

Recommended U6 Lesson Plans - Lesson 4

Warm Up

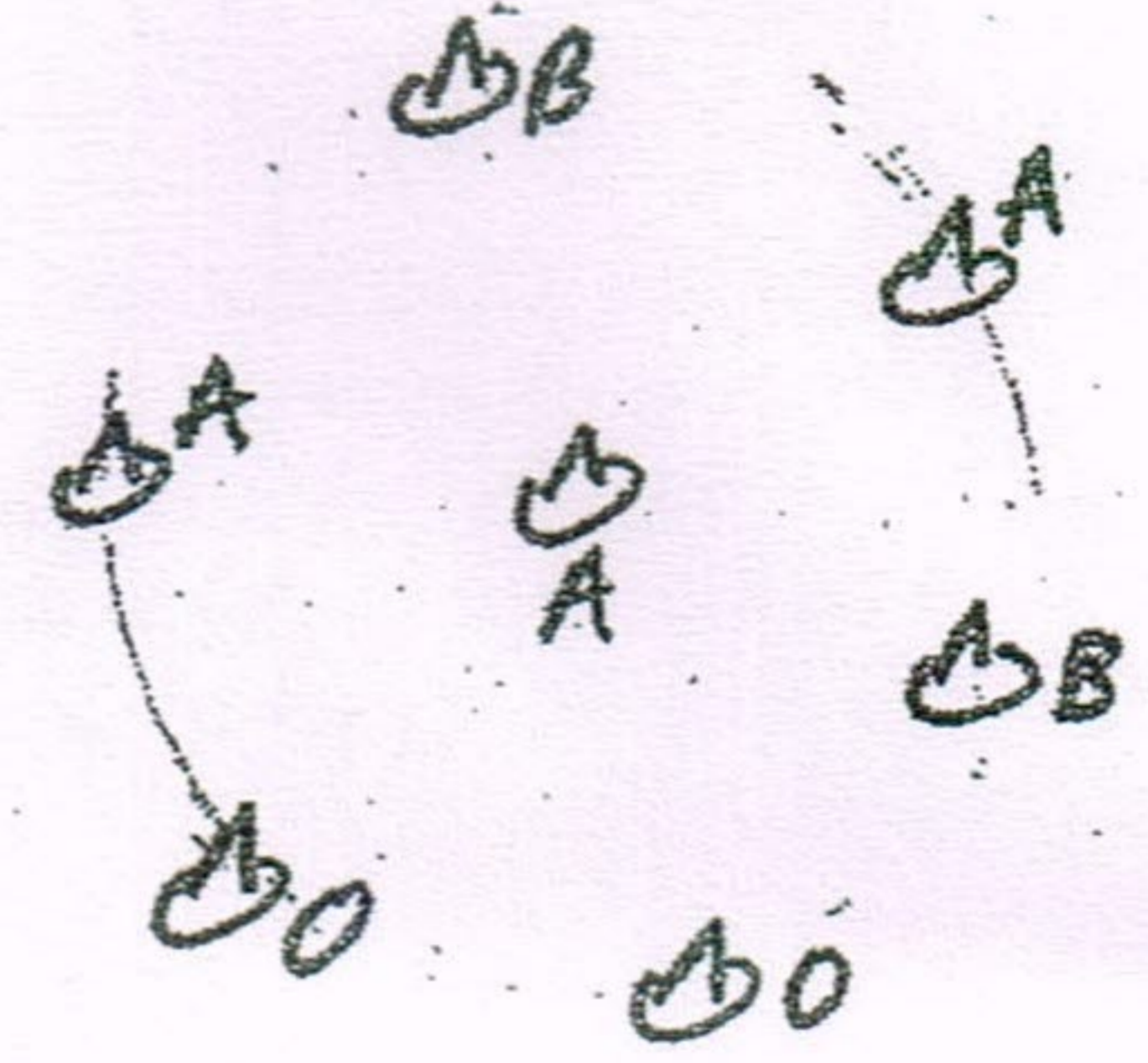
Body Part Dribble. Organization: Roll the ball forwards, backwards, and sideways with the right and left elbows. Roll the ball forwards, backwards, and sideways with the right and left hands. Move quickly but avoid collisions! Roll the ball forwards, backwards, sideways, etc., with the right and left shoulders. Roll the ball in all directions with the head. Dribble the ball with the knees, rolling it forwards, backwards and sideways. Players should try to play around each other. Roll the ball in all directions with the buttocks. Roll the ball with different parts of the foot, etc.

Progressions: Introduce Tick-Tock (pass the ball from inside of left foot to inside of right foot) and Tap Dance (lightly touch ball quickly with bottom of right foot then with bottom of left foot. Ball should remain still.)

Activity 1

Fruit Salad. Organization: The coach sets up the cones in a circle. The cones are important, as they give the players a target to run to. One player stands near the center cone and the others stand in a circle around him (at a distance of 6-12 yards, depending on the size of the group). The coach walks round the circle and gives each player the name of a type of fruit (banana, orange, apple, cherry, etc.). The name of a fruit is called out and each player with that fruit name runs to another cone. When "fruit salad" is called out, all the players have to run to another cone.

Progressions: Add dribbling (Same as above except the players must dribble to another cone)

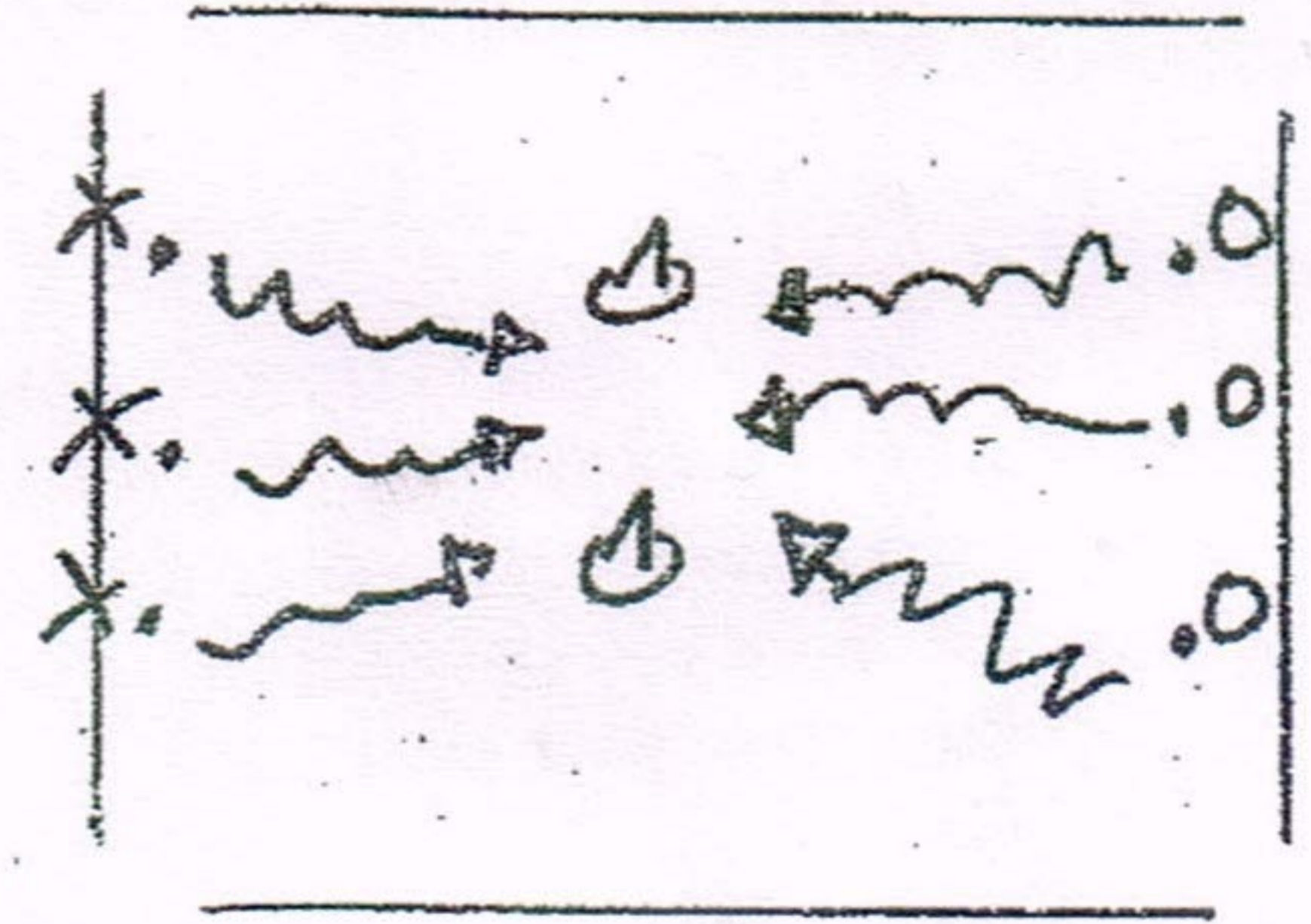


Activity 2

Cross the Bridge. Organization: Divide players into two groups, one on each endline of a field of an appropriate size. The two teams face each other, and each player has a ball. Mark the centerline with a flag on each sideline. You can also call the line between the flags "the bridge". Both teams switch sides by dribbling across the field at the same time. Players may not cross the sidelines, so they all have to go between the flags (across the bridge). Which team can reach the opposite endline (cross the bridge) first?

Progressions: Add a goal on each endline. Cross the bridge and then score on the goal. Which team can score five goals first? Gradually move the flags closer together, making the bridge narrower and narrower. Make two bridges side-by-side and assign two bridge defenders. One coach guards the bridge assigned to Group A and one coach guards B's bridge. Which is the first group to cross to the other endline? Which group is able to all score first?

Comments: You can start this game without the bridges (and without the soccer balls) and race to see who switches the fastest. Then add balls, etc.



Activity 3

Bingo. Organization: A number of tall cones are distributed throughout the field. Two coaches are the "replacers". Each of the players has a ball. The players with balls try to knock down as many cones as possible by kicking their balls at them. The "replacers" set up the cones as fast as they're knocked down. When a player knocks down a cone, he yells "Bingo!" (the sound adds to the excitement). Who can score the most "Bingos?"

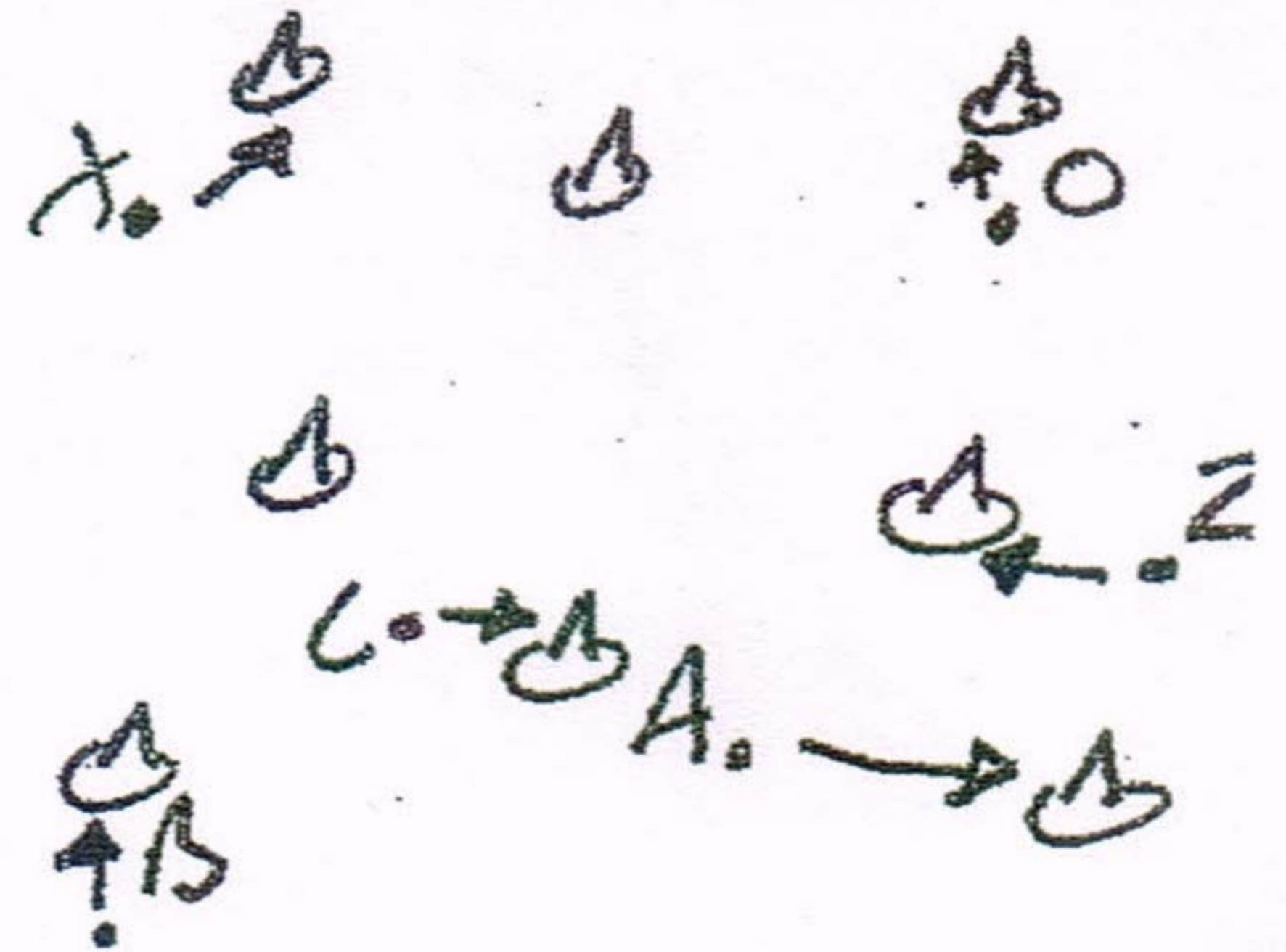
Progressions: Kick the ball using your laces, kick with only your left foot, kick at the cone no closer than 3 yards, etc.

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