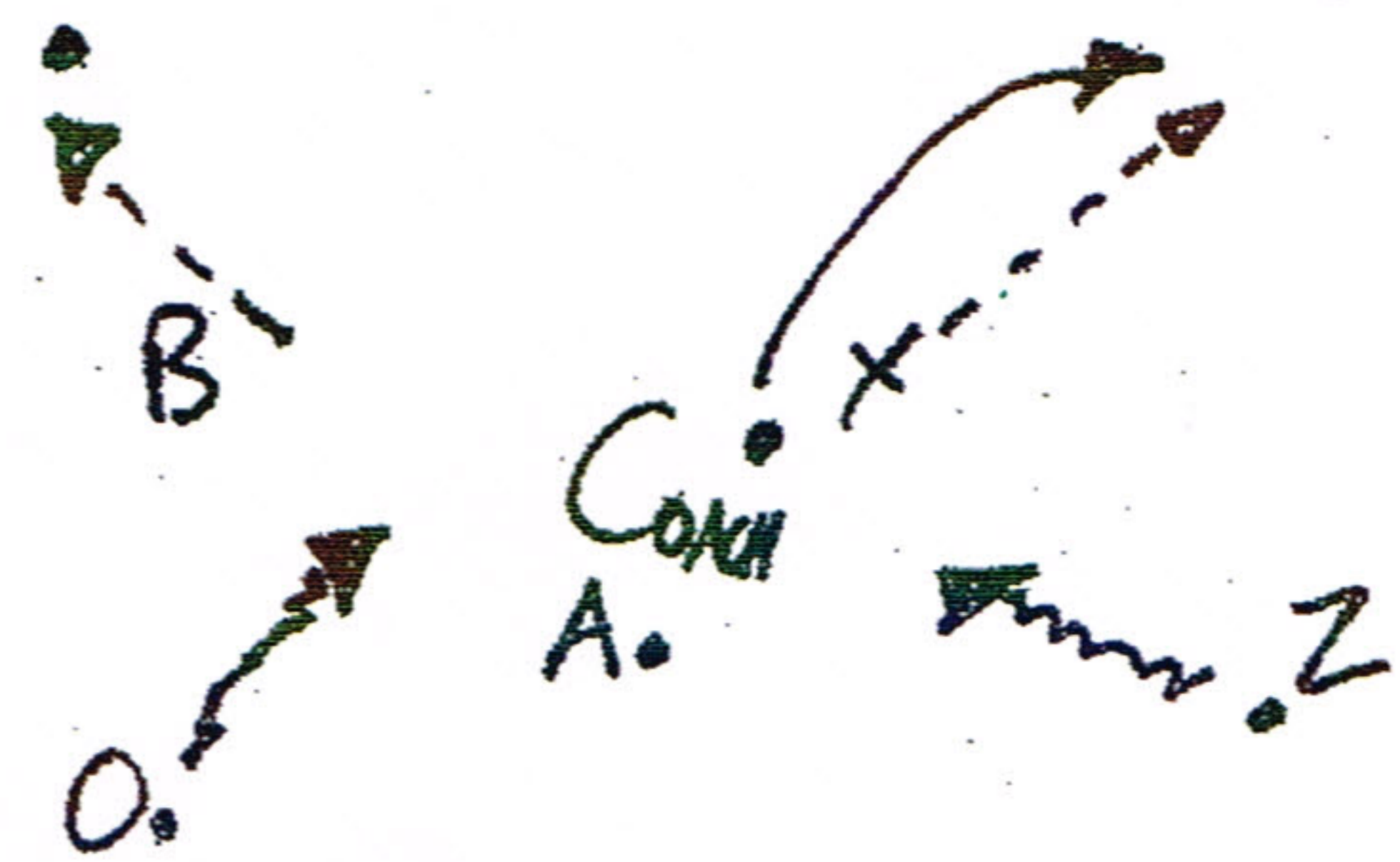


Recommended U6 Lesson Plans - Lesson 5

Warm Up

Ball Retrieval. Organization: The coach tosses the ball for each player to bring back with feet, hands, elbow, forehead. Have all of the players gather closely around you, but not in a line. Each one hands you their ball, which you toss randomly into an open area where they must retrieve the ball and get it back to you as specified and as quickly as possible.

Progressions: Bring the ball back with two hands, one hand and one head, bouncing it back with two hand, rolling it back with their hand, dribbling it back with the bottoms of their feet, right foot and then left foot, outside of feet, etc.

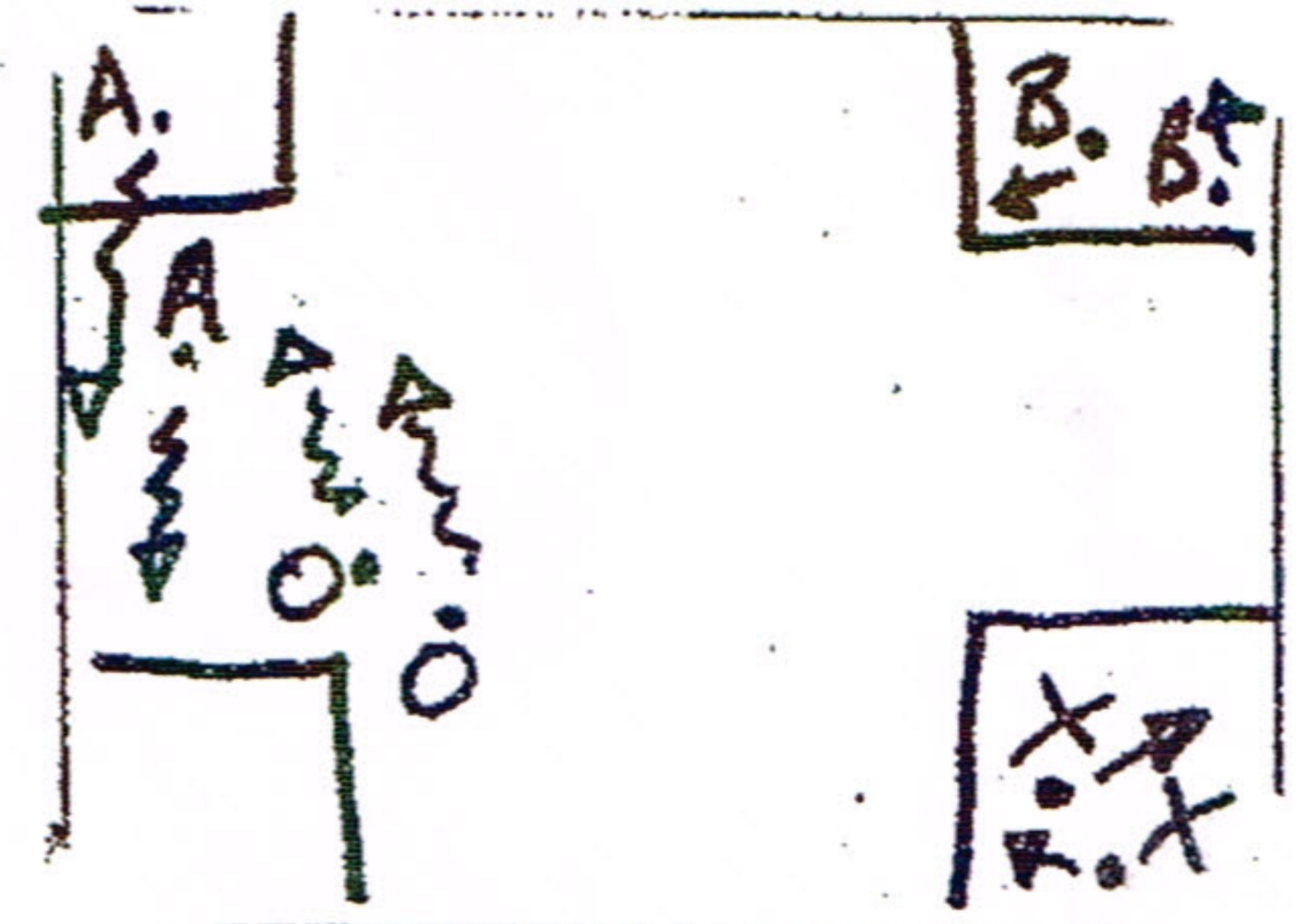


Activity 1

Traffic Officer. Organization: The four groups of players stand in the corners of a square. The coach "traffic officer" stands in the middle of the field and directs the traffic, telling the groups when to change direction (parallel or diagonal). The players watch out for the players approaching in the opposite direction.

Progressions: Every player has a ball.

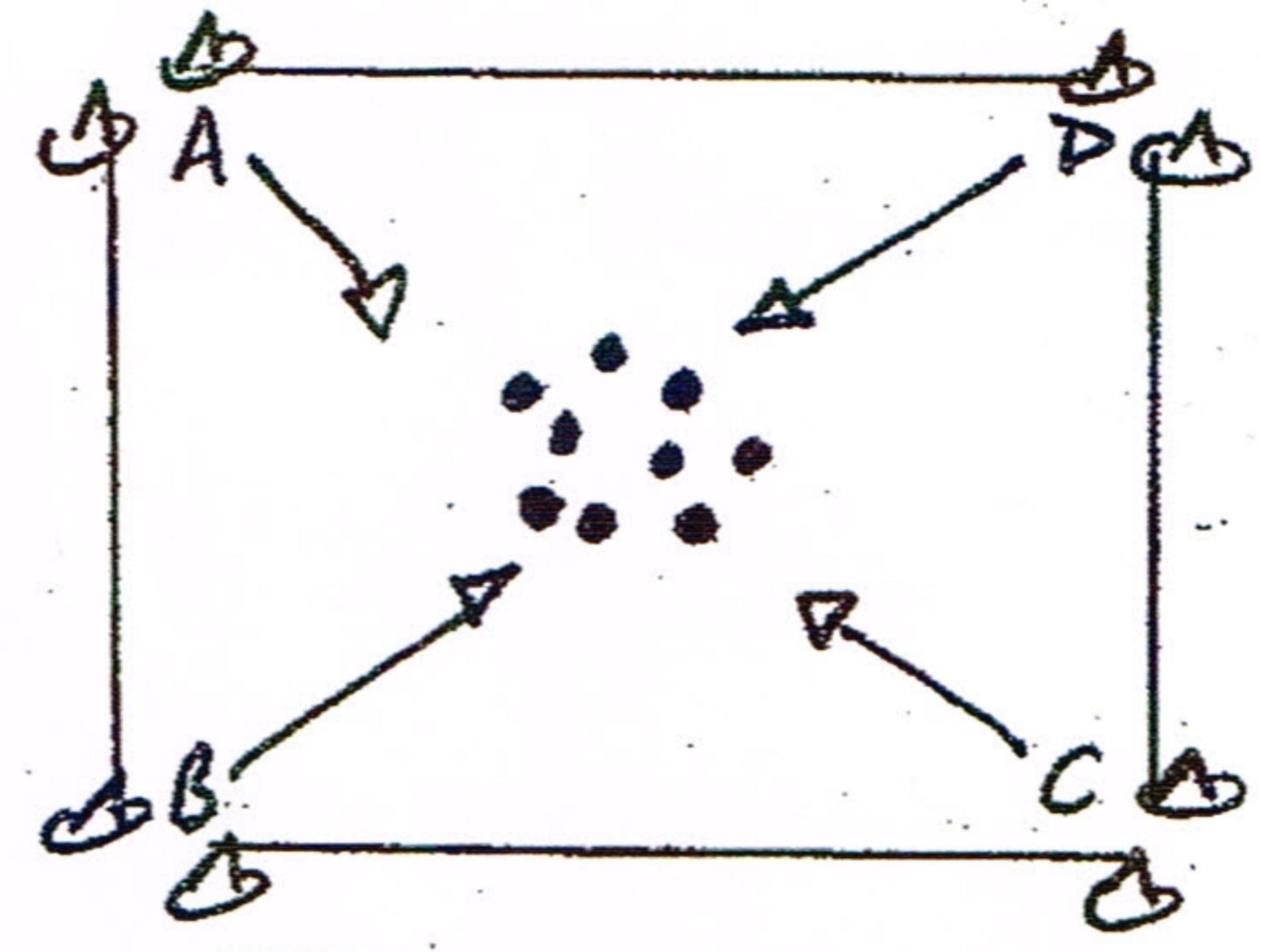
Comments: Have players drive around their square (jogging or dribbling). No standing still.



Activity 2

"Steal the Bacon". Organization: In a 20 x 20 yard area, four players play against each other. Each has 60 seconds to collect as many balls as they can using their hands from the middle area and put in own goal area. When middle area is empty, collect balls from other goal area. After 60 seconds, count balls then switch to new players for the next game.

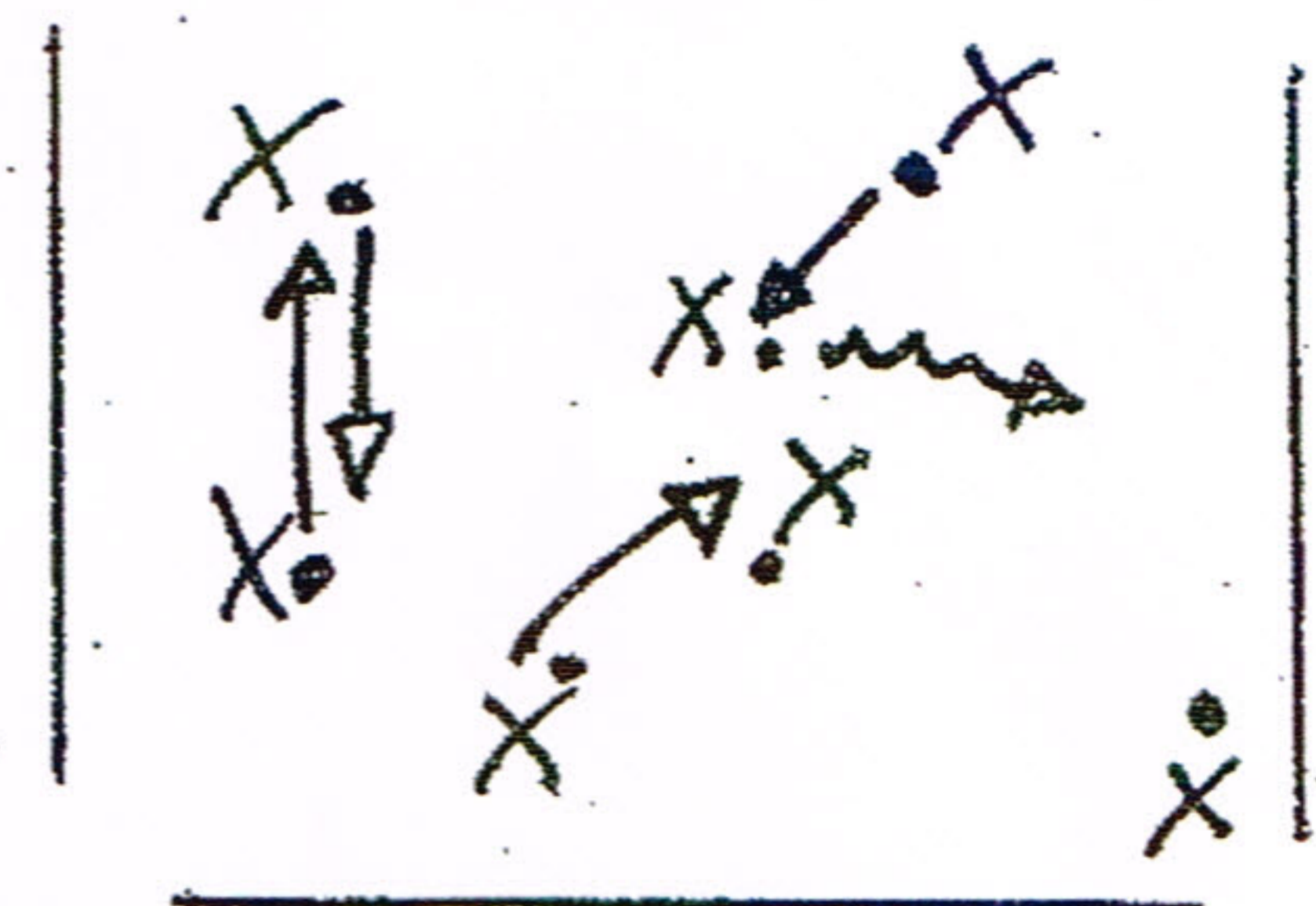
Progressions: Roll ball out of middle, use feet only, use only left foot, etc.



Activity 3

Bumper Cars. Organization: All the players have a ball and are inside the playing area. Each player tries to pass and hit another player's ball while they are moving. If they pass and hit someone else's ball, they get a point.

Progressions: Players must kick the ball using their 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