



Interactive Lesson Plan



Season: Spring 2015 Age Group: U6 Week: 6

Stage	Activity Description	Diagram	U6: Coach Effectiveness
Activity 1	<p>Crash: (6 minutes) In a 15Wx20L grid. Players dribble their soccer balls trying not to crash with any cone or other player. Every time a player is in front of another player, they should "BEEP" their car. They must fall down and get back up if they crash. The coach should control the traffic by saying Green Light, Yellow Light, Red Light. After 3 crashes, he or she must do 10 ball taps and get back in traffic</p> <ul style="list-style-type: none"> • Play 4 rounds of 1 minute with 30 seconds rest. 		<p>Coach (C) - What surfaces of the foot should the player use to dribble the soccer ball? Player (P) - The Laces to dribble forward and the inside or the outside of the foot to change direction.</p> <p>C - When should a player keep the ball close? P - So you don't crash into anyone and get a ticket.</p>
Activity 2	<p>Marble Kings: (9 minutes) In a 15Wx20L grid, select 3 Marble Kings who have a soccer ball in their hand. The Marble Kings have to run around and with their ball and hit the dribblers' ball by underhand tossing it. Once the dribbler's ball is tagged, then he/she takes the place of the Marble King.</p> <p>Variation: Start with one Marble King. Every time a dribbler gets tagged they become an additional Marble King.</p> <ul style="list-style-type: none"> • Play 4 rounds of 1:30 with 45 seconds rest 		<p>C - What can players do to protect the ball from Marble Kings? P - Change direction, change speed or put your body sideways between the Marble King and the ball (shielding.)</p> <p>C - Why do players need to play with their head up? P - So you know where other players are and you don't run into the Marble King.</p>
Activity 3	<p>Ball Tag: (8 minutes) In a 15Wx20L grid all players are dribbling a soccer ball. The players try to hit another player's feet or soccer ball by passing their own soccer ball.</p> <p>Players should keep count of how many times they tag another player or their ball.</p> <p>Variation: If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points</p> <ul style="list-style-type: none"> • Play 3 rounds of 2 minutes with 1 minute rest. 		<p>What parts of the foot can a player use to strike the ball? P - The inside of the foot if you are close and the laces if you are farther away.</p> <p>C - Why do players need to play with their head up? P - To know where the other players are to hit with your ball, or to avoid being hit.</p>
Activity 4	<p>2v2 Combat 2: (7 minutes) 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, two players from each team next to the coach will go after the soccer ball. They will retrieve it and dribble or pass it into their team's goal for a point.</p> <p>Variation: Players must connect one pass before going to goal. Increase numbers to 3v2 and 3v3's.</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 should a player dribble to the goal? P - When you are closer as it is easier to score, and you may need to get by your opponent.</p> <p>C - Why would a player give the ball to their teammate? P - He/she may be in a better position to score.</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