

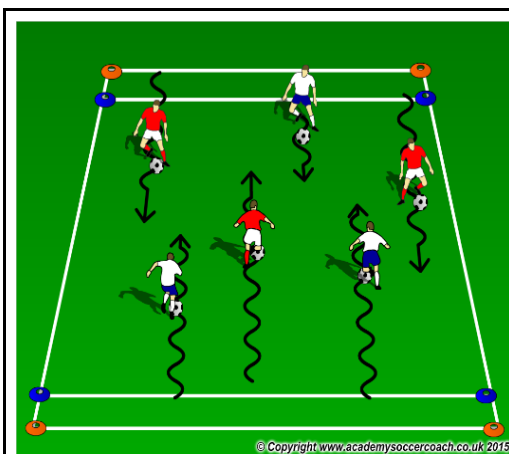


Interactive Lesson Plan



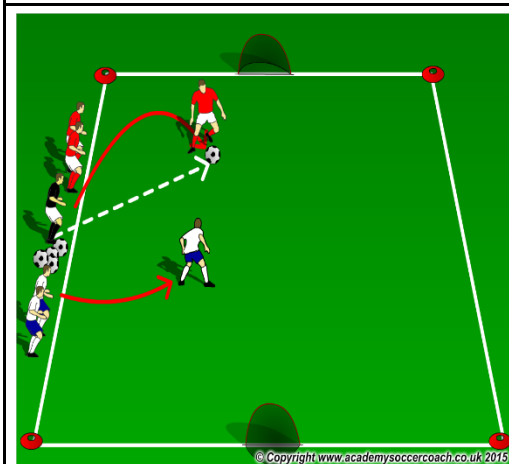
SEASON Fall 2015 AGE GROUP U6 WEEK 1

Let's Learn the Rules - Let's Play



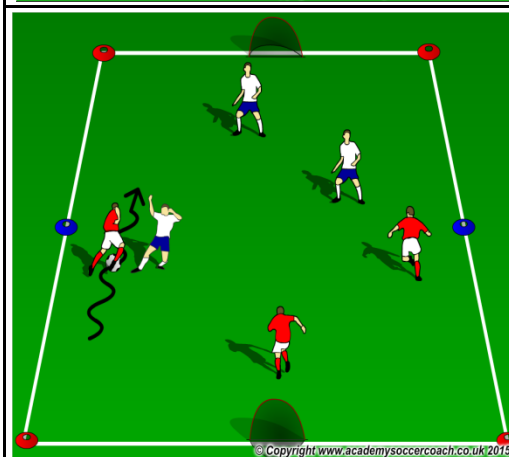
ACTIVITY 1		Intensity:	Med	Activity Time:	2 min
Duration:	7 min.	Intervals:	3	Recovery Time:	30 sec
ORGANIZATION (Physical Environment / Equipment / Players)					
CROSS THE RIVER: In a 15Wx20L yard grid. Get the players in pairs and place them on opposite sides of the soccer grid. At coach's command, the players will dribble their soccer ball to the other side of the grid. They will try to cross the river as fast as they can. When they arrive to the other side they must control the soccer ball within the end zone in order to get a point. Players must call out their name when they have full control of the ball.					

ACTIVITY VARIATIONS					
Round 1: Players use the laces to go forward and the sole to stop the ball					
Round 2: Players use the inside/outside of the foot to go forward and the sole to stop it					
Round 3: The players use either surface to go forward and the sole to stop it					



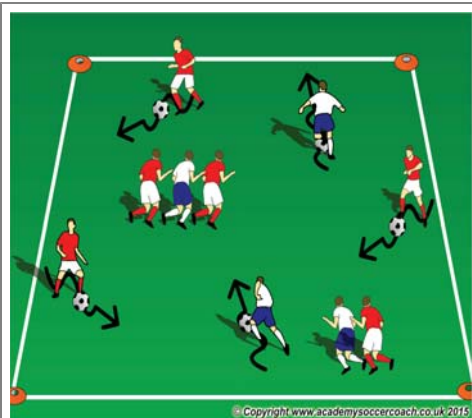
ACTIVITY 2		Intensity:	Med	Activity Time:	2 min
Duration:	7 min	Intervals:	3	Recovery Time:	30sec
ORGANIZATION (Physical Environment / Equipment / Players)					
GET "OUTTA" THERE with NUMBERS: In a 15Wx20L yard grid with one small goal on each end line, the players are divided into two teams, with each player given a number depending on total amount of players. Players are positioned at either side of the coach. Coach has all of the soccer balls, calls out a number(s) and serves a ball into the grid on the ground, 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 yells "Get outta there" making the players go back to their lines.					

ACTIVITY VARIATIONS					
Round 1: Only one pair playing					
Round 2: Two pairs playing at the same time (two soccer balls)					
Round 3: Three pairs playing at the same time (three soccer balls)					



ACTIVITY 3 – Let’s Play the Game				
Recommended Rules – <i>Your local rules may differ</i>				
Field Dimensions in Yards				
Width	Minimum: 15 Yards		Length	Minimum: 20 Yards
	Maximum: 25 Yards			Maximum: 30 Yards
Number of Players		3 Players per team on the field - No Goalkeepers needed		
Referee		No Referee needed		
Duration		No more than 30 minutes max – Can play in quarters		
Fouls and Misconduct		No cards (Yellow or Red) If a child misbehaves you must sub him/her out of the game		
Free Kicks		All free kicks shall be direct		
Substitutions		At any time		

Out of bounds - Side Line	1. When the ball goes out bounds, please say RED LIGHT (all the players shall stop) 2. Place the soccer ball on the side line and allow the player to kick it in or dribble it into the field
Out of Bounds – End Line	1. When the ball goes out of bound, Please say RED LIGHT (opposite team will regroup by the mid-line) 2. The Kicking team will place the soccer ball about 1-2 yards in front of the goal and kick it to a teammate
Corners (optional)	When the defending team kicks the ball over the end line the other team will place the ball on the corner and kick it in. The defending team must be at least 4-5 yards away from the ball.

Season Fall 2015Team/Age Group U6s - AnimalsWeek 2**ACTIVITY 1**

Duration:	8 min	Intensity:	Med	Intervals:	4	Activity Time:	1.5 min	Recovery Time:	30 sec
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ORGANIZATION - (Physical Environment / Equipment / Players)

SNAKE:

In a 15Wx20L yard grid. All players are dribbling a soccer ball with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts. The snake should not be bigger than 3-4 players.

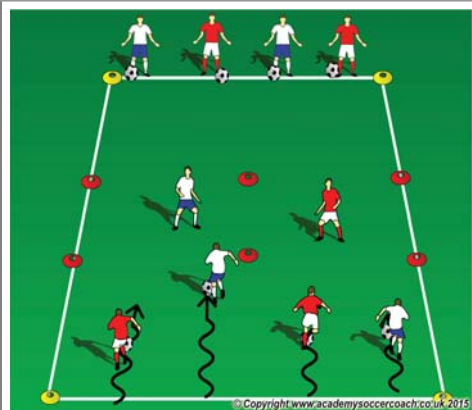
Coach: Encourage the snake players to hiss like a snake.

ACTIVITY VARIATIONS

Round 1: The coach starts as the snake

Round 2: Select 2 players to be snake

Round 3-4: Select 3 players to be the snake

**ACTIVITY 2**

Duration:	8 min	Intensity:	Med	Intervals:	4	Activity Time:	1.5 min	Recovery Time:	30 sec
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ORGANIZATION - (Physical Environment / Equipment / Players)

BOSTON BULLDOGS:

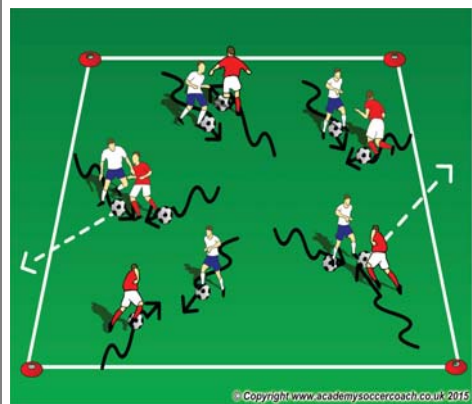
In a 15Wx20L yard grid with a 5x15 yard area in the middle of the grid (The Dog Pound). The dribblers will try to cross the dog pound by eluding the Bulldogs. Place half of the players (Dribblers) with a ball at each end of the grid. On coach's command, one group of dribblers will try to cross the dog pound. As soon as one gets to the opposite line the next dribbler waiting goes. If the bulldog steals the ball from the dribbler he/she switches with the bulldog.

ACTIVITY VARIATIONS

Round 1: The coach starts as the bulldog

Round 2: Select 2 players to be bulldogs

Round 3: Select 3 players to be the bulldogs

**ACTIVITY 3**

Duration:	8 min	Intensity:	Med	Intervals:	4	Activity Time:	1.5 min	Recovery Time:	30 sec
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ORGANIZATION - (Physical Environment / Equipment / Players)

KING OF THE JUNGLE:

All players are dribbling in a 15Wx20L yard grid and are trying to kick another dribbler's ball outside the grid. Players need to protect their ball while kicking the other balls out. Players must retrieve their ball quickly and get back in the game.

Coach: Have your players perform a skill task before re-entering the grid. i.e.:

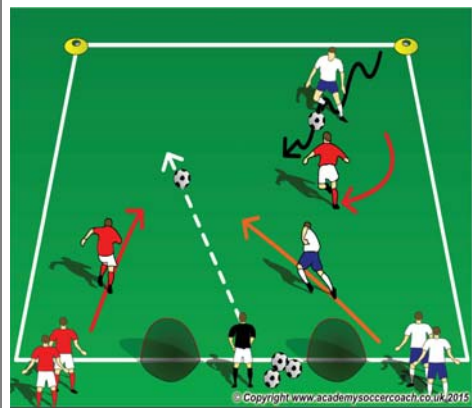
- 5 ball taps or 3 kick and catch (juggling)

ACTIVITY VARIATIONS

Round 1 and 2: The players kick each other's ball out

Round 3: Two coaches become lions and kick the players' ball out. Once a player's soccer ball is out he/she becomes a lion

Round 4: Select 3 players to be the lions

**ACTIVITY 4**

Duration:	8 min	Intensity:	Med	Intervals:	3	Activity Time:	2 min	Recovery Time:	30 sec
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ORGANIZATION - (Physical Environment / Equipment / Players)

TIGERS VS. LIONS:

In a 15Wx20L yard grid the coach makes two teams of 3-5 players each. One group are the Tigers the other are the Lions. The players are lined up next to the coach. When the coach serves the ball, the first players next to the coach will go after the soccer ball and retrieve it by dribbling and kicking it into their team's goal for a point.

ACTIVITY VARIATIONS

Round 1: One game of 1v1 at a time

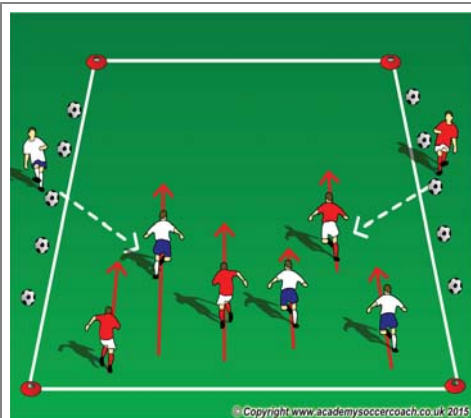
Round 2: Have two 1v1 games going at the same time with different soccer balls

Round 3: Coach can make the games 2v1, 2v2

U6: 3v3 - Dual Field Scrimmage

If possible, set up two fields 20W x 30L yards with a 5 yard space between them in order to keep the majority of your team playing.

25min

Season Fall 2015Team/Age Group U6's - Pirates & PrincessWeek 3**ACTIVITY 1**

Duration: 8 min

Intensity: Med

Intervals: 4

Activity Time: 1.5 min

Recovery Time: 30 sec

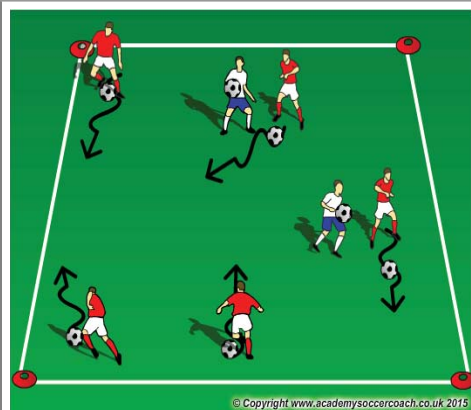
ORGANIZATION - (Physical Environment / Equipment / Players)

CANNON BALL RUN:

In a 15W x 20L yard grid (the ship) place all the players (PIRATES) on one end line without a ball. Coaches will start on the outside of the activity with all soccer balls and attempt to hit pirates below the knee as they run across the ship, by PASSING THE BALL ON THE GROUND. When the coach calls out "Cannon Ball Run", all the pirates will run to the other end of the ship and avoid getting hit. Any pirate that gets hit below the knee must join the coaches as a Cannon Ball Shooter.

ACTIVITY VARIATIONS

Round 1: Coaches start with the balls, players do not get eliminated if they are hit
 Round 2-3: Once players are hit below the knee they must help the coaches and shoot cannon balls
 Round 4: Two players start as cannon ball shooters, coaches and players run

**ACTIVITY 2**

Duration: 8 min

Intensity: Med

Intervals: 4

Activity Time: 1.5 min

Recovery Time: 30 sec

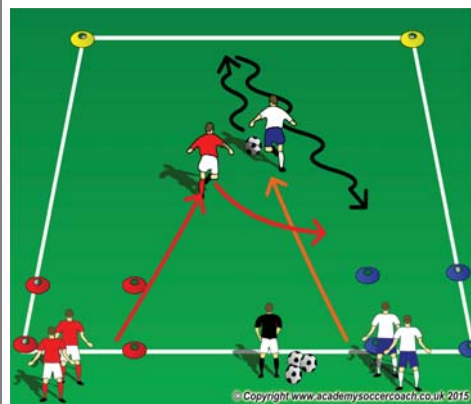
ORGANIZATION - (Physical Environment / Equipment / Players)

MARBLE KINGS / QUEENS:

In a 15W x 20L yard grid, select 2 or 3 Marble Kings / Queens to start the game with a soccer ball in their hands. All other players will be dribbling their ball. The Marble Kings / Queens have to run around and tag the dribblers' ball with their soccer ball by throwing it underhand. When a dribblers soccer ball gets tagged, they become a Marble King/Queen, the Marble King / Queen becomes a dribbler.

ACTIVITY VARIATIONS

Round 1: The coach starts as the the Marble King/Queen
 Round 2-3: Select 2 or 3 players to be the Marble Kings or Queens
 Round 4: Pair players up. One is the dribbler, the other is a Marble Kings/Queens. Switch roles every time the Marble King/Queen tags the partner's ball

**ACTIVITY 3**

Duration: 8 min

Intensity: High

Intervals: 4

Activity Time: 1 min

Recovery Time: 1 min

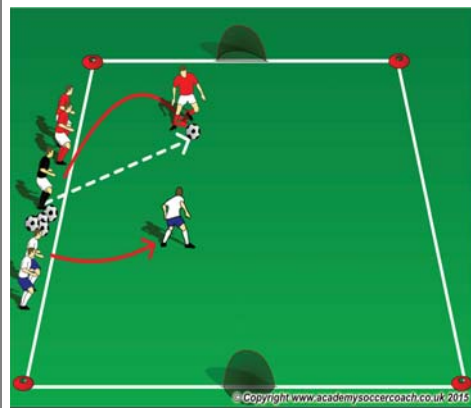
ORGANIZATION - (Physical Environment / Equipment / Players)

CASTLE COMBAT:

In a 15W x 20L yard grid, the coach makes 2 teams of 3-5 players each. Players are lined up next to the coach. When the coach serves in the ball, the 1st player on each team will go after the soccer ball and try to dribble the ball back to their castle. If a player stops the soccer ball inside their castle, they get a point for their team. Players can not defend inside the other teams castle.

ACTIVITY VARIATIONS

Round 1: One game of 1v1 at a time
 Round 2: Have two 1v1 games going at the same time with different soccer balls
 Round 3-4: Coach can make the games 2v1, 2v2

**ACTIVITY 4**

Duration: 8 min

Intensity: High

Intervals: 4

Activity Time: 1 min

Recovery Time: 1 min

ORGANIZATION - (Physical Environment / Equipment / Players)

1v1 CANNON BALL SHOOT OUT:

In a 15W x 20L yard grid (THE OCEAN) place pirates on 2 teams standing on either side of the coach, with a small goal on each end line. The coach will serve a ball out (THE CANNON BALL) into the Ocean and the 1st pirate in each team's line will go out and try to shoot the cannon ball in the opponents goal to sink their pirate ship!

ACTIVITY VARIATIONS

Round 1-2: Play 1v1
 Round 3-4: Coach can make the games 2v1, 2v2

U6: 3v3 - Dual Field Scrimmage

Set up two fields 20W x 30L yards with a 5 yard space between them to keep the majority of players playing. Allow plenty of breaks for water and rest!

25 min



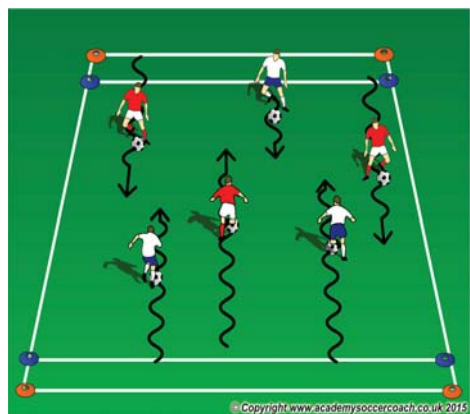
Interactive Session Plan™



Season Fall 2015

Team/Age Group U6's - Ocean

Week 5



ACTIVITY 1

Duration:	8 min	Intensity:	Med	Intervals:	8	Activity Time:	45 sec	Recovery Time:	15 sec
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ORGANIZATION - (Physical Environment / Equipment / Players)

CROSS THE OCEAN:

In a 15W x 20L yard grid, get the players in pairs and have them start on opposite sides of the grid (On the Beach). At coach's command, the players will dribble the soccer ball across the ocean to the beach on the other side. They must go as fast as they can, keeping the ball under control, once they have stopped their ball on the beach they should shout out their name!

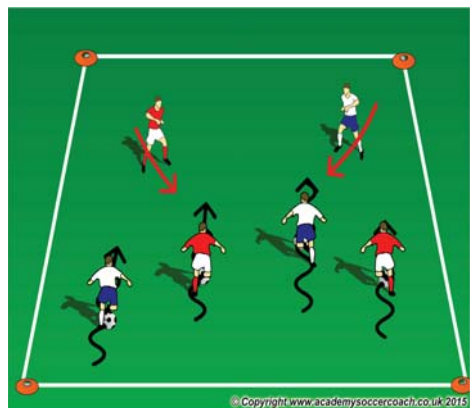
ACTIVITY VARIATIONS

Rounds 1-2: Players can only use one foot

Rounds 3-4: Players can go back and forth as many times as they can in 45 seconds

Rounds 5-6: Players must dribble across the ocean using Inside-Outside Pattern

Rounds 7-8: Players try to beat their High Score!



ACTIVITY 2

Duration:	8 min	Intensity:	Med	Intervals:	8	Activity Time:	45 sec	Recovery Time:	15 sec
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ORGANIZATION - (Physical Environment / Equipment / Players)

SHARKS AND MINNOWS:

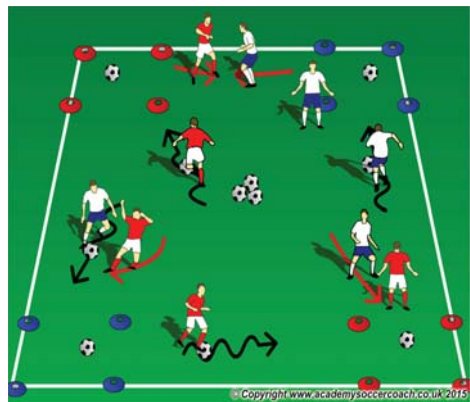
In a 15W x 20L yard grid, select 1 or 2 players to be Sharks, Sharks will start in the middle of the grid. The rest of the players (Minnows) are at one end of the grid. When the sharks say "Fishy, Fishy, Cross My Ocean" the minnows will try to dribble their ball to the other end of the grid. If the sharks take the minnows ball and dribbles it outside of the grid, the minnow becomes an additional shark.

ACTIVITY VARIATIONS

Round 1: The coach starts as the the Shark

Round 2-4: Select 2 players to start as the Sharks

Round 5-8: Sharks can kick the ball outside of the grid or dribble the ball outside of the grid



ACTIVITY 3

Duration:	8 min	Intensity:	Med	Intervals:	4	Activity Time:	1.5 min	Recovery Time:	30 sec
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ORGANIZATION - (Physical Environment / Equipment / Players)

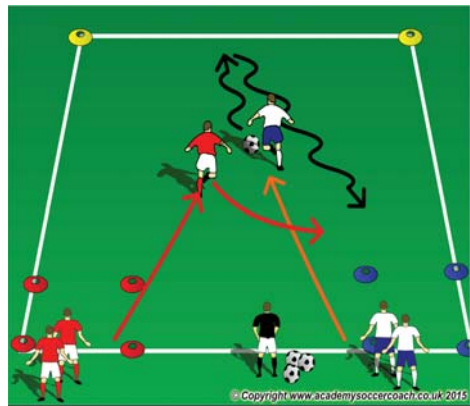
CAPTURE THE TREASURES:

In a 15W x 20L yard grid, divide players into 4 equal teams, with each team having a separate home base (ship) in the corner of the playing area. All soccer balls will start in the middle of the grid. Players start on their ship and at the coach's command one player at a time will run out to the middle collect a soccer ball (treasure) and dribble it back to their own ship. Once all the treasure has been collected, players can steal soccer balls from their opponent's ships.

ACTIVITY VARIATIONS

Round 1-2: Players can only dribble the ball back to their ship

Round 3-4: Players can dribble or pass the ball back to their own ship



ACTIVITY 4

Duration:	8 min	Intensity:	Med	Intervals:	4	Activity Time:	1.5 min	Recovery Time:	30 sec
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ORGANIZATION - (Physical Environment / Equipment / Players)

CAPTURE THE PEARL:

In a 15W x 20L yard grid, the coach makes 2 teams of 3-5 players each. Players are lined up next to the coach. When the coach serves the ball, the first player on each team will go after the soccer ball (The Pearl) and try to dribble the ball back to their sea shell. If a player stops the soccer ball inside their shell, they get a point for their team. Players can not defend inside the other teams shell.

ACTIVITY VARIATIONS

Round 1: One game of 1v1 at a time

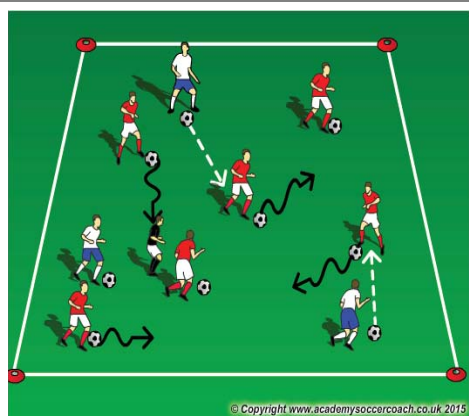
Round 2: Have two 1v1 games going at the same time with different soccer balls

Round 3-4: Coach can make the games 2v1, 2v2

U6: 3v3 - Dual Field Scrimmage

Set up two fields 20W x 30L yards with a 5 yard space between them to keep the majority of players playing. Allow plenty of breaks for water and rest!

25 min



ACTIVITY 1

Duration:	8 min	Intensity:	Med	Intervals:	4	Activity Time:	1.5 min	Recovery Time:	30 sec
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ORGANIZATION - (Physical Environment / Equipment / Players)

3 STRIKES YOU'RE OUT:

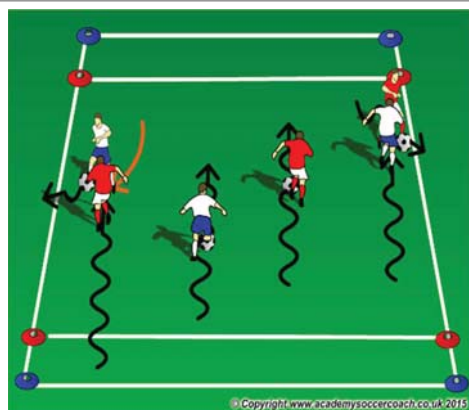
In a 15Wx20L yard grid. All players are dribbling a soccer ball and will try to tag other players by kicking their ball at them. Once a player is tagged for the first time, he/she must place one hand behind their back. The second time they are tagged they must place their other hand on their head, if they are tagged a third time they are struck out and must perform: Toe Taps, Pendulum, 4 surfaces with each foot or another soccer related task to rejoin the game.

ACTIVITY VARIATIONS

Round 1: Coach(es) are the only taggers

Round 2: Select 2-3 players with coach(es) as the taggers

Round 3-4: Everyone is a tagger



ACTIVITY 2

Duration:	8 min	Intensity:	Med	Intervals:	4	Activity Time:	1.5 min	Recovery Time:	30 sec
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ORGANIZATION - (Physical Environment / Equipment / Players)

PATRIOTS TOUCHDOWN RUN:

In a 15Wx20L yard grid all players will dribble their soccer ball from one end zone to the other end zone. The coach begins as the "Linebacker" and tries to tackle players by stealing their soccer balls and dribbling them out of the grid. The player who lost the ball can try to get it back but once the ball is out of the grid, they become a "Linebacker"

ACTIVITY VARIATIONS

Round 1: Coach(es) are the linebackers

Round 2-3: Select 2 players to start as the linebackers

Round 4: Select 3 or more players to start as linebackers



ACTIVITY 3

Duration:	8 min	Intensity:	High	Intervals:	8	Activity Time:	30 sec	Recovery Time:	30 sec
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ORGANIZATION - (Physical Environment / Equipment / Players)

1v1 - CELTIC'S POINT GUARD:

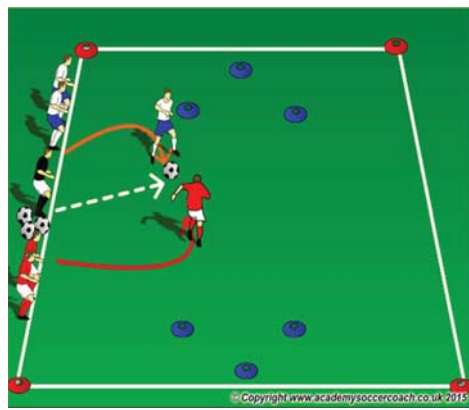
In a 15Wx20L yard grid the coach makes two teams of 3-5 players each. Teams are lined up either side of the coach. When the coach serves in the ball, the first player from each line will enter the field of play. To score a point a player must dribble or pass the ball back to the coach. You can have several groups of players playing at the same time.

ACTIVITY VARIATIONS

Round 1-3: One game of 1v1 at a time

Round 4-6: Have two 1v1 games going at the same time with different soccer balls

Round 7-8: Coach can make the games 2v1, 2v2



ACTIVITY 4

Duration:	8 min	Intensity:	High	Intervals:	8	Activity Time:	30 sec	Recovery Time:	30 sec
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ORGANIZATION - (Physical Environment / Equipment / Players)

BRUINS 1v1:

In a 15W x 20L yard grid create small triangle goals 3 yards in from each end line. Players are divided into two teams, with each player given a number depending on total amount of players. Players are positioned at either side of the coach. Coach has all of the soccer balls. The coach calls out a number (s), serves a ball into the grid on the ground and the players try to gain possession and score on their opponent. Players score a goal by shooting through any side of the triangle, players

ACTIVITY VARIATIONS

Round 1-3: Play 1v1

Round 4-6: Play 2v1 or 2v2

Round 7-8: Play 3v2 or 3v3

U6: 3v3 - Dual Field Scrimmage

Set up two fields 20W x 30L yards with a 5 yard space between them in order to keep as many players playing as possible. Allow plenty of breaks for water and rest!

25 min



Interactive Session Plan TM



Season Fall 2015

Team/Age Group

U6s - Cartoons

Week

8



ACTIVITY 1

Duration:	8 min	Intensity:	Med	Intervals:	4	Activity Time:	1.5 min	Recovery Time:	30 sec
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ORGANIZATION - (Physical Environment / Equipment / Players)

3 SURFACES - INSIDE OUT:

In a 15Wx20L yard grid each player has a ball. Have the players try to use 3 surfaces of their foot in 1 fluid motion in this order: Inside, Outside, Laces. After a player stops their ball with the bottom (sole of the shoe), have them transfer the ball from the right to left foot. When the players display proficiency, challenge them to do it faster and in a smaller space.

ACTIVITY VARIATIONS

Round 1: Work with just the right foot

Round 2: Work with just the left foot

Round 3-4: Use both feet



ACTIVITY 2

Duration:	8 min	Intensity:	Med	Intervals:	4	Activity Time:	1.5 min	Recovery Time:	30 sec
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ORGANIZATION - (Physical Environment / Equipment / Players)

WRECK IT RALPH:

In a 15Wx20L yard grid split the group into teams of Ralph's and Felix's. Felix's will place their ball on top of a cone to build a tower. Wreck it Ralph's will dribble their soccer ball around and try to knock the soccer balls off of the discs. The Felix's try to fix all of the towers that Ralph has wrecked!

ACTIVITY VARIATIONS

Round 1: Wreck it Ralph group knocks the balls & Felix group fixes them

Round 2: Players switch roles

Round 3 & 4: Rotate through each group again



ACTIVITY 3

Duration:	8 min	Intensity:	Med	Intervals:	4	Activity Time:	1.5 min	Recovery Time:	30 sec
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ORGANIZATION - (Physical Environment / Equipment / Players)

FROZEN TAG:

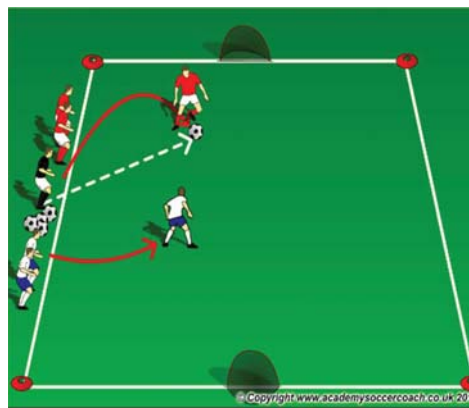
In a 15Wx20L yard grid all players are dribbling a soccer ball. The freeze monsters attempt to tag other players with their hands. When a player is tagged, they become frozen and must stand holding the soccer ball above their head. The activity ends when all players are frozen. To unfreeze a player, any dribbler can pass the soccer ball between the frozen player's legs.

ACTIVITY VARIATIONS

Round 1: Coach(es) are the freeze monster(s)

Round 2: Select 2-3 players to start as the freeze monsters

Round 3-4: Select 3 or more players to start as freeze monsters



ACTIVITY 4

Duration:	8 min	Intensity:	High	Intervals:	8	Activity Time:	30 sec	Recovery Time:	30 sec
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ORGANIZATION - (Physical Environment / Equipment / Players)

GET "OUTTA" THERE with NUMBERS:

In a 15W x 20L yard grid with one small goal on each end line, players are divided into two teams, with each player given a number. Players are positioned on either side of the coach on the sideline. Coach starts with all of the soccer balls. The coach calls out a number(s), serves a ball into the grid on the ground 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 yells "Get outta there".

ACTIVITY VARIATIONS

Round 1: Play 1v1

Round 2: Play 2v1 or 2v2

Round 3 & 4: Play 3v2 or 3v3

U6: 3v3 - Dual Field Scrimmage

Set up two fields 20W x 30L yards with a 5 yard space between them in order to keep as many players playing as possible. Allow plenty of breaks for water and rest!

25 min



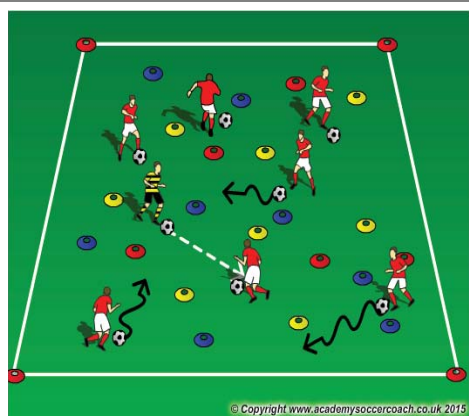
Interactive Session Plan TM



Season Fall 2015

Team/Age Group U6s - Video Games

Week 4



ACTIVITY 1

Duration:	8 min	Intensity:	Med	Intervals:	4	Activity Time:	1.5 min	Recovery Time:	30 sec
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ORGANIZATION - (Physical Environment / Equipment / Players)

MARIO KART:

In a 15W x 20L yard grid scatter cones of different colors around the playing area. (example diagram uses Red, Yellow and Blue cones) Each racer has to be a character from the game Mario's Kart and drive their kart (ball) around the track. Players will compete in races. e.g Race around the red cones by dribbling your ball and making a turn at each cone. If a driver hits a cone or goes out of bounds, then they will spin out, and have to run round their ball twice before carrying on.

ACTIVITY VARIATIONS

Round 1: Players race around the Red cones only. (If players finish quickly ask them to repeat 2 or 3 times)
Round 2: Add in parents, coaches or players to act as shells. (Shells will pass their soccer ball to try and hit other players) If a shell hits you or your ball, then you spin out!
Round 3: Tag Team! Players choose a partner. One player will be the leader, while the other must follow them around the track.
Round 4: Switch Partners, the follower now becomes the leader.



ACTIVITY 2

Duration:	8 min	Intensity:	Med	Intervals:	4	Activity Time:	1.5 min	Recovery Time:	30 sec
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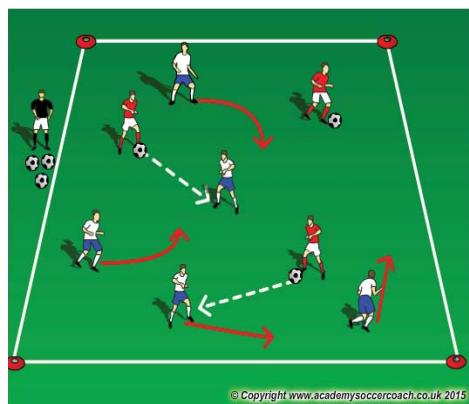
ORGANIZATION - (Physical Environment / Equipment / Players)

PACMAN:

In a 15W x 20L yard grid scatter cones of different colors around the playing area. (example diagram uses Yellow and Blue cones) Split the players into 2 teams - Pacman / Ms Pacman and Ghosts. Pacman / Ms. Pacman will start without soccer balls and are trying to run around the playing area and collect the dots (cones) by picking them up. Ghosts will dribble their ball and try to hit Pacman / Ms. Pacman by shooting their ball at them. If a Pacman gets hit (knee height or below) then they must drop all of their dots, the coach (or ghosts) can then redistribute the dots around the playing area.

ACTIVITY VARIATIONS

Round 1: Play as described above
Round 2: Switch Team roles
Round 3: If a Pacman / Ms Pacman gets hit, they must collect their ball and join the ghost team!
Round 4: Pacman / Ms Pacman dribble soccer balls while collecting dots



ACTIVITY 3

Duration:	8 min	Intensity:	Med	Intervals:	4	Activity Time:	1.5 min	Recovery Time:	30 sec
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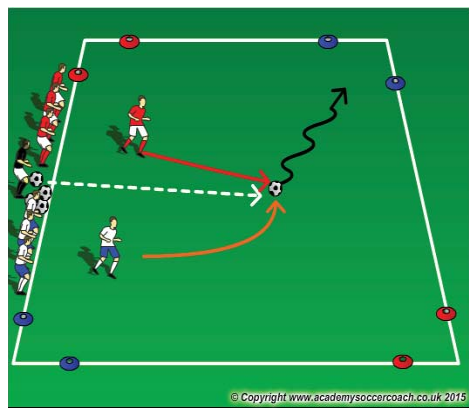
ORGANIZATION - (Physical Environment / Equipment / Players)

ANGRY BIRDS:

In a 15W x 20L yard grid, select two or three players to be Angry Birds. All other players will be Bad Piggies. Angry Birds will begin with a soccer ball, Bad Piggies begin the activity without a ball. Angry Birds will dribble their ball around and try to tag the Bad Piggies with their hands. Once a Bad Piggie is tagged, they collect their ball and become an Angry Bird.

ACTIVITY VARIATIONS

Round 1: Coaches begin as Angry Birds and tag Bad Piggies with their hands
Round 2: Select players to start as Angry Birds
Round 3: Angry Birds must tag Bad Piggies by passing their soccer ball at them (knee height or below)
Round 4: Bad Piggies also have a soccer ball and must dribble the entire time until they are tagged



ACTIVITY 4

Duration:	8 min	Intensity:	High	Intervals:	8	Activity Time:	20 sec	Recovery Time:	40 sec
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ORGANIZATION - (Physical Environment / Equipment / Players)

SUPER SMASH BROTHERS:

1v1 to 4 Goals - In a 15W x 20L yard grid, set up 4 diagonal goals in each corner. Players should be split into two teams and line up next to the coach. The coach will begin with all soccer balls. When the coach passes in a ball, the first player from each team will enter the playing area and attempt to score on any goal.

ACTIVITY VARIATIONS

Coach can choose to adapt the game using the following options:
Multiple players on each team (2v1, 2v2, 3v2, 3v3)
Multiple Soccer Balls
Teams have specific goals to score in (e.g Red Goals only)"

U6: 3v3 - Dual Field Scrimmage

Set up two fields 20W x 30L yards with a 5 yard space between them in order to keep as many players playing as possible. Allow plenty of breaks for water and rest!

25 mins

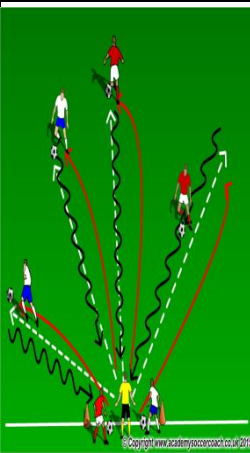
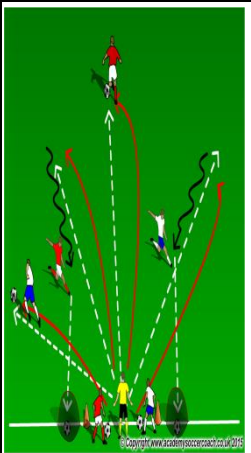


Interactive Lesson Plan



SEASON Fall 2015 AGE GROUP U6 WEEK 10

Soccer Festival

		ACTIVITY 1		Intensity:	Med	Activity Time:	2 min
		Duration:	12 min	Intervals:	5	Recovery Time:	30 sec
		ORGANIZATION (Physical Environment / Equipment / Players)					
		BALL RETRIEVE: In an open space (usually your game field,) coach divides the players into 2 groups. 1 by 1, each player hands their soccer ball to the coach. The coach rolls or passes the ball out into open space and the player must retrieve it and bring it back to the coach. Coach now serves the ball out again. All players and their soccer ball can be in action at the same time.					
		ACTIVITY VARIATIONS					
		Round 1: Play as stated above Round 2-3: Players can bring the ball back with specific surfaces Round 4-5: Players can bring the ball back and score in their goal					

3v3 Festival Organization

Game Duration	<i>4 X 8 minute games</i>
Field Change Time	<i>Teams will have 2-3 minutes to change fields</i>
Substitutions	<i>Coaches will sub on the fly</i>
Team Rotation	<i>As shown below by the Red and Blue Arrows</i>

