



Sparks Lesson Plan - Week 4



Coach's (Team Leader) Qualities: Facilitator, Friendly Helper, Organizer, Motivator, Patient, Enthusiastic, Imaginative

Characteristics of Players: Short attention span, individually oriented, Sensitive, Constantly in Motion

What to Teach:

Technique: Dribbling, Kicking, Catching, Turning

Psychology: Sharing, Fair Play, "How to Play"

Fitness: Balance, Running, Jumping, Rolling, Hopping, Skipping

Tactics: Boundaries of Field, Moving in Correct Direction

Rules: Kick Off, Goal Kick, Ball in/out of Play, Handball, Physical Fouls

Length of Session: 60 Minutes

Activity #1 (6 – 8 minutes) **Sharks and Minnows in the Ocean!** – Sharks swim around trying to eat the fish in the ocean. Excellent dribbling game to introduce change of direction and awareness of your surrounding while dribbling. Coaching (Team Leader) Tip – Put a story behind it, be energetic, enthusiastic and have fun with this game.

<https://www.youtube.com/watch?v=5ShuGbx1LEw>

Activity #2 (6 – 8 minutes) **Bunny Hop Tag!** – Bunnies hop around trying to tag everyone. Coaching (Team Leader) Tip – Coaches can/should play to make it more fun. Be creative, enthusiastic and put a story behind it.

https://www.youtube.com/watch?v=wONwB0byQ0s&list=PLx_k3vBbCq4nBjln3UJioA3yL-g2bzAvZ&index=3

WATER BREAK – 45 SECONDS

Activity #3 (6 – 8 minutes) **Wacky Racers!** Drive around *Soccer Island*. Excellent game to practice turns, stop and go, tactical awareness. Coaching (Team Leader) Tip – Make it fun, be creative, challenge players, put a story behind it.

<https://www.youtube.com/watch?v=OFrBuoM7Du0>

Activity #4 (6 – 8 minutes) **Freeze Tag's - Ice Monsters!** Ice Monsters run around trying to freeze everyone while unfrozen players try to restore a frozen player. Coaching (Team Leader) Tip – Coach can start by being the Monster. Challenge players to not get frozen by keeping the ball close to their feet, playing with their head up and being aware of their surroundings. Put a story behind it, be enthusiastic and creative. Have fun with this game.

https://www.youtube.com/watch?v=wXAHc_deA5c

WATER BREAK – 45 SECONDS

Activity #5 (6 – 8 minutes) **Dalmatian Puppies** – Players take their puppy to the park. They run slow and at times they run fast. Make sure their puppy stays close to them at all times. Coaching (Team Leader) Tip – Make it fun, be creative and put a story behind it.

<https://www.youtube.com/watch?v=32QwbIVB04w>

WATER BREAK – 45 SECONDS

Activity #6 (15 – 18 minutes) **3v3 Small Sided Games** - Break up your team into four teams of equal numbers. Set up two fields of equal size and play 3v3 or 4v4 (based on attendance). If number of teams is unequal, make sure players are not sitting out for more than 90 seconds at a time. Coaching (Team Leader) Tip – Let the game be the teacher, focus on teaching fundamentals, e.g., which direction to go, how to score, what is out of bounds, what is a foul. UTILIZE assistant team leaders in this activity as much as possible.

https://www.youtube.com/watch?v=_p0G5i3ga6g