



2013 - U6 - Spring Lesson Plan - Week Two



Stage	Activity Description	Diagram	Coaching Considerations
Activity 1	<p>4 Surfaces: Each player has a ball. Have the players try to use the 4 surfaces of the foot in 1 fluid motion in this order: Outside, Inside, Laces and Bottom, Transfer the ball from the right to left foot after the stop the ball with the sole (bottom). When the players display proficiency, challenge them to do it faster and in a smaller space. The sequence is:</p> <ul style="list-style-type: none"> ○ Outside of the foot touch - Inside of the foot touch ○ Laces push - Stop with sole and Change foot 		<p>3 Surfaces:</p> <ul style="list-style-type: none"> • Players should start slow and increase the speed as they go • Touches should be soft but able to move the ball • Keep the soccer ball close and under control • Players should talk to their feet: “Outside –Inside- Laces push”
Activity 2	<p>Body Part Dribble: All players dribbling a soccer ball. The coach calls out a body part (elbow! - knee!) and the players then touch their ball with that part of the body. Coach: Vary the body parts, number of body parts he calls out, and rate at which he calls them out.</p>		<p>Dribbling:</p> <ul style="list-style-type: none"> • Keep ball close • Changing directions • Dribbling using different surfaces of the foot • Stopping the soccer ball
Activity 3	<p>Red Light/Green Light: All players are dribbling freely in a 15x20 yard grid. When the coach says “red light” the players must stop and put their foot on the ball. When the coach says “yellow light” the players must dribble slowly, and when the coach says “green light” the players must dribble fast. Coach: Control the frequency of light changes. Variation 2: Now the colors are the surfaces: Yellow= outside of the foot, Blue= inside of the foot, Green= Laces push, Red= Stop.</p>		<p>Decision Making</p> <ul style="list-style-type: none"> • What part of the foot to use • What foot to use • When and how to stop the soccer ball • Where to go with the soccer ball
Activity 4	<p>Get “Outta” There with Numbers: The players are divided into two teams, with each player given a number from 1-4 or 5 (depending on total amount of players). Players are positioned at either side of the coach, with multiple soccer balls, outside a 10x15 yard grid with two small goals on each end line. The coach serves a ball into the grid 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”. Coach: Can make the games 1v1, 2v2,</p>		
Match	3v3 - Dual Field Scrimmage	Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.	25 minutes