



2013 - U6 - Fall Lesson Plan - Week 5



Stage	Activity Description		Diagram	Guided Questions
Activity 1	Numbered Corner: In a 15W x30L yard grid, divided in 4 rectangles, number each of the outside corners. All players in one area dribbling, when the coach calls out a number all players must dribble to that area. Variations: Players should dribble • One foot only • Only inside of the foot • Outside/inside of the foot			• How can you keep the ball close to your feet? • How can you change directions with the ball? • How can you run fast with the ball? Slow with the ball? • How do you control or stop the ball with your feet?
Activity 2	Steal the Treasure: In a 20Wx30L yard grid divided into two halves with an equal amount of cones per half. Coach places one team in each half. On the coach's command the players will dribble to the opponent's half and touch a cone with the ball, pick it up and take it to their half. The team with the most cones in 3 minutes wins the round Variation: The players can defend their treasure by tagging the opponent with a cone before he/she crosses the half			• How do you keep the ball close to your feet? • How do you change directions with the ball? • Do you run with the ball fast? • How do you control or stop the ball with your feet? • How do you know where to go?
Activity 3	Get their Cones: Divide the players in to two teams and assign 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.			• What surface of the foot to use to strike the ball? • From how far? • How to dribble and strike the ball? • How to avoid the guards and strike the cone?
Activity 4	Ball Tag: All players are dribbling a soccer ball in a 15Wx20L yard grid. The players try to hit another player's feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player or their ball. Version 2: If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.			• What surface of the foot to use to strike the ball? • From how far? • How to dribble and strike the ball? • How to avoid the cop and strike the cone?
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