
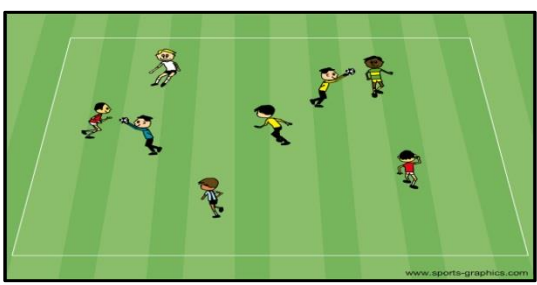
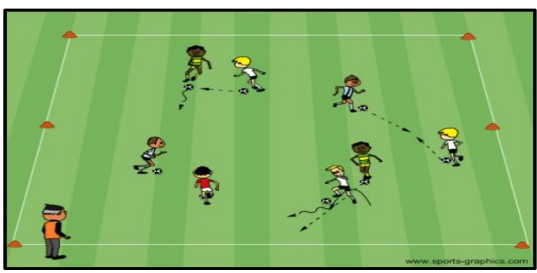
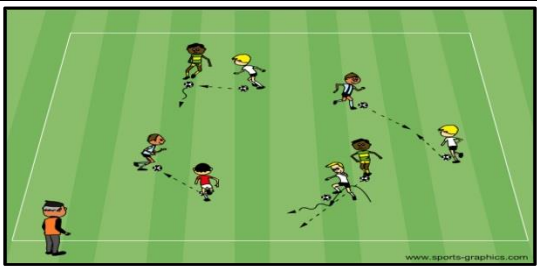




# 2013 - U6 - Spring Lesson Plan - Week Three



Stage	Activity Description	Diagram	Coaching Considerations
<b>Activity 1</b>	<p><b>Let's Play Tag:</b></p> <ul style="list-style-type: none"> <li>• Round 1: Players will run around avoiding being tagged by the coach</li> <li>• Round 2: Coach selects two players to be the taggers</li> <li>• Round 3: Whoever is tagged becomes a tagger</li> <li>• Round 4: Everybody tags               <ul style="list-style-type: none"> <li>○ Play 3 rounds of 45 sec.- 1 minute each</li> <li>○ Ask players to count how many tags they get and to try to improve it every round</li> </ul> </li> </ul>		<p><b>Dribbling:</b></p> <ul style="list-style-type: none"> <li>• Keep ball close to the feet</li> <li>• Dribble using different surfaces of the foot</li> <li>• Changing speed and direction</li> <li>• Running with the ball</li> <li>• Protecting the ball</li> <li>• Sudden changes of pace</li> <li>• How to stop the soccer ball</li> </ul>
<b>Activity 2</b>	<p><b>Let's Tag with the Ball:</b></p> <ul style="list-style-type: none"> <li>• Now all the players hold their soccer ball in their hand.</li> <li>• Players will try to tag each other with the soccer ball, every tag is a point.</li> <li>• Play for 3 rounds of 45 sec. - 1 minute each.</li> <li>• Challenge the players to improve their score.</li> </ul>		<p><b>Decision Making</b></p> <ul style="list-style-type: none"> <li>• Where to run</li> <li>• Who to tag</li> <li>• Where and how to tag</li> <li>• What foot to use</li> <li>• When and how to stop the soccer ball</li> <li>• Where to go with the soccer ball</li> <li>• Dribble or pass</li> </ul>
<b>Activity 3</b>	<p><b>Dribble Tag:</b></p> <ul style="list-style-type: none"> <li>• All players dribbling a soccer ball will try to tag each other with their hands.</li> <li>• Players cannot abandon their own ball to tag(Why not?).</li> </ul> <p><b>Coach:</b></p> <ul style="list-style-type: none"> <li>• Have players keep count of their own tags.</li> <li>• If playing more than one game, have players improve their tags by at least 1 more than before.</li> </ul>		
<b>Activity 4</b>	<p><b>Freeze Tag: How to layer</b></p> <ul style="list-style-type: none"> <li>• The coach or coaches start as the freeze monster without a soccer ball.</li> <li>• The players are dribbling their soccer ball.</li> <li>• When a freeze monster tags a player, he/she is frozen (hold a soccer ball on top of your head with legs opened).</li> <li>• To unfreeze, any dribbler must pass the soccer ball between the frozen player's legs.</li> </ul>		
<b>Match</b>	<b>3v3 - Dual Field Scrimmage</b>	Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.	<b>25 minutes</b>