-type: none"> • Play 3 rounds of 1.5 minutes each with 30 seconds rest in between. 		<p>Coach (C) - What surface of the foot should the players use to strike the ball? Player (P) - The laces for power and long distance. The inside of the foot for accuracy. Strike the ball in the middle to keep it low.</p> <p>C - What parts of your feet can a player use to change direction? P - Inside or outside for side to side and/or bottom to turn back.</p>
Activity 2	<p>Cannon Ball Run: (8-10 minutes) In a 15Wx 20L yard grid (the ship) place all the PIRATES on one end line. The Pirates need a new Captain and for this they need to cross the ship without getting hit by a cannon ball.</p> <p>The game starts with the coach calling "Cannon Ball Run" and all the pirates run to the other end of the ship. Any pirate that gets hit becomes the Cannon Baller and joins the coach.</p> <p>The ball MUST STAY ON THE GROUND</p> <ul style="list-style-type: none"> • Play 3/4 games until the last player is finally hit by a cannon ball. 		<p>C - What surface of the foot should the players use to strike the ball? P - The laces for power, and long distance the inside of the foot for accuracy. Strike the ball in the middle to keep it low.</p> <p>C - Where should the non-kicking foot be placed when striking a ball? P - Next to the ball, pointing to the target.</p>
Activity 3	<p>Castle Combat: (8 minutes) In a 15Wx20L 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 player on each team next to the coach will go after the soccer ball and try to dribble the soccer ball to stop it inside their own box. The defender can't defend inside the castle. The team with the most soccer balls inside their castle wins the game. The coach can make the games 1v1, 2v2. You can have several groups of players playing in the soccer area.</p> <ul style="list-style-type: none"> • Play 3 rounds of 5 turns for each player. 		<p>C - What part of the foot should the player use to stop the ball in the box? P - The bottom of the foot close to the toe or wrap the inside or outside of their foot around the ball.</p> <p>C - When should the player give their teammate the ball when playing 2v2? P - After the defender gets close to you but not too close to steal the ball.</p>
Activity 4	<p>4 Corner Dribbling Through the Goal: (8 minutes) In 20Wx30L grid with players of the same team placed by either corner cones of the goal they are defending. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball on the ground and one player from each corner comes out to play 2v2. The game is over when one team scores by dribbling the ball through the opponent's goal. When the ball goes out of bounds, players need to get out of the field quickly and get back in line.</p> <ul style="list-style-type: none"> • Play 3 rounds having all the players go 3 times/round with a 30 seconds rest between rounds 		<p>C - When is it ok for a player to kick the ball further in front of them? P - When the defenders are far away and you know you can still control it.</p> <p>C - If a player can't score, who can help score a goal? P - Either one of your teammates can help.</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	