



2013 - U6 - Fall Lesson Plan - Week 10



Stage	Activity Description		Diagram	Guided Questions
Activity 1	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?
Activity 2	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.			• Where will you first touch go? • What surface of the foot should you use to dribble? • When and where should you dribble? • What can the defender do to stop the dribbler? • When should you pass?
Activity 3	4 Corner to 4 Goals: In 20Wx25L yard grid with cone goals at each end, players of the same team are placed by the corner cones of the goal line they are defending. Half of the team is in a line at one corner and the other half at the other corner. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball into the field. The game is over when one team scores in any of the two goals they are attacking or the ball goes out of bounds. Players need to get off of the field quickly and get back in line.			• When and how to protect the soccer ball? • What surfaces to use dribble past the opponent? • When and how to run with the ball and change directions? • What to do to beat the defender? • What surface to use to strike the ball and when?
Activity 4	4 Corner Shooting Without Goalkeepers: In 20Wx25L yard grid with cone goals at each end, players of the same team are placed by the corner cones of the goal 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 and in the middle with all the balls. The game starts when the coach serves the ball onto the field. Players need to get off the field quickly and get back in line.			• Who, when, Where, Why, What and How to attack? • Who, when, Where, Why, What and How to defend?
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