



# Interactive Lesson Plan



Season: Spring 2015 Age Group: U6 Week: 9

Stage	Activity Description	Diagram	U6: Coach Effectiveness
Activity 1	<p>Gate Dribbling: (8 minutes) In a 20Wx30L grid set up as many gates (two cones about 2 yards apart). All players with a ball must dribble through the gates in order to score points. Coach: Have players keep count of how many points they scored in 1 minute Repeat asking the players to beat the score by one or more points. You can also ask them to dribble with the left or right foot only.</p> <ul style="list-style-type: none"> <li>Play 4 rounds of 1 minute with 30 seconds rest</li> </ul>		<p>Coach (C) - Which surfaces of the foot should you try to use to dribble? Player (P) - Inside and/or outside when close to a gate for control and laces between gates to push the ball further in front of them. C - Why is it important to play with your head up? P - To see where the next gate is and to avoid other dribblers.</p>
Activity 2	<p>Dribbling Gates With Bandits: (8 minutes) In a 20Wx30L grid, set up many gates (two cones about 2 yards apart). All players with a ball must dribble through the gates in order to score points. Select 2-3 players to be the "Bandits" who will not have soccer balls. They will try to steal a soccer ball from a player and when this happens, the bandit switches with the player who lost the ball.</p> <ul style="list-style-type: none"> <li>Play 4 rounds of 1:30 with 45 seconds rest</li> </ul>		<p>C - What should a player do after they dribble through a gate? P - Look over both shoulders for bandits and accelerate to the next gate. C - What can players do to protect the ball from bandits? P - Change direction, change speed or put your body sideways between the bandit and the ball (shielding).</p>
Activity 3	<p>2v2 Combat 2: (8 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. Variation: Players must connect one pass before going to goal. Increase numbers to 3v2 and 3v3's.</p> <ul style="list-style-type: none"> <li>Play 3-5 rounds of each player having 5 turns</li> </ul>		<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. C - Why would a player give the ball to their teammate? P - He/she may be in a better position to score.</p>
Activity 4	<p>4 Corner to 4 Goals: (8 minutes) In 20Wx30L grid with 2 cone goals at each end, players of the same team are placed by the corner cones of the goal line they are defending. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball and one player from each corner comes out to play 2v2. The turn is over when one team scores in any of the two goals they are attacking or the ball goes out of bounds.</p> <ul style="list-style-type: none"> <li>Play 3 rounds having all the players go 3 times/round with a 30 seconds rest between rounds</li> </ul>		<p>C - Which part of the foot should a player use to try and score? P - For close shots: Inside of the foot with the toe pointed to the side and up and the heel down. For longer shots: Laces C - Why would a player dribble instead of pass? P - A lot of space in front of you and/or only 1 person stopping you from scoring.</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