
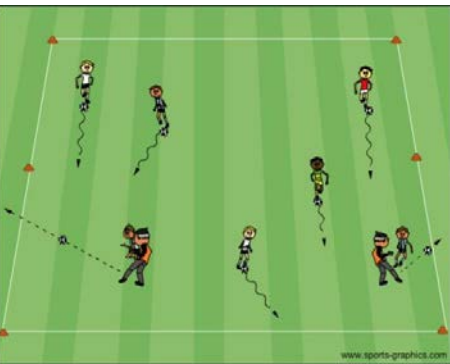

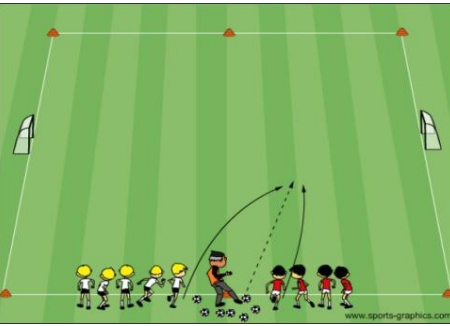




U6 - Lesson Plan - Week 5

| Activity 1 | Activity Description | Time |
|---|--|--------------------------|
|  | <p>Free Dribble: All players are dribbling a soccer ball in a 15x20 yard grid using their inside, outside, and the sole of their foot.</p> <p>Coach: Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p>Version 2: Coach can put pressure on players dribbling. Version 3: Players can dribble at each other and perform a move and accelerate away.</p> | <p>6 minutes</p> |
|  | <p>British Bulldog: All players are dribbling a soccer ball from one end to the other end of a 15x20 yard grid. The coach begins as the “bulldog” and tries to kick the dribbling players’ soccer balls out of the grid. Once a player’s soccer ball is kicked out of the grid, they become a “bulldog”.</p> <p>Coach: Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p>Version 2: Players who dribble the soccer ball close to their feet cannot be attacked by the “bulldog.”</p> | <p>6 minutes</p> |
|  | <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.</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>6 minutes</p> |
|  | <p>Get “O ut ta” Th ere: The players are divided into two teams, and positioned at either side of the coach with multiple soccer balls outside a 10x15 yard grid with two small goals on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells “Get outta here”.</p> <p>Coach: Can make the games 1v1, 2v2, or 3v3. They should</p> | <p>6 minutes</p> |
| <p>Scrimmage</p> | <p>Activity Description</p> | <p>Time</p> |
| <p>3v3 - Dual Field Scrimmage</p> | <p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p> | <p>25 minutes</p> |