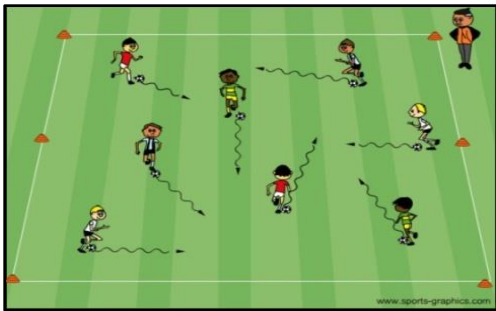
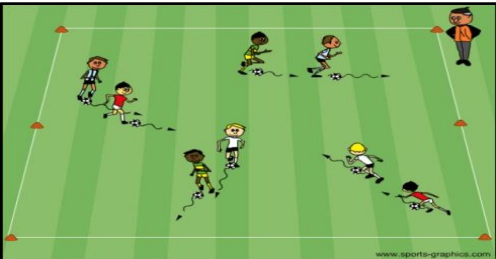






# 2013 - U6 - Spring Lesson Plan - Week Five



Stage	Activity Description		Diagram	Coaching Considerations
<b>Activity 1</b>	<p><b>4 Surfaces:</b> 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"> <li>○ Outside of the foot touch - Inside of the foot touch</li> <li>○ Laces push - Stop with sole</li> </ul> <p>Change foot</p>			<p><b>4 Surfaces:</b></p> <ul style="list-style-type: none"> <li>● Players should start slow and increase the speed as they go</li> <li>● Touches should be soft but able to move the ball</li> <li>● Keep the soccer ball close and under control</li> <li>● Players should talk to their feet: <b>“Outside –Inside- Laces push and Stop”</b></li> </ul>
<b>Activity 2</b>	<p><b>Shadow Dribble:</b> Two players (<b>Leader and Shadow</b>) each with a ball. They will dribble all over a 20x25 yard grid. The leader will determine where they are going, while the shadow will try to keep up with the leader.</p> <p><b>Coach:</b> Call the change from leader to shadow</p> <p><b>Version 2:</b> Use only favorite foot or other foot.</p> <p><b>Version 3:</b> Leader must make a move.</p>			<p><b>Dribbling:</b></p> <ul style="list-style-type: none"> <li>● Dribbling using different surfaces of the foot</li> <li>● Acceleration</li> <li>● How to stop the soccer ball</li> <li>● 1v1 attacking and defending</li> <li>● Protecting the ball</li> </ul>
<b>Activity 3</b>	<p><b>Pac Man:</b> Select two players to be the Pac Man. They will dribble around and try to tag any player without the ball. Once they tagged a runner, he or she becomes a Pac Man and will go to get a ball and joint the hunt</p>			<p><b>Striking the ball:</b></p> <ul style="list-style-type: none"> <li>● Technique of striking the ball</li> <li>● Willingness to kick the ball away from them.</li> <li>● Dribbling and striking the ball</li> <li>● Accuracy to hit a moving target</li> </ul>
<b>Activity 4</b>	<p><b>Capture the Balls:</b> Players should be divided into equal teams to play in a grid with each team’s home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach’s command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent’s home bases.</p> <p><b>Coach:</b> Call time and each team counts the balls they have collected.</p>			
<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>