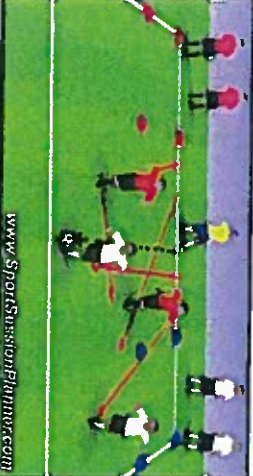


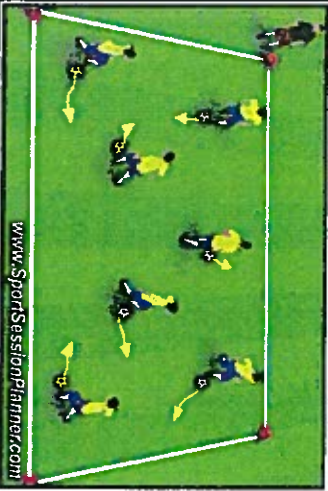
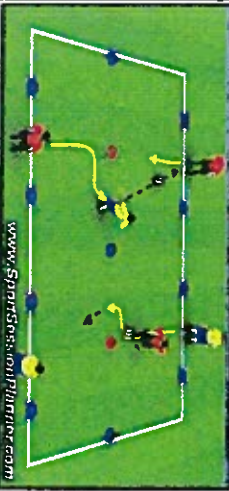
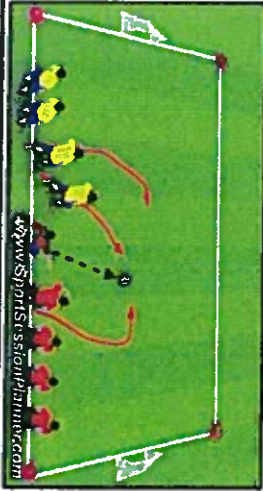
Spring Lesson Plan - Week 2

Stage	Activity Description	Diagram	Checking for Understanding
Activity 1	Triangle Dribbling: In a 15x20 yard grid, set up 5 to 7 triangles (three cones about 2 yards apart). All players with a ball must dribble through the triangle in order to score a point. Coach: Have players keep count of how many points they scored in 30 seconds or a minute. Repeat, asking the players to beat their score by one or more points. You can also ask them to dribble with their favorite foot or their weaker foot or to stop in each triangle. Two Turns:	 www.SportSessionPlanning.com	Coach's Observation: - What parts of their feet are they using? - When are they changing direction? - Where are they changing speed? Player Challenges: - Am I able to keep the ball close through the triangle? - When should I speed dribble?
Activity 2	Set up as shown (see diagram). Pair up the players and place each player on the end line. One player will call the turn and say go. The players will go to the furthest cone and execute the turn, then go to the cone diagonally behind and execute the turn again, then running with the ball to the last cone. The player that arrives to the last cone first gets 10 points. Turns are: Inside of the foot cut, Outside foot hook and Drag Back Gates Passing with Bandits:	 www.SportSessionPlanning.com	Coach's Observation: - When are they turning with the ball? - What are they doing after a turn? Player Challenges: - Am I using the proper part of my foot to turn? - Am I able to turn with the ball and continue my speed? Coach's Observation: - What surface of their foot do the players use to pass? To receive? - Where is the player's first touch going? Player Challenges: - Am I working with my partner and moving through the gates quickly? - Are we avoiding the bandits?
Activity 3	Get the players in pairs with a ball. Have the pairs start counting passes through the gates. Select 2-3 players to be the "Bandits". They will try to dispossess the passers. If a bandit gets the ball, he/she will try to score points by dribbling through the gates. The passers need to get the ball back from the bandit. Play 3 bouts of 2-3 minutes each. Challenge the players to improve their score. Castle Combat 2:	 www.SportSessionPlanning.com	Coach's Observation: - When should the players pass or dribble? - What are the players doing to get around defenders? Player Challenges: - Am I able to pass the ball to my teammate? - Can I control the ball when I get it?
Activity 4	The coach makes two teams of 4-5 players each. The players are lined up next to the coach. When the coach serves the ball onto the playing area, the first 2 players next to the coach will go after the soccer ball and try to dribble it into the box or pass and receive the ball by stopping it inside their own box or castle. The defenders can't defend inside the box. The team with the most balls inside their box/castle wins the game. Castle Combat 2:	 www.SportSessionPlanning.com	Coach's Observation: - When should the players pass or dribble? - What are the players doing to get around defenders? Player Challenges: - Am I able to pass the ball to my teammate? - Can I control the ball when I get it?
Match	4v4 - 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

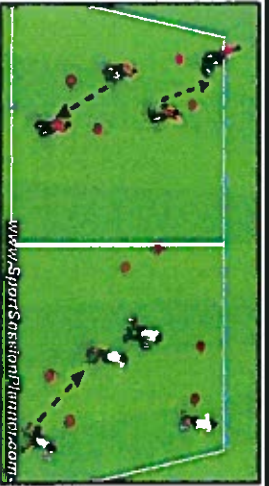
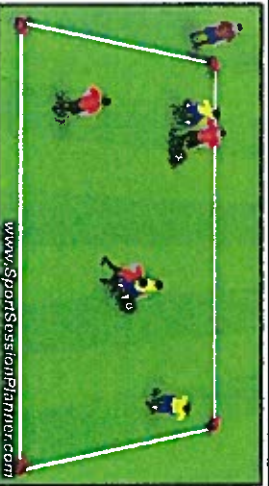
Sporting Lesson Plan - Week 3

Stage	Activity Description	Diagram	Checking for Understanding
Activity 1	Protect, Turn or Get Tagged: In a 20Wx30L grid, put the players in groups of 2. One is the tagger the other is the protector. The tagger scores 1 point by throwing his/her ball and hitting the protector's ball or by the protector dribbling the ball out of bounds. Switch players after 1.5 minutes.		Coach's Observations: - Who doesn't understand the game? - Where do the players put their bodies when shielding the ball? Player Challenges: - Am I protecting/shielding the ball? - Am I keeping the ball close? - Am I changing direction?
Activity 2	Gate Dribbling: In a 20Wx25L grid set up many gates (two cones about 2 yards apart). All players have a ball and must dribble through the gate in order to score a point. Coach: Have the players keep count how many points they scored in 30 seconds. Repeat asking the players to beat their score by one or more points. You can also ask them to dribble with their left or right foot only. Version 2: Add "bandits" or defenders		Coach's Observations: - What surface are the players using to dribble? - When do they change speed and direction? Player Challenges: - Am I going fast after I get through a gate? - Am I looking at the next gate? - Am I avoiding the other dribblers?
Activity 3	Gate Passing: In a 20Wx25L yard grid, set up several gates (two cones about 2 yards apart). Players are now in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate in order to score a point. Coach: Players count how many points they score in a minute. Repeat asking the players to beat their score by one or more points. You can also ask them to pass with the inside or outside of the foot, and using their favorite foot or with the other foot. Add two defenders to guard the gates		Coach's Observations: - What part of the foot are they using to pass and receive the ball? - When can you tell they are working together? Who needs help? Player Challenges: - Am I using the correct surface of my foot to pass the soccer ball? - Am I using my first touch to get me closer to my next goal?
Activity 4	2v2 Combat: 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 field, two players next to the coach on each team will go after the soccer ball and retrieve it and dribble or pass it into their team's goal for a point. Variation: Players must connect one pass before going to goal. Increase numbers to 2v2, 3v2 and 3v3's.		Coach's Observations: - What influences the decision to pass, dribble or turn? - Where does the player without the ball go to help? Player Challenges: - Am I working with my teammate to score? - Am I shooting when I see the goal?
Match	4v4 - 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

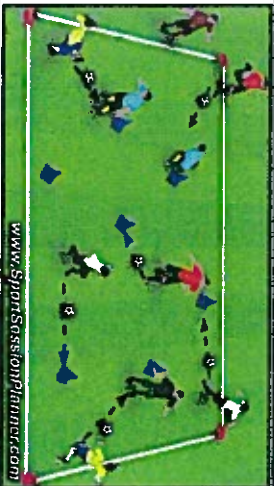
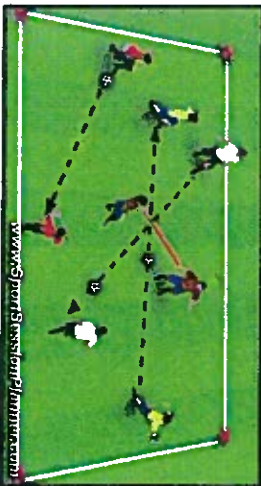
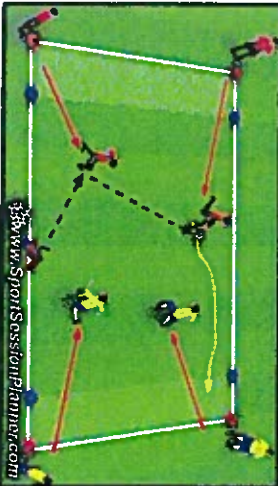
Spring Lesson Plan - Week 4

Stage	Activity Description	Diagram	Checking for Understanding
Activity 1	4 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 and 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 is: ○ Outside of the foot touch - Inside of the foot touch - Laces (push) - Stop with bottom of the foot and Change foot	 www.SportSessionPlanner.com	Coach's Observations: • What surfaces of the foot are the players using? • What surface is the most difficult for the players to use? • Why would you ask them to "Talk to your feet"? Player Challenges: • Am I keeping the ball close to my feet? • Am I looking up or at my feet? Coach's Observations: • What surface of the foot are they using to dribble, pass and receive? • When should they change speed? Player Challenges: • Do I have the soccer ball under control while dribbling? • Are my passes to my teammate?
Activity 2	Receive, Pass and Dribble: • Set up as many 5Wx10L grids with 3 or 4 players, 2 at one end. • The player with the ball will dribble towards the cone, beat the cone with a move, and pass the ball to the next player in line • Player should not stop the ball when receiving it but redirect it towards the direction they want to go	 www.SportSessionPlanner.com	Coach's Observations: • Why do they try to beat the defender by themselves? • When should they pass the soccer ball? Player Challenges: • Am I trying to score by myself? • Sometimes, do I give the ball to my teammate so he/she can score? • Have I shot yet? Coach's Observations: • Where do the players go to score? • When do they change direction to go to the open goal? Player Challenges: • Am I shooting as fast as I can? • If I can't get to the goal, can I find my teammate?
Activity 3	2v1 to Goal: Coach sets up a 15Wx20L yard grid. Coach has all the soccer balls on the sideline. Coach divides the players into 3 groups: 2 attacking groups and 1 defending. The coach passes a soccer ball to one of the lines. The first player in each of the 3 lines enters the field. (2v1). The 2 attackers must enter the zone before shooting at goal. • If the attackers score: 1 point. • If the defender steals the ball and scores: 5 points.	 www.SportSessionPlanner.com	Coach's Observations: • Where do the players go to score? • When do they change direction to go to the open goal? Player Challenges: • Am I shooting as fast as I can? • If I can't get to the goal, can I find my teammate?
Activity 4	Up and Down Numbers Get "Outta" There: The players are divided into two teams. Players are positioned at either side of the coach, with multiple soccer balls, outside a 15Wx20L yard grid with one small goal on each end line. The coach 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 calls out "Get outta there". Players clear the field and the coach serves a new ball for the next group. Coach: play 1v2, 2v3, or 4v3. Vary the service.	 www.SportSessionPlanner.com	Coach's Observations: • Where do the players go to score? • When do they change direction to go to the open goal? Player Challenges: • Am I shooting as fast as I can? • If I can't get to the goal, can I find my teammate?
Match	4v4 - 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	Checking for Understanding
Activity 1	Cats and Dogs: A 20Wx30L yard grid divided in two halves. All Payers get a partner; one player is a CAT and the other is a DOG. Both players stand on the midline next to each other. When the coach calls CAT or DOG, that player will try to dribble to the end line before the other player. Have the players stop their ball on the end line.		Coach's Observations: • What surfaces are the players using to dribble the ball? • When should the players change speeds? Player challenges: • Am I controlling the ball or kicking it far? • Do I use both feet to dribble? Coach's Observations: • Where should the receiver move to be successful? • When should the passer play the ball? Player challenges: • Is the ball going where I want? • Am I able to receive the ball?
Activity 2	Gate Problems: • In a 20Wx30L yard grid, place several gates of 1.5 yards each. You need more gates than pairs. • The coach will tell the players how they can score through the gates. The first pair to 10 will win the round. • Each round has a different task that makes the players cooperate in problem solving. Complete 2 passes in every gate, etc. Variation: After every gate the players will find a new partner.		Coach's Observations: • When should the players pass v dribble? • Where should players move to help support the ball? Player challenges: • Am I helping my teammates? • Should I pass or dribble away from defenders? Coach's Observations: • What technique is being used to score? (pass/dribble/shoot?) • Where should players move to have a better passing lane? Player Challenges: • How can I work with my teammates to score? • Am I trying to score quickly or am I being patient?
Activity 3	2v1 Keep the Treasure: In a 20Wx30L yard grid, divide the team in groups of 3 players. One player is the Defender and the other two are the Keepers of the Treasure (The Ball). The Keepers of the treasure are working to keep the treasure by shielding, passing or dribbling the treasure around; while the defender is trying to get possession of it. If the defender gets it the Keepers will try it to regain it back ASAP.		Coach's Observations: • What technique is being used to score? (pass/dribble/shoot?) • Where should players move to have a better passing lane? Player Challenges: • How can I work with my teammates to score? • Am I trying to score quickly or am I being patient?
Activity 4	Get "Outta" There in 2's or 3's: The players are divided into two teams. Players are positioned at either side of the coach, with multiple soccer balls, outside a 10x15 yard grid with a small goal on each end line. The coach serves a ball into the grid and 2 players from each team try to gain possession and score in their opponent's goal. If a goal is scored or the soccer ball goes out of bounds, the coach yells "Get outta there" and all the layers leave the field. Coach: Can make the games 1v2, 2v2, 2v3 or 3v3. Coach should vary the service to different areas of the field.		Coach's Observations: • What technique is being used to score? (pass/dribble/shoot?) • Where should players move to have a better passing lane? Player Challenges: • How can I work with my teammates to score? • Am I trying to score quickly or am I being patient?
Match	4v4 - 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	Checking for Understanding
Activity 1	Cops and Robbers I: - The coach sets up 8-10 stand up (tall) cones in a 15x20 yard grid. Robbers will strike the ball and try to knock the cone (the banks) down. The cops (2 or 3 players) are without soccer balls and are trying to stand all the cones back up before all the banks are robbed. Rotate the cops and the robbers. Guards will prevent the robber from knocking the cone down. - The Coach starts as the guard, and then selects players to be the guard.		Coach's Observation: - When should the players change directions? - Why should a player shield the ball? Player Challenges: - Do I change directions with the ball or always run forward? - Am I using all parts of my foot to control the ball? Coach's Observation: - What surfaces are the players using to pass the ball? - Where should players move to score more often? Player Challenges: - Am I passing the ball through the gate accurately? - Where should I move to help my teammate score in a different gate?
Activity 2	Gates Passing with Bandits: Select 2-3 players to be the "Bandits". They will try to dispossess the passers. If a bandit gets the ball, he/she will try to score points by dribbling through the gates. The passers need to get the ball back from the bandit. Play 3 bouts of 1-2 minutes each. Each new round challenge the players to improve their score.		Coach's Observation: - What surface are they using to pass and receive the ball? - What types of passes are being made? (short/long) Player Challenges: - Am I following the goal? - Is my teammate where I can see them?
Activity 3	Moving Goal in 2's: Put the players in pairs with a soccer ball. The players are dribbling and passing to his/her partner in a 15x20 yard grid. Two coaches hold a practice vest (penny) between them, forming a goal moving all over the playing area. The players will try to score by passing and receiving the soccer ball through the moving goal. Coach: give more points for long passes made away from the moving goals.		Coach's Observation: - Why should players dribble v pass? - Where is the space on the field for players to utilize? Player Challenges: - Am I controlling the ball? - Am I helping my teammate? - Am I too close to my teammate? - Am I too far from my teammate?
Activity 4	4 Corner Dribbling to End Zones: In 15Wx20L yard grid with an end zone at each end, players of the same team are placed by the corner cones of the End Zone they are defending. Half of the team is in a line at one cone and the other half at the other cone. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball into the field. One player from each corner comes out to play 2v2. The game is over when one team scores by dribbling the ball into the end zone. If the ball goes out of bounds. Players need to get out of the field quickly and get back in line.		
Match	4v4 - 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