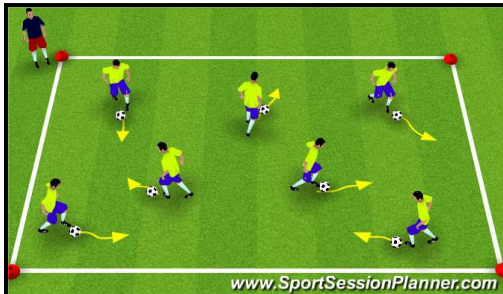




2013 - U6 - Fall Lesson Plan - Week 4



Stage	Activity Description		Diagram	Guided Questions
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 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)			- How far should the ball be from the dribbler? - What surfaces are needed to complete the task? - Where are your eyes looking? - What should the player say while performing the task? “Outside –Inside- Laces ”
Activity 2	Triangles, Squares & Diamonds: In a 20Wx25L yard grid, make 3 shapes with cones a triangle, a square and a diamond. On Coaches command 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			- How do you keep ball close to your feet? - How do you change directions with the ball? - How do you run with the ball? - How do you control or stop the ball?
Activity 3	Cannon Ball Run: In a 20Wx 30L 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			- How do we pass the ball accurately? - Should we pass hard or soft? - What surface of the foot should we use to strike the ball? - Where do we strike the ball? - What kind of movement should we have in the middle?
Activity 4	Boston Bulldogs In a 15Wx20L yard grid, the dribblers will try to cross the city 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 city. 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.			- What surface of the foot should you use to dribble? - When do you want to run with the ball? - Why would you want to keep the ball close? - What move can you do to beat a defender? - How can you stop the dribblers?
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