



2013 - U6 - Spring Lesson Plan - Week Seven



Stage	Activity Description	Diagram	Coaching Considerations
Activity 1	<p>Juggling: All players with a soccer ball in their hands drop the ball down and try to kick it back up to their hands. Players will try to use their thighs and feet to keep the ball in the air.</p> <p>Coach: Have the players count how many times they touch the ball before it hits the ground.</p> <p>Version 2: Controlled juggling - Thigh, foot, catch. Thigh, thigh, foot, catch. Thigh, thigh, foot, foot, catch.</p>		<p>Juggling:</p> <ul style="list-style-type: none"> • Hand, eye, foot coordination • Use foot and thigh
Activity 2	<p>Ball Tag: All players are dribbling a soccer ball in a 15x20 yard grid. The players try to hit another player's feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player or their ball.</p> <p>Version 2: If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p>		<p>Dribbling/Running with the ball:</p> <ul style="list-style-type: none"> • Using laces to run • Running in a straight line • Changing pace and direction • Keep the ball close • 1v1 defending
Activity 3	<p>Bandits 2: Select 1 or 2 players to be the Bandits. Their mission is to get the dribblers' ball and bring it to their hideout. The dribbler can take the ball back from the bandit. If the bandit gets the ball into the hideout, the dribbler becomes a bandit.</p>		<p>Striking the ball:</p> <ul style="list-style-type: none"> • Passing & shooting technique • Weight of the pass and shot • Accuracy of the pass and shot
Activity 4	<p>Clean Your Backyard: Split the players into two teams to play in a 20x25 yard grid. With cones, divide the field into three portions. The central portion (the buffer zone) is 3yds wide and no one can enter it. Place three goals (3yds each) at the far ends of the grid. Players on each team will try to shoot/pass and score below knee height in any of the other team's goals.</p> <p>Coach: Allow players to enter the buffer zone to retrieve any ball that has stopped in there.</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