



# 2013 - U6 - Spring Lesson Plan - Week Six



Stage	Activity Description		Diagram	Coaching Considerations
<b>Activity 1</b>	<p><b><u>Boston Traffic:</u></b></p> <ul style="list-style-type: none"> <li>• Players dribble their soccer balls trying not to crash with any other player. Every time a player is in front the players should “BEEP” him/her out of the way.</li> <li>• Coach should give a ticket to any players that crash. After 3 crashes, he or she must do 10 ball taps and get back in traffic</li> </ul> <p><b>Add tall cones</b></p> <ul style="list-style-type: none"> <li>• Each player tries to dribble as close to any tall cone can without knocking it over. If they knock it over, they must stand it back up before they can continue.</li> </ul>			<p><b><u>Dribbling:</u></b></p> <ul style="list-style-type: none"> <li>• Keep ball close to the feet</li> <li>• Dribbling using different surfaces of the foot</li> <li>• Changing speed and direction</li> <li>• Running with the ball</li> <li>• Sudden changes of pace</li> <li>• How to stop the soccer ball</li> </ul>
<b>Activity 2</b>	<p><b><u>Knock the Cone Down:</u></b></p> <ul style="list-style-type: none"> <li>• Players dribble around and try to knock down any cone they can.</li> <li>• Players must use their soccer ball to knock down cones.</li> <li>• Coach will time the players to see how long it takes the players to knock down all the cones.</li> </ul>			<p><b><u>Decision Making</u></b></p> <ul style="list-style-type: none"> <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> </ul>
<b>Activity 3</b>	<p><b><u>Cops and Robbers:</u></b></p> <ul style="list-style-type: none"> <li>• The coach sets up 8-10 stand up (tall) cones in a 15x20 yard grid. Robbers will strike the ball and try to knock the cone (the banks) down. The cops (2 or 3 players) are without soccer balls and are trying to stand all the cones back up before all the banks are robbed. Rotate the cops and the robbers.</li> <li>• The Coach start as the guard, then selects players.</li> </ul>			<p><b><u>Striking the ball:</u></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>• Players can experiment with how hard to kick the ball.</li> <li>• Dribbling and striking the ball</li> <li>• Weight of the pass</li> <li>• Accuracy of the pass</li> </ul>
<b>Activity 4</b>	<p><b><u>Get their Cones:</u></b></p> <ul style="list-style-type: none"> <li>• Divide the players in to two teams and assign cone Guards and Raiders per team</li> <li>• Place several cones in a zone guarded by one or two players</li> <li>• The Raiders will dribble to the other team’s zone and shoot to knock the cone out of the zone, grab it and dribble it back to their own zone.</li> </ul> <p>The Guards can catch the ball, block the shot or kick the ball away. They must pick up any cone that still is inside the zone.</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>