



★ RECREATIONAL ★ COACHING CURRICULUM

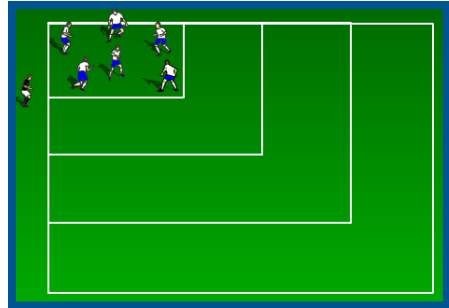
U6 LESSON PLAN - WEEK 2, SESSION 1

Activity: Hee Bee Dee Gee Bees

Area: 25 x 25, 15 x 15 and 5 x 5.

Description: Listen to the commands of the coach:

- Move without touching your teammate with 5 x 5.
- Jog without touching your teammate with 5 x 5.
- Full speed without touching each other 10 x 10.
- Introduce the ball and around 10 x 10.
- Open up to 20 x 20 and dribble at full speed.
- Introduce stopping the ball with the inside and sole of the foot.

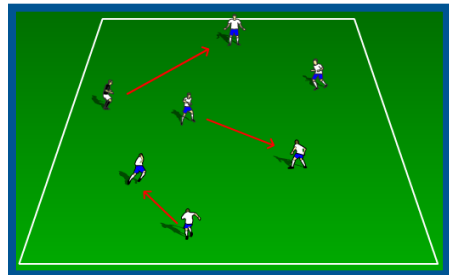


Activity: Everybody's It

Area: 20 x 25 yards.

Description: Each player is 'IT' and is trying to tag each other. Play the game for 2 minutes and see how many points each player has. Continue.

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

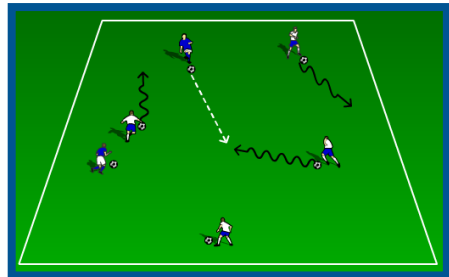


Activity: Freeze Soccer.

Area: 20 x 25 yards.

Description: Players start the game with soccer balls. Coach is 'IT' and is trying to tag players. If players are tagged they must sit on their soccer ball. Players can be freed by being tagged by a teammate. Play for 1 minute or until all players are frozen!

Continue to reinforce the concept of turning away from defenders.

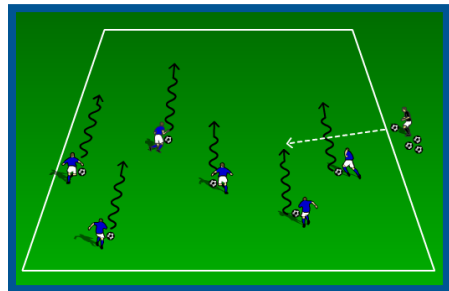


Activity: Moving Target

Area: 20 x 25 yards.

Description: Place players on the end line with a ball each. Coach stands to the side with a ball. When the coach shouts 'PULL', the players attempt to dribble to the opposite side of the grid. The coach tries to hit the players with their soccer ball below the knee. If a player is hit, they join the coach. Continue.

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.

