



SOCCER LESSON PLAN – U7



Topic: Dribbling to beat an opponent

Date: 3/3/2010

Coach: AR

Objective: DEVELOP DRIBBLING SKILLS AND BALL AGILITY

Effectiveness: Excellent Very Good Good Poor

ACTIVITY	SETUP	DIAGRAM	KEY POINTS
WARM-UP CAN YOU DO THIS	<ul style="list-style-type: none"> - Each player with a ball working on dribbling - Coach shows moves & challenge players to do move - Players take turns showing and challenging each other Stretching between moves		<ol style="list-style-type: none"> 1. Short quick touches 2. Proper vision 3. Changing pace and rhythm
ACTIVITY #1 FLAG FUTBOL	<ul style="list-style-type: none"> - Players tuck a bib into the back of their shorts to give themselves a tail. - Players dribble their soccer ball while trying to pluck the tails of other players and trying to make sure their tail does not get plucked. - Players play until the last tail is plucked and players must have their ball while trying to pluck tails. 		<ol style="list-style-type: none"> 1. All the above 2. Changing Directions 3. Ball Control
ACTIVITY #2 RUNNING BASES	<ul style="list-style-type: none"> - Players try to dribble their ball without being tagged. - If they get tagged, they exchange places with the "tagger" - Have taggers carry a bib to distinguish themselves - Hand bibs over to the player who is tagged and use their ball to dribble. - Players are safe in any one of the 4 bases. - Only one player allowed in a base at one time. If a new player enters a base, the old player must leave. 		<ol style="list-style-type: none"> 1. All the above
ACTIVITY #3 PROTECT THE CONE	<ul style="list-style-type: none"> - Divide the group into 4 teams. Each team sets up 3-4 cones to protect on one side of the space & designate a captain. - Captain organizes team in defenders & attackers - Each player must have a ball. - Game begins with players defending their cones or attacking the other team's cones, while controlling their own ball. - When your cones are knocked down, your team stops attacking. Team with the last standing cone is winner. <p>Can be done as individual activity as well i.e. 1v1</p>		<ol style="list-style-type: none"> 1. All the above 2. Leadership 3. Identify Leadership
SCRIMMAGE Based on age			<ol style="list-style-type: none"> 1. All the above
COOL DOWN Light stretch and jog			Summarize key points & assign home work for next practice