



2013 - U6 - Fall Lesson Plan - Week 1



Let's learn the Rules - Let's play

Stage	Activity Description	Diagram	Guided Questions
Activity 1	Red Light/Green Light: All players are dribbling freely in a 15Wx20L yard grid. When the coach says “red light” the players must stop and put their foot on the ball. When the coach says “yellow light” the players must dribble slowly, and when the coach says “green light” the players must dribble fast. Coach: Control the frequency of light changes. Variation 2: Now the colors are the surfaces: Yellow= outside of the foot, Blue= inside of the foot, Green= Laces push, Red= Stop.		• How far should the ball be from the dribbler? • When and how to change directions? • What surface should the dribbler use? • When and how to stop the ball?
Activity 2	Body Part Dribble: (Movement Education and Coordination): All players dribbling a soccer ball. The coach calls out a body part (elbow! - knee!) And the players then stop their ball with that part of the body. Coach: Vary the body parts, number of body parts he calls out, and rate at which he calls them out.		• How far should the ball be from the dribbler? • When and how to change directions? • What surface should the dribbler use? • When and how to stop the ball?
Let's Play the Game		Recommended Rules	
		Dimensions in Yards:	Long: 30 max-20 min Wide: 25 max-15 min
		Ball	Size 3
		Number of Players	3 Players per team on the field - No Goalkeepers needed
		Referee	No Referee needed
		Duration	No more than 30 minutes max – Can play in quarters
		Fouls and Misconduct	No cards (Yellow or Red) If a child misbehave you must sub him/her out of the game
		Free Kicks	All free kicks shall be direct
		Out of bounds - Side Line	1. When the ball goes out bounds, please say RED LIGHT (all the players shall stop) 2. Place the soccer ball on the side line and allow the player to kick it in or dribble it into the field
		Out of Bounds – End Line	1. When the ball goes out of bound, Please say YELLOW LIGHT (opposite team will regroup by the mid line) 2. The Kicking team will place the soccer ball about 1-2 yards in front of the goal and kick it to a teammate
		Corners (optional)	When the defending team kicks the ball over the end line the other team will place the ball on the corner and kick it in. The defending team must be at least 4-5 yards away from the ball