



2014 - U6 - Spring Lesson Plan - Week 5



Stage	Activity Description	Diagram	Coach Effectiveness
Activity 1	<p>Math Dribble: Divide the playing area in two halves. Have the players dribble around in 1 half. Coach shouts a number – “2” or “3”. The players must dribble and gather to form a group equal to the number called. After a while say SWITCH and have the players run with the ball to the other half and continue with the activity.</p>		<ul style="list-style-type: none"> • Are the players running with the ball using their laces? • Are they having fun with the activity? • Do they know how to form groups quickly? • Are the players engaged in the activity?
Activity 2	<p>Doctor, Doctor: Divide the group into two teams. Send them to their hospital (corner boxes). Each team selects a doctor. He/she will cure (unfreeze) his/her team’s players. Teams try to freeze each other by hitting the players with their soccer balls below knees or striking their balls. When frozen, players must put ball above head, remain in place, and yell “Doctor, Doctor”. The Doctor is without a ball, and is safe in the hospital, but when they come out, they can be frozen. When the doctor is frozen the game is over. Coach should be the DOCTOR first.</p>		<ul style="list-style-type: none"> • Do they know how to play the game? • Are they using the different parts of their feet to tag someone? • Are they trying to work as a team?
Activity 3	<p>Boston Bulldogs: In a 15Wx20L yard grid, the dribblers will try to cross the dog pound by eluding the Bulldogs. Place two Bulldogs inside a 5x15 yard area in the middle of the grid. Place half of the players (Dribblers) with a ball at each end of the grid. On coach’s command, one group of dribblers will try to cross the dog pound. As soon as one gets to the opposite line the next dribbler waiting goes. If the bulldog dispossesses the dribbler he/she switches with the bulldog.</p>		<ul style="list-style-type: none"> • Are the players going through the dog pound? • Are they changing speed through the dog pound? • Are they changing directions? • Do they know how to get around a bulldog?
Activity 4	<p>Cannon Ball Run: In a 10Wx 25L yard grid (the ship) place all the PIRATES on one end line. The Pirates need a new Captain and for this they need to cross the ship without getting hit by a cannon ball. The game starts with the coach calling “Cannon Ball Run” and all the pirates run to the other end of the ship. Any pirate that gets hit becomes the Cannon Baller and joins the coach. Coach the ball should be low ball</p>		<ul style="list-style-type: none"> • Are the Cannon Ballers able to hit the pirates? • Are they using the inside of their foot or laces to strike the ball? • Do they know when to strike the ball?
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