



# 2013 - U6 - Spring Lesson Plan - Week Eight



Stage	Activity Description		Diagram	Coaching Considerations
Activity 1	<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 they stop the ball with the sole (bottom). When the players display proficiency, challenge them to do it faster and in a smaller space.</p> <p>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>
Activity 2	<p><b>Around the Cone:</b> The Coach will put the players in teams of two or three players. The first player on the team will run with the ball from their Red cone to their Yellow cone. At the Yellow cone the player will perform the following:</p> <ol style="list-style-type: none"> <li>1. Go around the cone with the inside of the foot</li> <li>2. Go around the cone with the outside of the foot</li> <li>3. At the cone stop the soccer ball: do a drag back or heel turn</li> </ol>			<p><b>Dribbling/Running with the ball:</b></p> <ul style="list-style-type: none"> <li>• Dribbling using different surfaces of the foot</li> <li>• Acceleration after going through a Triangle</li> <li>• How to stop the soccer ball at each triangle</li> </ul>
Activity 3	<p><b>Triangle Dribbling:</b> In a 15x20 yard grid, set up 5 to 7 triangles (three cones about 2 yards apart). All players with a ball must dribble through the triangle in order to score a point.</p> <p><b>Coach:</b> Have players keep count of how many points they score in 30 seconds or a minute. Repeat, asking the players to beat the score by one or more points. You can also ask them to dribble with the left or right foot only or stop in each triangle.</p>			<ul style="list-style-type: none"> <li>• Use front part of the foot</li> <li>• Run in a straight line</li> <li>• Head up</li> <li>• When and how to turn</li> <li>• Acceleration after the turn</li> <li>•</li> </ul> <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> </ul>
Activity 4	<p><b>Moving Goal:</b> All players are dribbling a soccer ball in a 15x20 yard grid. Two coaches hold a practice vest (penny) between them, forming a goal. The players must try to kick their ball through the goal.</p> <p><b>Coaches:</b> Move around into open space so that the players have to dribble around and kick their ball through a moving target.</p>			<ul style="list-style-type: none"> <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>
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