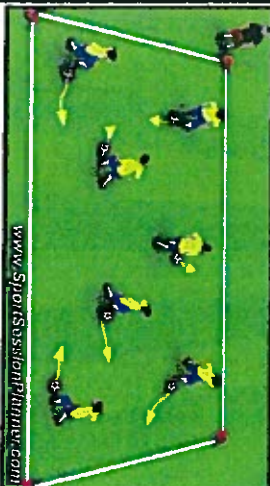
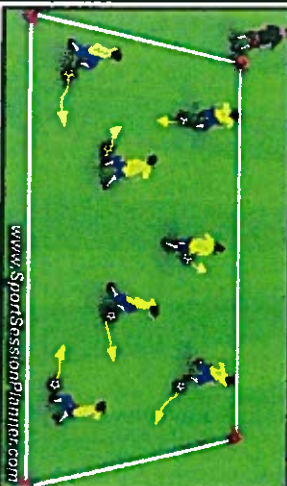
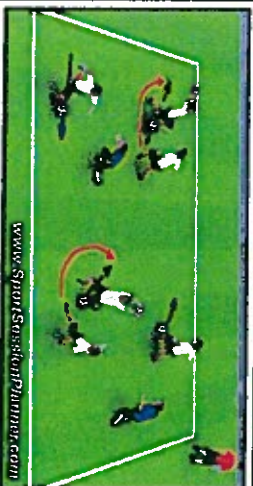
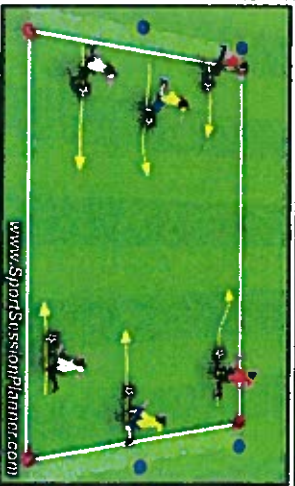


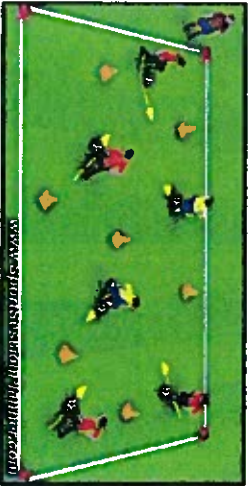
Spring Lesson Plan - Week 2

Stage	Activity Description	Diagram	Coach Effectiveness
Activity 1	3 Surfaces: Each player has a ball. Have the players try to use the 4 surfaces of the foot in 1 fluid motion in this order: Outside, Inside, Laces or Bottom. Transfer the ball from the right to left foot after they stop the ball with the bottom (sole of the shoe) When the players display proficiency, challenge them to do it faster and in a smaller space. The sequence are: ○ Outside of the foot touch - Inside of the foot touch - Laces (push) ○ Outside of the foot touch - Inside of the foot touch - Bottom		• Are the players engaged in the activity? • Can the players use their outside-inside-laces-bottom of their feet? • Are they keeping the ball close to their feet? • Are the players talking to their feet?
Activity 2	Boston Traffic: Players dribble their soccer balls trying not to crash with any other player. Every time a player is in front the players should "BEEP" him/her out of the way. Coach should give a ticket to any players that crash. After 3 crashes, he or she must do 10 ball taps and get back in traffic Add tall cones The players try to dribble as close to any tall cone as they can without knocking it over. If they knock it over, they must stand it back up before they can continue		• Are the players using all parts of their feet to change direction? • Are they dribbling through traffic? • Are they looking around as they dribble to prevent collisions? Challenge: Make the game competitive! i.e.: Who has the most or least crashes? • Are the players changing direction? • Are the players kicking or passing the ball? • Are the players keeping the ball close to their feet? • Are the players helping teammates to get unfrozen?
Activity 3	Freeze Tag: The coach or coaches start as the freeze monster without a soccer ball. The players are dribbling their soccer ball. When a freeze monster tags a player, he/she is frozen (hold a soccer ball on top of your head with legs opened). To unfreeze, any dribbler must pass the soccer ball between the frozen player's legs. The Coach starts as the freeze monster then he can select one or two players to be the monster.		• Are the players getting around a defender? • Are the players working with their teammate? • Are the players... ○ Dribbling into the goal? - Good ○ Passing into the goal? - Better ○ Shooting at goal? - Best
Activity 4	Get "Outta" There with Numbers: The players are divided into two teams, with each player given a number from 1-4 or 5 (depending on total amount of players). Players are positioned at either side of the coach, with multiple soccer balls, outside a 10x15 yard grid with two (one) small goals on each end line. The coach calls out a number (s), serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells "Get outta there!" Coach: Can make the games 1v1, 2v2 and 3v3.		• Are the players getting around a defender? • Are the players working with their teammate? • Are the players... ○ Dribbling into the goal? - Good ○ Passing into the goal? - Better ○ Shooting at goal? - Best
Match	3v3 - Dual Field Scrimmage	Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.	25 minutes

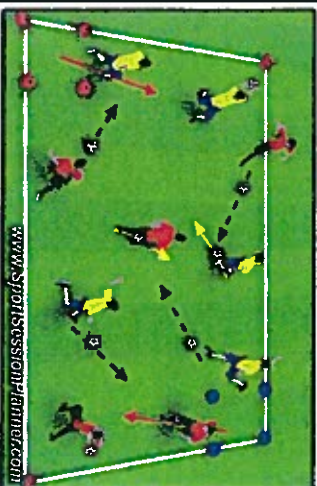
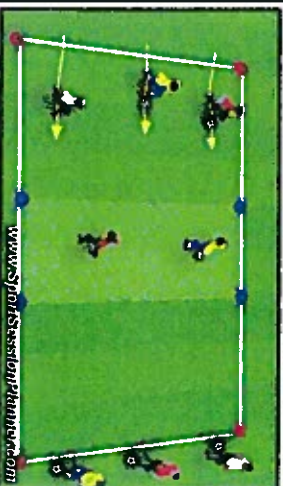
Spring Lesson Plan - Week 3

Stage	Activity Description	Diagram	Coach Effectiveness
Activity 1	Dribble Tag: - All players dribbling a soccer ball will try to tag each other with their hands. - Players cannot abandon their own ball to tag. Coach: - Have players keep count of their own tags. - Play more than one game, have players improve their tags by at least 1 more than before.	 www.SportsSessionPlanner.com	- Are the players changing direction? - Are they keeping the ball close while dribbling and tagging? - Are they falling over or staying balanced while tagging others?
Activity 2	Snake: All players are dribbling a soccer ball in a 15Wx20L yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts. Coach: - Encourage the snake players to hiss. - The snake should not be bigger than four players	 www.SportsSessionPlanner.com	- Are the players engaged in the activity? - Are they dribbling away from the snake? - Are they changing speed? - Is the ball close to their feet? - Are they having fun with this activity?
Activity 3	Cross the River: Get the players in pairs and place them on opposite sides of the soccer grid. At coach's command, the players will dribble the soccer ball to the other side of the grid. They will try to cross the river as fast as they can. When they arrive to the other side they must control the soccer ball within the end zone in order to get a point. Players must call out their name when they have full control of the ball. Start with Foundation moves then running with the ball.	 www.SportsSessionPlanner.com	- Do the players have the ball within a couple steps of their feet? - Are they pushing the ball with their laces over distance? - Are they comfortable doing this with both feet? - Are they avoiding collisions and then stopping it under control?
Activity 4	Combat 1: The coach makes two teams of 3-5 players each. The players are lined up next to the coach. When the coach serves the ball on to the playing area, the first players next to the coach will go after the soccer ball and retrieve it by dribbling and kicking it into their team's goal for a point. The coach can make the games 1v1, 2v2 and 3v3's. You can have several groups of players playing in the soccer area.	 www.SportsSessionPlanner.com	- Are the players changing direction? - Do they know when to shoot? - Are they protecting the ball? - Do they know how to get around a defender?
Match	3v3 - Dual Field Scrimmage Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.		25 minutes

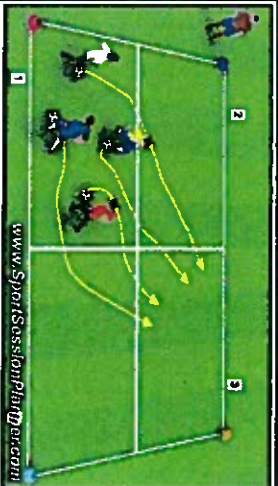
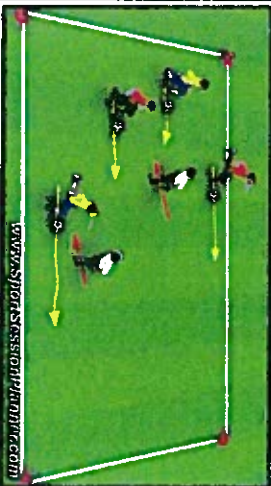
Sporting Lesson Plan - Week 4

Stage	Activity Description	Diagram	Coach Effectiveness
Activity 1	<u>Triangles, Squares & Diamonds:</u> In a 20Wx25L yard grid, make 3 shapes with cones a triangle, a square and a diamond. On Coaches command "Red Square" the players dribble their ball to the shape called out by the coach. Add different directions: "Around the triangle, through the square, and into the diamond."		- Are the players changing direction? - Are the players listening to directions? - Are the players using both feet to manipulate the ball? - Are the players engaged?
Activity 2	<u>Cars</u> Players dribble their soccer balls trying not to crash with any cone or other player. Every time a player is in front the players should "BEEP" him/her out of the way. The coach should control the traffic by saying Green Light, Yellow Light, Red Light. • Coach should give a ticket to any players that crash. After 3 crashes, he or she must do 10 ball taps and get back in traffic		- Are the players able to change direction with different parts of their feet? - Are the players aware of what is going on around them? - Do the players understand the different speeds of dribbling?
Activity 3	<u>Get their Cones:</u> Divide the players in to two teams. Assign one Cone Guards and Raiders per team. Place several cones in a zone guarded by one or two players. The Raiders will dribble to the other team's zone and shoot to knock the cone out of the zone, grab it and dribble it back to their own zone. The Guards can catch the ball, block the shot or kick the ball away. They must pick up any downed cone that still is inside the zone.		- Are the players striking the ball? - Are they keeping control when changing direction? - Are they avoiding the guards and striking the cone?
Activity 4	<u>Bandits I:</u> Select 1or 2 players to be the Bandits. Their mission is to get any dribblers' ball, once the bandit gets a ball the player without the ball becomes the new bandit. Variation: When the bandit gets a ball, he/she must dribble it outside the grid. The player that lost the ball can regain it back, but after the ball goes outside the player becomes another bandit.		- Are the players changing direction? - Are the players protecting/shielding the ball? - Do they know what part of the foot to use when running with the ball?
Match	3v3 - Dual Field Scrimmage	Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.	
			25 minutes

Spring Lesson Plan - Week 5

Stage	Activity Description	Diagram	Coach Effectiveness
Activity 1	Math Dribble: Divide the playing area in two halves. Have the players dribble around in 1 half. Coach shouts a number – “2” or “3”. The players must dribble and gather to form a group equal to the number called. After a while say SWITCH and have the players run with the ball to the other half and continue with the activity.		• Are the players running with the ball using their laces? • Are they having fun with the activity? • Do they know how to form groups quickly? • Are the players engaged in the activity?
Activity 2	Doctor, Doctor: Divide the group into two teams. Send them to their hospital (corner boxes). Each team selects a doctor. He/she will cure (unfreeze) his/her team's players. Teams try to freeze each other by hitting the players with their soccer balls below knees or striking their balls. When frozen, players must put ball above head, remain in place, and yell “Doctor, Doctor”. The Doctor is without a ball, and is safe in the hospital, but when they come out, they can be frozen. When the doctor is frozen the game is over. Coach should be the DOCTOR first.		• Do they know how to play the game? • Are they using the different parts of their feet to tag someone? • Are they trying to work as a team?
Activity 3	Boston Bulldogs: In a 15Wx20L yard grid, the dribblers will try to cross the dog pound by eluding the Bulldogs. Place two Bulldogs inside a 5x15 yard area in the middle of the grid. Place half of the players (Dribblers) with a ball at each end of the grid. On coach's command, one group of dribblers will try to cross the dog pound. As soon as one gets to the opposite line the next dribbler waiting goes. If the bulldog dispossesses the dribbler he/she switches with the bulldog.		• Are the players going through the dog pound? • Are they changing speed through the dog pound? • Are they changing directions? • Do they know how to get around a bulldog?
Activity 4	Cannon Ball Run: In a 10Wx 25L yard grid (the ship) place all the PIRATES on one end line. The Pirates need a new Captain and for this they need to cross the ship without getting hit by a cannon ball. The game starts with the coach calling “Cannon Ball Run” and all the pirates run to the other end of the ship. Any pirate that gets hit becomes the Cannon Baller and joins the coach. Coach the ball should be low ball		• Are the Cannon Ballers able to hit the pirates? • Are they using the inside of their foot or laces to strike the ball? • Do they know when to strike the ball?
Match	3v3 - Dual Field Scrimmage	Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.	
		25 minutes	

Spring Lesson Plan - Week 6

Stage	Activity Description	Diagram	Coach Effectiveness
Activity 1	Magic Kingdoms: In a 15W x30L yard grid, divided in 4 rectangles, name each of the quadrants. All players in one kingdom dribbling, when the coach calls out a kingdom all players must dribble to that area. Variations: Players should dribble 1. Magic Mountain - One foot only 2. Enchanted Castle - Inside of the foot only 3. The Dungeon - Outside/Inside of the foot 4. Dragon's Lair - Stop and turn (Drag back)		• Are the players moving? • What can you do to make the game more challenging? • Are the players engaged?
Activity 2	Sharks and Minnows: In a 15Wx30L yard grid have 1-2 players acting as the sharks. The minnows are at one end of the grid with their soccer balls. When the Sharks say "Fishy, Fishy Cross My Ocean" the minnows try to dribble to the other end of the grid and the sharks are trying to kick the ball out. When the dribbler's ball goes out, he/she becomes a shark. If the minnows reach the other end, they will wait for the Sharks to command theme to play again. The game continues until all players turn into sharks.		• Are the players staying in the ocean? • Are the players changing speeds? • Are the players controlling the ball or kicking it far away?
Activity 3	Knock Their Ball Out: All players are dribbling in a 20Wx25L yard grid and are trying to knock other dribbler's balls outside the grid. Players must retrieve the ball quickly and get back in the game. Coach: Have your players perform a skill task before re-entering the grid, i.e.: • 5 ball taps or 3-5 juggles • How fast can you and your ball get back?		• Are the players having fun? • Are any players afraid? • How can you make the players more active? • What other activities can you use for re-entry into the game?
Activity 4	Capture the Balls: Players should be divided into equal teams to play in a grid with each team's home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach's command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent's home bases. Coach: Call "Time" and each team counts the soccer balls they have collected.		• Is everyone active? • How can you help the game last longer? • Are the players excited?
Match	3v3 - Dual Field Scrimmage Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.		25 minutes