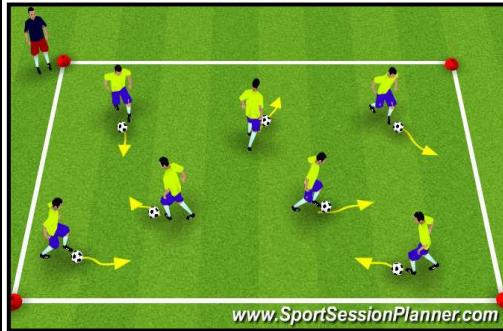
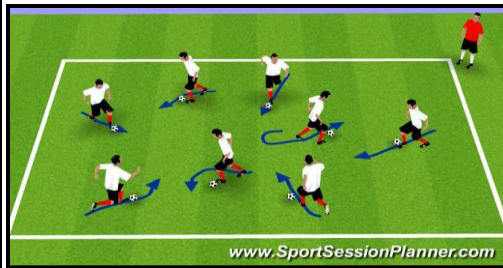




2013 - U6 - Fall Lesson Plan - Week 3



Stage	Activity Description		Diagram	Guided Questions
Activity 1	<u>Boston Traffic:</u> - Players dribble their soccer balls trying not to crash with any other player. Every time a player is in front the players should “BEEP” him/her out of the way. - Coach should give a ticket to any players that crash. After 3 crashes, he or she must do 10 ball taps and get back in traffic Add tall cones - The players try to dribble as close to any tall cone as they can without knocking it over. If they knock it over, they must stand it back up before they can continue			- How far should the ball be from the dribbler? - What surfaces to use? - When and how to run with the ball and change directions? - How to stop the soccer ball?
	<u>Snake:</u> All players are dribbling a soccer ball in a 15Wx20L yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts. Coach: Encourage the snake players to hiss.			
Activity 3	<u>Dribble Tag:</u> - All players dribbling a soccer ball will try to tag each other with their hands. - Players cannot abandon their own ball to tag. Coach: - Have players keep count of their own tags. - Play more than one game, have players improve their tags by at least 1 more than before.			- How far should the ball be from the dribbler? - What surfaces to use? - When and how to run with the ball and change directions? - How to stop the soccer ball?
	<u>Bandits 1:</u> Select 1or 2 players to be the Bandits. Their mission is to get any dribblers’ ball, once the bandit gets a ball the player without the ball becomes the new bandit. Variation: When the bandit gets a ball, he/she must dribble it outside the grid. The player that lost the ball can regain it back, but after the ball goes outside the player becomes another bandit.			
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