



2013 - U6 - Spring Lesson Plan - Week Four



Stage	Activity Description	Diagram	Coaching Considerations
Activity 1	<p>Paint the Field: All players will dribble their soccer ball in a 15x20 yard grid pretending that is a paintbrush and wherever it rolls it is painting the field. The players will try to paint as much of the area as possible in the time allotted.</p> <p>Coach: Have the players write their names with the “Paintbrush” (Ball) can they “paint” different shapes? How big can they paint the shapes?</p> <p>Variation 2: Ask the players to dribble only with the left foot, then with the right foot.</p>		<p>Dribbling:</p> <ul style="list-style-type: none"> • Keep ball close to the feet • Dribbling using different surfaces of the foot • Changing speed and direction • Running with the ball • Sudden changes of pace • How to stop the soccer ball • Decision Making <ul style="list-style-type: none"> ○ What foot to use ○ When and how to stop the soccer ball ○ Where to go with the soccer ball
Activity 2	<p>Snake: All players are dribbling a soccer ball in a 15x20 yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts.</p> <p>Coach: Encourage the snake players to hiss.</p>		<ul style="list-style-type: none"> • 1v1 attacking and defending • Protecting the ball
Activity 3	<p>Bandits: Select 1 or 2 players to be the Bandits. Their mission is to get any dribblers' ball once the bandit gets a ball the player without the ball becomes the new bandit.</p> <p>Round 2: Add goals and bandit must get the ball back to their hideout.</p>		
Activity 4	<p>Combat 1: 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 on to the playing area, the players next to the coach will go after the soccer ball and retrieve it by dribbling and kicking it into their team's goal for a point.</p> <p>The coach can make the games 1v1, 2v2 and 3v3's. You can have several groups of players playing in the soccer area.</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