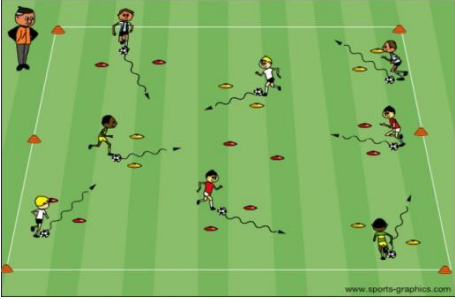
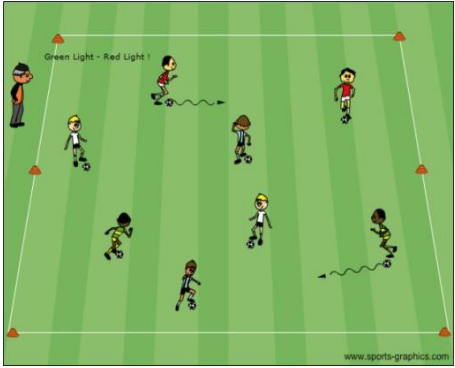

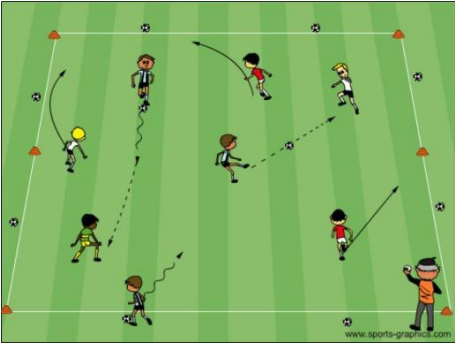




U6 - Lesson Plan - Week 8

Activity 1	Activity Description	Time
	<p><u>Gate Dribbling:</u> In a 15x20 yard grid set up as many gates (two cones about 2 yards apart). All players with a ball must dribble through the gate in order to score a point.</p> <p>Coach: Have players keep count of how many points they score in 30 seconds or a minute. Repeat asking the players to beat the score by one or more points. You can also ask them to dribble with the left or right foot only.</p>	<p>6 minutes</p>
	<p><u>Red Light/Green Light:</u> All players are dribbling freely in a 15x20 yard grid. When the coach says “red light” the players must stop and put their foot on the ball. When the coach says “yellow light” the players must dribble slowly, and when the coach says “green light” the players must dribble fast</p> <p>Coach: Control the frequency of light changes. You can also add other light colors (i.e.: “purple light” = hop back and forth over the ball, “orange light” = run around the ball, “black light” = dance, and “blue light” = hide behind the ball.</p>	<p>6 minutes</p>
	<p><u>Shrek/Spiderman/Sponge Bob:</u> All players with a ball (dribblers) with the exception of two players who wear pennies (Shreks) in a 15x20 yard grid. The players with pennies are trying to tag the dribblers. Once tagged, the players must go to the castle/spidernet. Dribblers can only get back if another dribbler tags them or the coach uses his/her magic powers.</p> <p>Coach: Make sure all players have a chance to be a Shrek.</p>	<p>6 minutes</p>
	<p><u>Catching Robbers:</u> All players are spread around a 15x20 grid; only two players (the cops) have soccer balls. When the coach says “let’s catch some robbers” the cops attempt to catch the robbers who are running around the grid by striking their legs below knee height with their soccer balls. Once a robber is caught he/she goes and gets any ball from the perimeter and becomes a cop.</p> <p>Coach: Place the balls that are not being used around the perimeter of the grid.</p>	<p>6 minutes</p>
<p>Scrimmage</p>	<p>Activity Description</p>	<p>Time</p>
<p>3v3 - Dual Field Scrimmage</p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p>25 minutes</p>