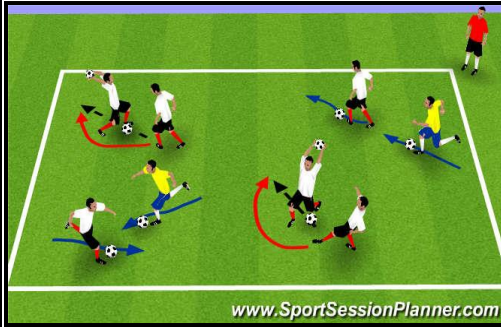
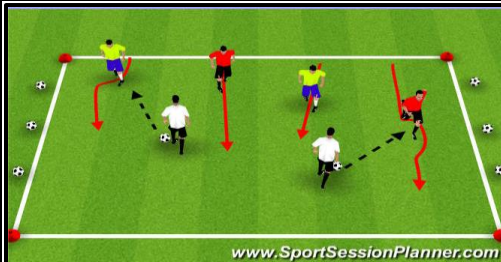
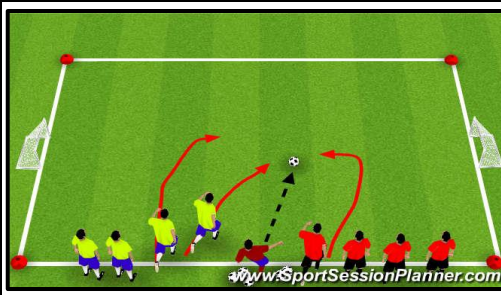




2013 - U6 - Fall Lesson Plan - Week 7



Stage	Activity Description		Diagram	Guided Questions
Activity 1	Freeze Tag 2: All players are dribbling a soccer ball in a 15Wx20L yard grid. 1-2 players dribble a soccer ball, but they are the freeze monsters. The freeze monsters tag other players who then freeze with the soccer ball above their head. The activity ends when all players are frozen. Coaches: One coach may be the freeze monster while another is unfreezing players. Version 2: Players can unfreeze each other by tagging them. Version 3: Players can unfreeze each other by kicking the ball through their legs.		 www.SportSessionPlanner.com	• How far should the ball be from the dribbler? • What surfaces to use? • When and how to run with the ball and change directions • How to stop the soccer ball? • When and how to unfreeze a player?
	Knock Their Ball Out: All players are dribbling in a 20Wx25L yard grid and are trying to knock other dribblers' 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			
Activity 2	Pinball Wizard: In a 20Wx30L yard grid place all the players in one end. The coach will start as the Wizard. The players need to run from one end to the other end without getting hit by the ball. The pin ball wizard will strike the players legs no higher, if after he hits a players the ball rebounds and hit another, they both become wizards too. If the wizard misses, he/she can get one ballroom from the perimeter to continue.		 www.SportSessionPlanner.com	• What part of the foot can you use to pass the ball? • Which surface of the ball to strike? • How hard should we strike the ball? • How to keep the ball low? • How do you protect your soccer ball?
	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 goals 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". Coach: play 1v2, 2v3, or 4v3. They should vary the service.			
Activity 3	Pinball Wizard: In a 20Wx30L yard grid place all the players in one end. The coach will start as the Wizard. The players need to run from one end to the other end without getting hit by the ball. The pin ball wizard will strike the players legs no higher, if after he hits a players the ball rebounds and hit another, they both become wizards too. If the wizard misses, he/she can get one ballroom from the perimeter to continue.		 www.SportSessionPlanner.com	• Which parts of the foot can we use to pass the soccer ball? • Should we pass hard or soft? • How can strike the ball to go where we want it to? • How can we get across quickly? • How can you dodge the ball?
	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 goals 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". Coach: play 1v2, 2v3, or 4v3. They should vary the service.			
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 goals 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". Coach: play 1v2, 2v3, or 4v3. They should vary the service.		 www.SportSessionPlanner.com	• Who, When, Where, Why What and How to Attack? • Who, When, Where, Why, What and How to Defend?
	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 goals 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". Coach: play 1v2, 2v3, or 4v3. They should vary the service.			
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