



★ RECREATIONAL ★ COACHING CURRICULUM

U6 LESSON PLAN - WEEK 1, SESSION 1

Activity: Movement.

Area: 20 x 25 with two 5 yard boxes. Place vest randomly on the ground.

Description: Name the small boxes RED & YELLOW. Players start the game with no ball, running and jumping over the vests. On the coaches commands players run to a box. Other ideas include; stop at a vest then jump over, hop over a vest, do a forward roll over a vest, chip the ball over the vest.

Introduce stopping the ball with the inside and sole of the foot .

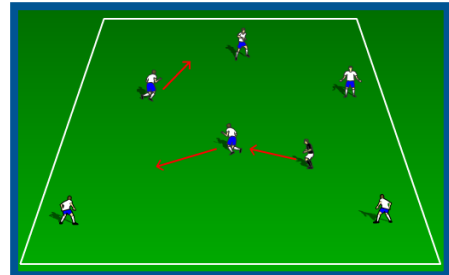


Activity: Tag

Area: 20 x 25 yards.

Description: Players start the game by running around the area changing direction. Coach is 'IT' and is trying to tag the players as they run around the area. If a player is tagged they grab a vest and help the coach tag the rest of the players. Continue until one player remains.

Introduce the ideas of turning away from the defending player with the inside and sole of the foot.

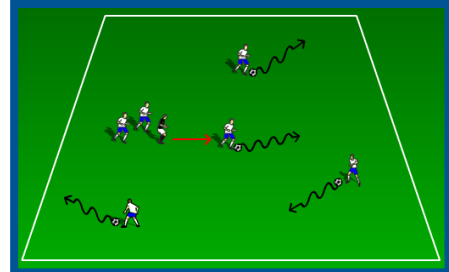


Activity: Chain Tag

Area: 20 x 25 yards.

Description: Players dribble around the area. When the coach tags a player they join the coach in the chain, without the ball. Continue until one player remains.

Continue to reinforce the idea of turning away from the defender.

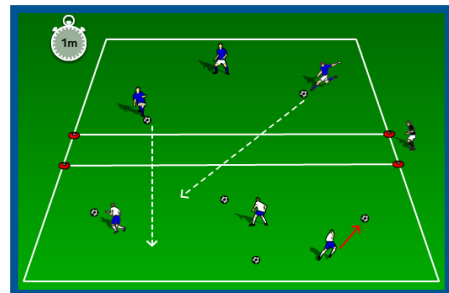


Activity: Clean My Room

Area: 20 x 25 yards with a 5 yard channel in the center of the grid.

Description: Split the players into two groups and place a group in each half. Each player has a ball. Play for 1 minute. Objective is for players to kick their balls into the oppositions half of the field (room) to make it look untidy. Players with the least number of balls in their rooms after a minute wins the game!

Introduce the concept of striking the ball with the laces.



Activity: 3 v 3 to Goal

Area: 20 x 25 yards with two goals.

Description: Split players into two teams. Each team defends and attacks a goal.

