

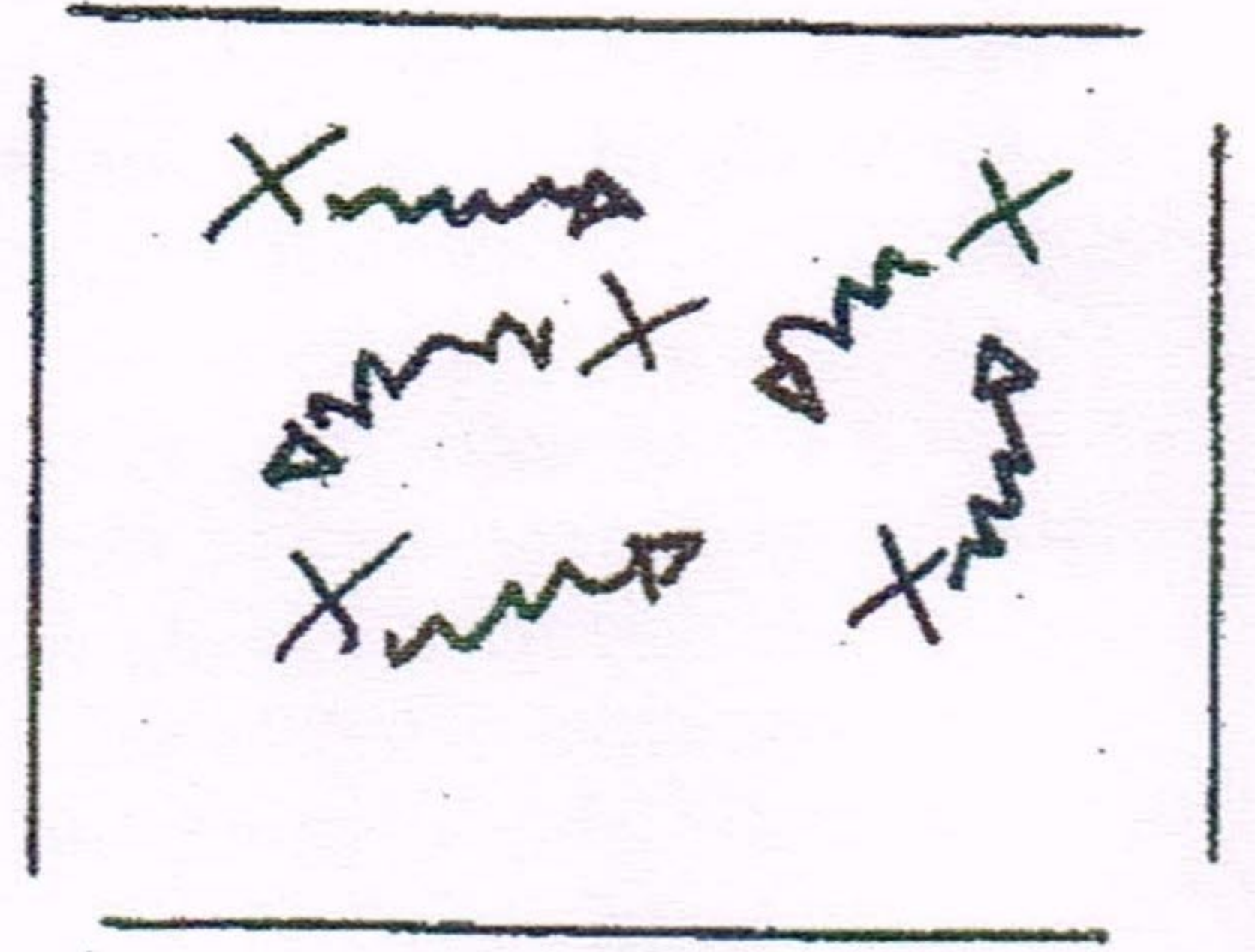
Recommended U6 Lesson Plans - Lesson 3

Warm Up

I Can, Can You? Organization: Coach asks players, "I can do something without the ball, can you?" At this point the coach does some sort of physical move without the ball. The move could be a skip, an elephant walk, walking and clapping hands between the legs, jumping jacks, etc. After the coach performs several examples with the players joining in, the coach then asks the players if they have something that we could do, which they would then demonstrate. Each player who volunteers then has the opportunity to demonstrate for the group to follow.

Progressions: Introduce the ball and move it with hands. Then put the ball on the ground and move it in various ways with feet.

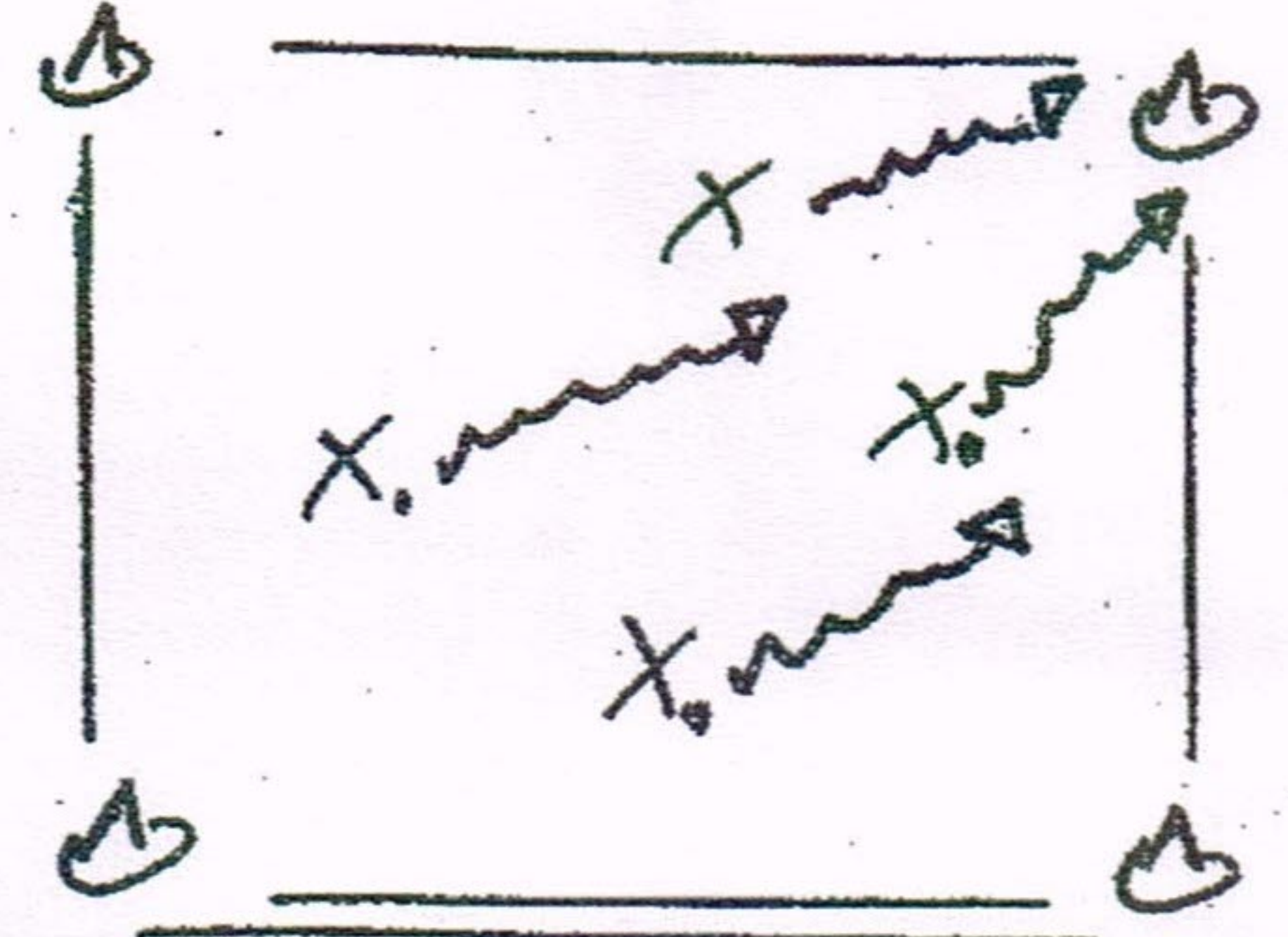
Comments: 1 minute without a ball, 1 minute ball in hands, 4 minutes (minimum) ball at feet.



Activity 1

Around the World. Organization: Set out four or five cones in a large area. Have in mind either local cities or countries of the world. Name each cone and then have the players dribbling inside the area. On command they must dribble around the country/city that you name. Also name several countries/cities at one time.

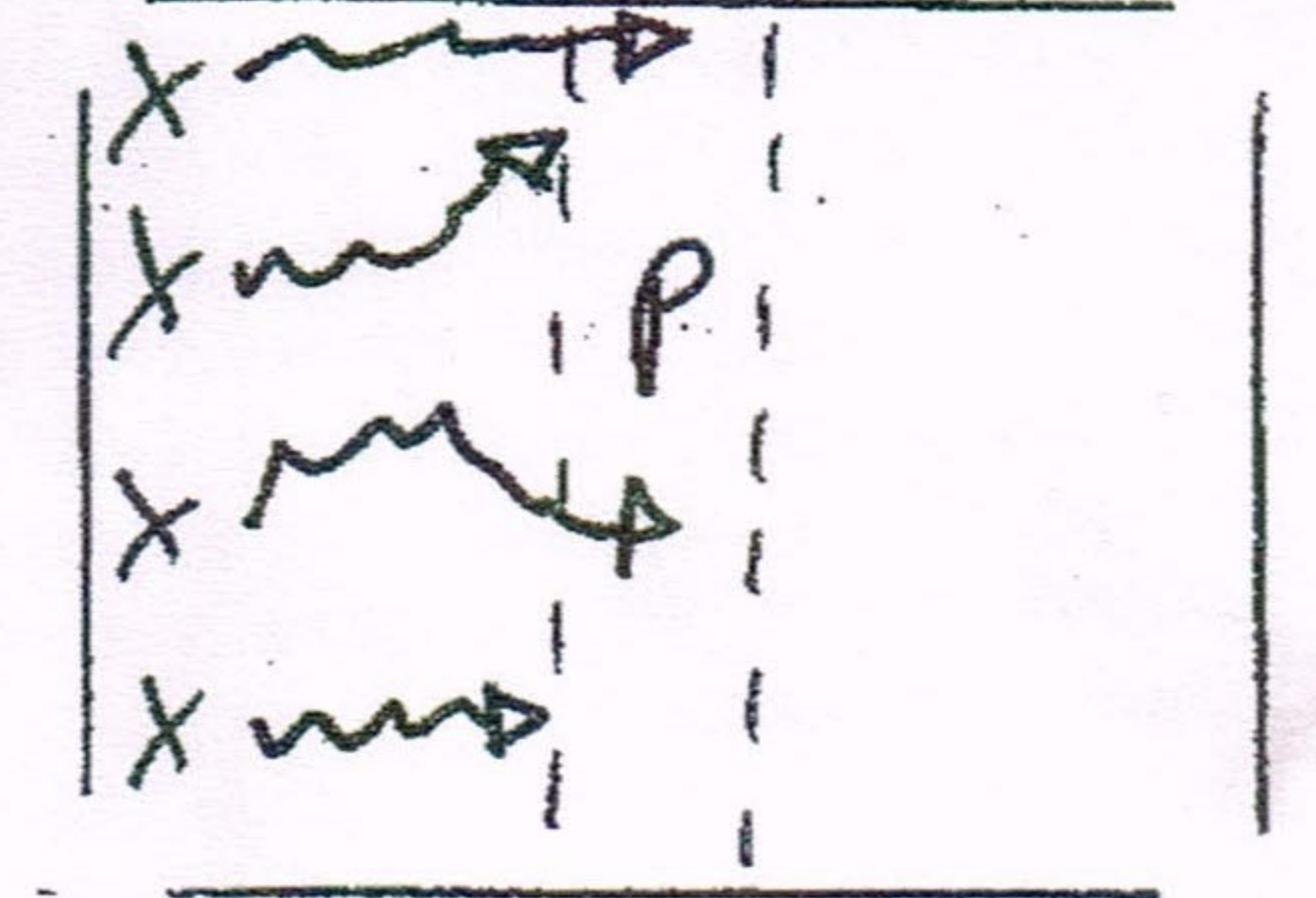
Progressions: You can start this game without soccer balls if this makes it easier for the children to understand.



Activity 2

Cross The Ohio River. Organization: The players run (go boating) from line (shore) to line (shore). In the river, are two or three piranhas/players who try to tag the runners. When a piranha succeeds in tagging a runner he can swap places or they both become piranhas.

Progressions: The players at the line each have a ball. Piranhas try to steal or kick the other players' soccer balls.



Activity 3

Goal Chase. Organization: Depending on the size of the group, the coach sets up 7 to 10 (at least one more goal than players) around the field and gives the start signal. The players try to run through as many goals as possible within the given time (45 seconds).

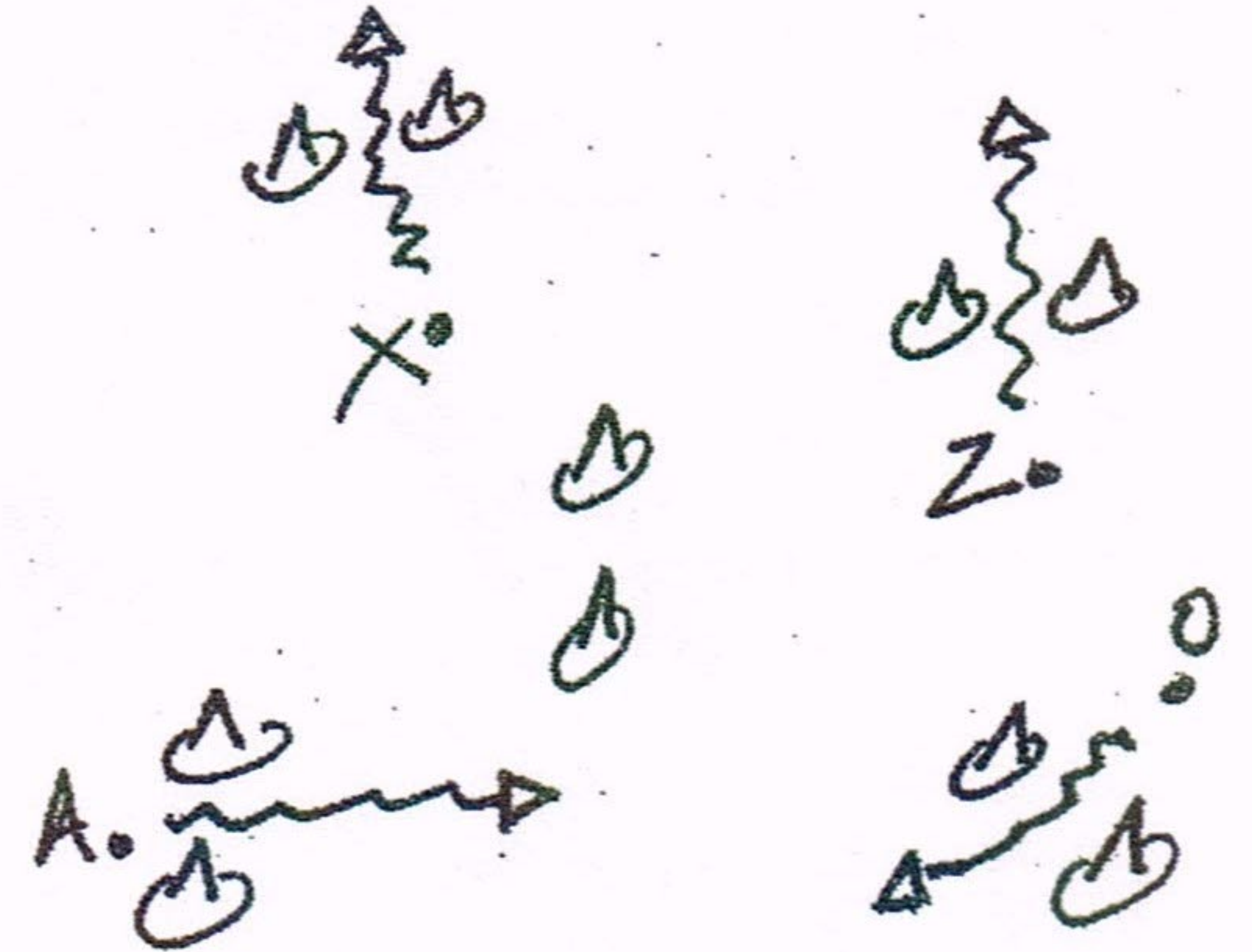
Progressions: Each player has a ball. Players kick the ball in a specified way through the goals (left foot, right foot, laces, etc).

1 v 1 Game

Disney Game. Organization: Two teams of equal number stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end.) Coach sends in a ball and calls out a Disney character and that character from each end goes out into the field to play 1v1. The remaining players stay on the goal line either side of the goals. After a goal, or a period of play, coach calls out another character.

Progressions: Try calling out different characters, so players learn to interact with different characters (e.g. 1st name from one end, 2nd name from the other end).

Comments: Don't be afraid to play more than one 1 v 1 at a time.



Scrimmage 2 v 2 or 3 v 3