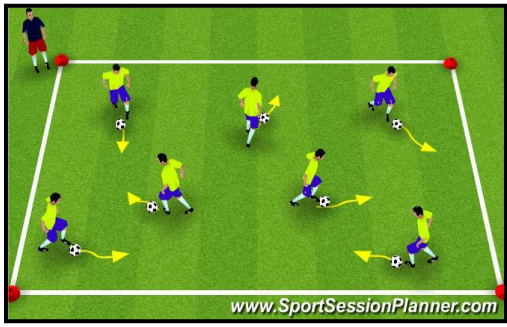




2013 - U6 - Fall Lesson Plan - Week 9



Stage	Activity Description		Diagram	Guided Questions
Activity 1	4 Surfaces: Each player has a ball. Have the players try to use the 4 surfaces of the foot in 1 fluid motion in this order: Outside, Inside, Laces and Bottom, Transfer the ball from the right to left foot after they stop the ball with the bottom (sole of the shoe) When the players display proficiency, challenge them to do it faster and in a smaller space. The sequence is: • Outside of the foot touch - Inside of the foot touch • Laces (push) - Stop with bottom of the foot and Change foot			• How far should the ball be from the dribbler? • What surfaces are needed to complete the task? • Where are your eyes looking? • What should the player say while performing the task? “Outside –Inside- Laces - Bottom”
Activity 2	Paint the Field Dribbling: All players will dribble their soccer ball in a 15Wx20L yard grid pretending that is a paintbrush and wherever it rolls it is painting the field. The players will try to paint as much of the area as possible in the time allotted. Coach: Have the players write their names with the “Paintbrush” (Ball) can they “paint” different shapes? How big can they paint the shapes? Variation 2: Ask the players to dribble only with the left foot, then with the right foot.			• 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? • When and how to unfreeze a player?
Activity 3	Angry Birds: Select two players to be the Angry Birds. They will dribble around and try to tag any player without the ball. Once they tagged a runner, he or she becomes an Angry Bird and will go to get a ball and joint the hunt.			• How far should the ball be from the dribbler? • What surfaces to use? • When and how to run with the ball and change directions • What part of the foot to use to strike the ball? • What to do to avoid being hit with the ball?
Activity 4	2v2 Combat: The coach makes two teams of 3-5 players each. The players are lined up next to the coach. When the coach serves the ball on to the field, two players next to the coach on each team will go after the soccer ball and retrieve it and dribble or pass it into their team's goal for a point. Variation: Players must connect one pass before going to goal. Increase numbers to 2v2, 3v2 and 3v3's.			• Who, When, Where, Why What and How to Attack? • Who, When, Where, Why, What and How to Defend?
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



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