



Interactive Lesson Plan



Season: Spring 2015 Age Group: U6 Week: 2

Stage	Activity Description	Diagram	U6: Coach Effectiveness
Activity 1	<p>Body Part Dribble - (Movement Education and Coordination): (7 minutes) In a 15Wx20L grid. All players dribbling a soccer ball. The coach calls out a body part (elbow! - knee!) And the players then stop their ball with that part of the body.</p> <p>Coach: Vary the body parts, number of body parts called out, and rate at which they are called out.</p> <ul style="list-style-type: none"> • Play 5 rounds of 1 minute each with 30 second break in between rounds 		<p>Coach (C) – What part of the foot do the players use to dribble the soccer ball? Player (P) - The laces, the inside (big toe,) outside (pinky toe.) C - Why do players need to keep the ball close? P - So you can keep control of the soccer ball.</p>
Activity 2	<p>Boston Traffic: (8 minutes) In a 15Wx20L grid. Players dribble their soccer balls trying not to crash with any other player. Coach should give a ticket to any players that crash. After 3 crashes, he or she must do 10 ball taps and get back in traffic Variation: Add tall cones and place them randomly all over the grid. The players try to dribble as close to any tall cone as they can without knocking it over. If they knock it over, they must stand it back up before they can continue.</p> <ul style="list-style-type: none"> • Play 6 rounds of 1 minute each with 25 second break in between rounds 		<p>C - What surface of the foot should the player use to dribble the soccer ball? P - The Laces to dribble forward and the inside or the outside of the foot to change direction. C - What surface of the foot should the player use to stop the ball and turn? P – The inside, outside or the bottom of the foot.</p>
Activity 3	<p>Freeze Tag 1: (8 minutes) In a 15Wx20L grid. The coach or coaches start as the freeze monster without a soccer ball. The players are dribbling their soccer ball. When a freeze monster tags a player they are frozen (hold a soccer ball on top of your head with legs opened). To unfreeze, any dribbler must pass the soccer ball between the frozen player's legs. The Coach starts as the freeze monster and can select one or two players to be the monster.</p> <ul style="list-style-type: none"> • Play 6 rounds of 1 minute each with 25 second break in between rounds 		<p>C – What part of the foot can the player use to strike the ball between the legs of the frozen players? P – The inside of the foot with the toe up and heel down. C - Why do players need to play with their head up? P – So you know where the freeze monsters are and you don't run into your teammates.</p>
Activity 4	<p>Get "Outta" There with Numbers: (8 minutes) In a 15W x 20L grid with one small goal on each end line, the players are divided into two teams, with each player given a number. Players are positioned at either side of the coach. Coach has all of the soccer balls. The coach calls out a number (s), serves a ball into the grid on the ground and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells "Get outta there". Can make the games 1v1, 2v2 and 3v3.</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 - What part of the foot should the players use to shoot? P - The Laces. C - When is it ok for players to use their toe to shoot? P - At this age, anytime.</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