



SOCCER LESSON PLAN: U6-U8




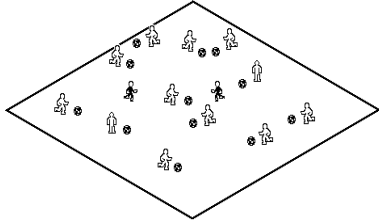
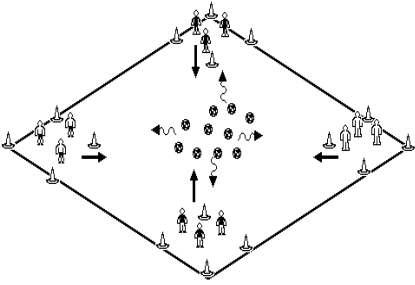
Topic: Movement Education and Dribbling

Date: 3/23/2010

Coach: AR

Objective: To provide fun, active, age appropriate activities that foster comfort with the ball for each player

Effectiveness: E VG G P

ACTIVITY	SETUP	DIAGRAM	KEY POINTS
WARM-UP BALL MASTER	The players dribble to the coach and hand him/her the ball. The coach tosses away the ball and the players retrieve the ball and dribble it back to the coach. The coach can give a different dribbling challenge to the players when he/she tosses out the ball.		1. Movement education 2. Listening skills
ACTIVITY #1 GOOFY STOP & GO	All players dribble their ball in the grid. When coach says, "STOP!" Players must stop their ball and freeze in a goofy position or pretend they are an animal.		1. Changing Directions 2. Ball Control
ACTIVITY #2 SNAKES	In an appropriate space, have all players dribble their soccer balls, except for 2-3 players (the snake). The snake players hold hands or lock arms and work together to tag the other players. The players dribbling the balls try to avoid getting tagged by the snake. If they are tagged, they join hands or lock arms with the snake. The snake grows until all players are part of the snake. The snake must work together and stay connected...they cannot break into little parts. Encourage fun by having the snake hiss		1. Same as above 2. Cooperation
ACTIVITY #3 FREEZE TAG	Everyone has a ball and coach can pick one or two players who are the Freeze monsters. Freeze monsters (with ball) try and dribble around and tag other players (who also have a ball and are dribbling around). The frozen player must stand still holding their ball over their head. Players can become unfrozen if the coach comes over and unfreezes them OR the coach can have the other players unfreeze each other (by simply touching them again). If all players are frozen, game ends and the coach can have new Freeze monsters.		1. Same as above 2. Vision
ACTIVITY #4 CAPTURE THE BALLS	Set up 3 or 4 "home bases" (squares) with cones roughly 2-3 yards wide. Break up the players into teams and have each team get together in their home base. Place all the balls in the center of the space between the home bases. On the coach's command the teams are free to gather as many soccer balls as they can into their home base. Players cannot use hands and there is no pushing each other or sitting/laying on the balls. Teams try to gather as many balls as possible into their home bases. Teams can steal balls from each others' home bases. Coach calls time and counts up how many balls are in each base to determine a winner. Coach allows team 1 minute to make up a new team strategy before playing again.		All of the above...
SCRIMMAGE 3V3 to 4v4			Summarize key points & assign home work for next practice