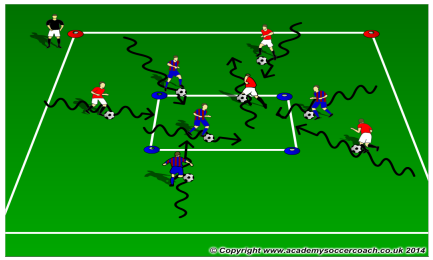
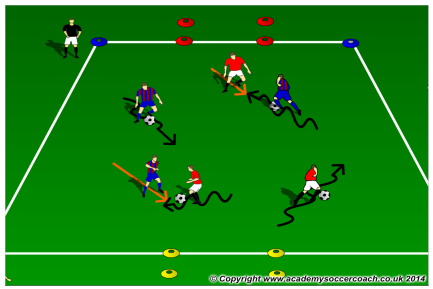
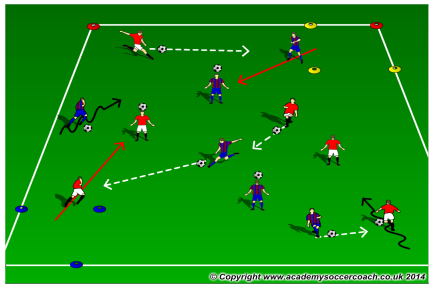
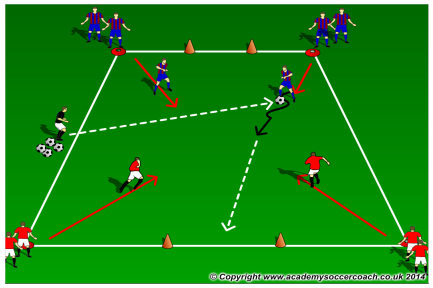
Interactive Lesson Plan

Season: Spring 2015 Age Group: U6 Week: 8

Stage	Activity Description	Diagram	U6: Coach Effectiveness
Activity 1	Cross Over Dribbling: (7 minutes) In a 15Wx20L grid all players with a ball standing around the perimeter. When the coach says "GO" the players will try to dribble through the 10x10 square in the middle and to the other side of the grid. When they reach the other side, the players turn and dribble back to their starting spots. Variation 1: Have them dribble through the 10x10 square, reach the other side and go to another side. Variation 2: Do 10 toe taps once they got back to their spot to encourage them to stop the ball • Play 10 rounds of 30 seconds with 10 seconds rest		Coach (C)– What surface of the foot does a player use to dribble forward? Player (P) – The laces. C – What surface of the foot does a player use to dribble around other players? P – The inside or outside of the foot. C – What surface of the foot does a player use to stop the ball? P – The bottom.
Activity 2	Bandits 2: (8 minutes) In a 15Wx20L grid. Select 1or 2 players to be the Bandits. Their mission is to get the dribblers' ball and bring it to one of the two hideouts. The dribbler can try to take the ball back from the bandit. If the bandit gets the ball into the hideout, the dribbler becomes a bandit. • Play 4 rounds of 1.30 minutes each with 30 seconds rest		C – What can a player do to protect the ball form a bandit? P – Put your body sideways between the bandit and the ball. C - Where should the ball be when shielding? P - On the furthest foot from the bandit. C -- If the bandit gets the ball, where does a player go to stop them from getting the ball into the hideout? P – By getting in between the hideout and the bandit.
Activity 3	Doctor, Doctor: (8-12 minutes) In a 15Wx20L grid divide the group into two teams. Send them to their hospital (corner boxes). Each team selects a doctor. He/she will cure (unfreeze) his/her team's players. Teams try to freeze each other by hitting the other team's players by passing their soccer balls into the opponents feet. When frozen, players must put ball above head, remain in place, and yell "Doctor, Doctor". The Doctor is without a ball, and is safe in the hospital, but when they come out, they can be frozen. When the doctor is frozen the game is over. Coach should be the DOCTOR first. Change doctors every game. • Play 3/4 games for as long as there are players still unfrozen. Allow 1 minute rest for every game played		C - Why is it important to get closer to a target before shooting at them? P – The closer you are to the target, the easier it is to be accurate. C – Why is it important for players to have their heads up? P – So you always know where the opponents are and you can tag the doctor.
Activity 4	4 Corner Shooting: (8 minutes) In 20Wx30L grid with players of the same team placed by the 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. Round ends when a goal is scored or the ball goes out of bounds. Players need to get off the field quickly and get back in line. • Add a GK after a while • Play 3 rounds having all the players go 3 times/round with a 30 seconds rest between rounds		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.

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

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