

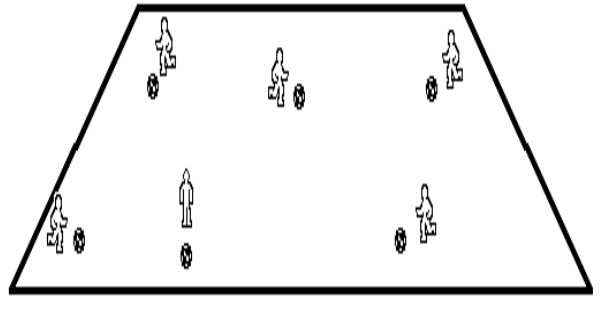
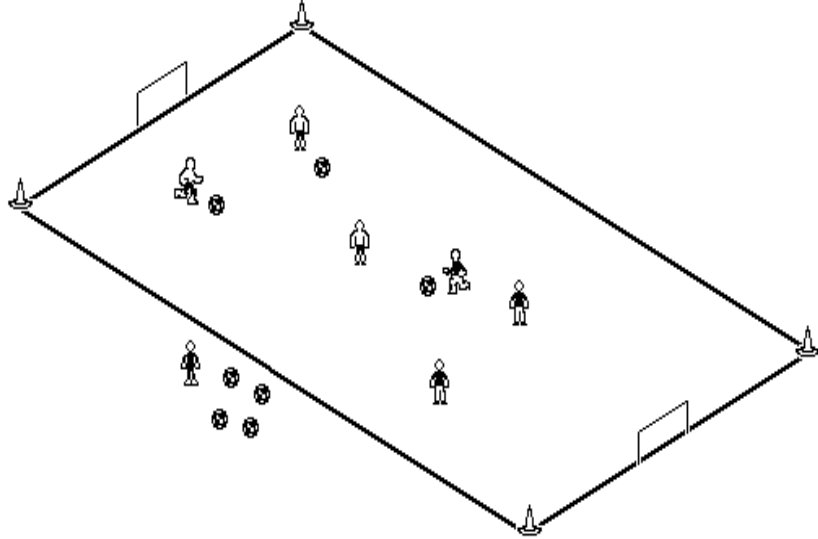
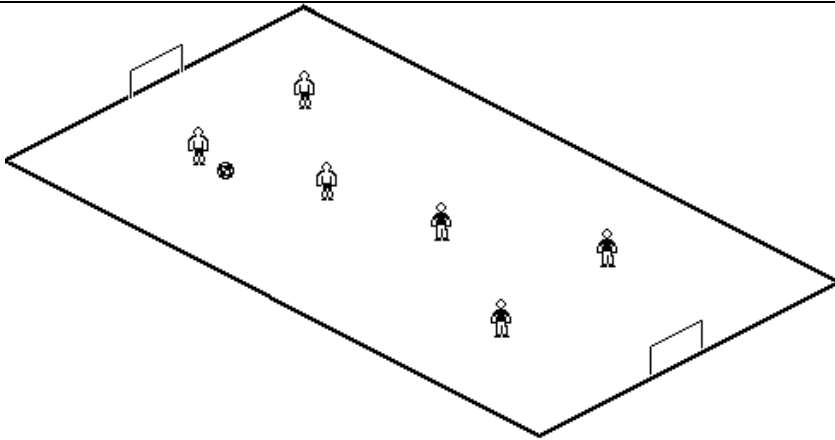


Activity Name	Description	Diagram	Purpose/Coaching Points
1 BALL MASTER			
<p>Each player should have a ball.</p>	<p>The players dribble to the coach and hand him/her the ball. The coach tosses away the ball and the players retrieve the ball and dribble it back to the coach. The coach can give a different dribbling challenge to the players when he/she tosses out the ball.</p>		<ul style="list-style-type: none"> ▪ Listening skills ▪ Problem solving ▪ Dynamic dribbling
2 SHADOW DRIBBLE			
<p>Each player has a ball and follows the coach.</p>	<p>The coach dribbles a ball him/herself and the players follow while dribbling their ball. The coach does both dribbling moves and goofy things for the children to mimic. Include here not only dribbling basics, but also tumbling, balance and rhythmic exercises.</p>		<ul style="list-style-type: none"> ▪ Dribbling & movement enhancement ▪ Decision making
3 KNEE TAG			
<p>In a 10 x 15 yard grid each player has a ball.</p>	<p>The kids dribble and try to tag others on the knee to collect a point for each tag.</p>		<ul style="list-style-type: none"> ▪ Physical fitness components ▪ Dribbling & shielding skills ▪ Vision

4 BALLS GALORE			
<p>Divide the players into two groups.</p>	<p>Play on a normal U6 game field with goals. Play a normal 3v3 game with the exception of playing with more than one ball. The coach can add in more soccer balls as he/she sees fit. Gradually take out balls until the game is left with only one ball and then move directly into the match in activity number five below.</p>		<ul style="list-style-type: none"> ▪ All techniques for the age group occur ▪ Vision ▪ Some teamwork ▪ Lots of 1v1 situations ▪ Problem solving
5 3 VS. 3			
<p>2 goals 1 ball No goalkeepers</p>	<p>Play a 3-on-3 match according to US Youth Soccer modified rules for the U6 age group.</p>		<ul style="list-style-type: none"> ▪ Summation of all challenges for the players. ▪ Stay out of their way and let them PLAY!

Author: F. Trovato
Alaska State DOC
2003

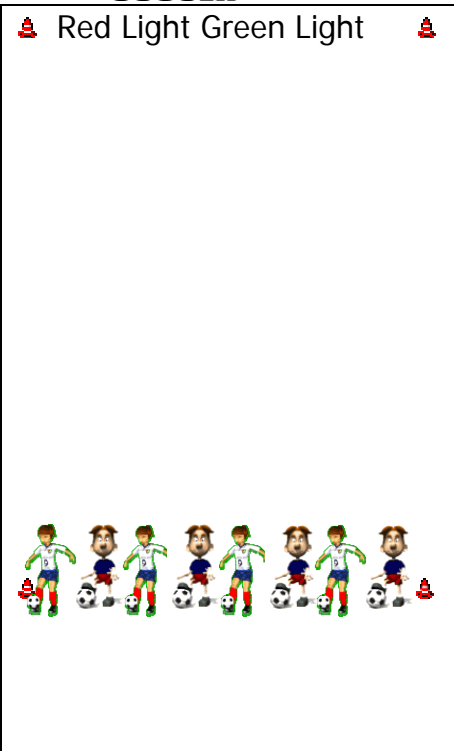

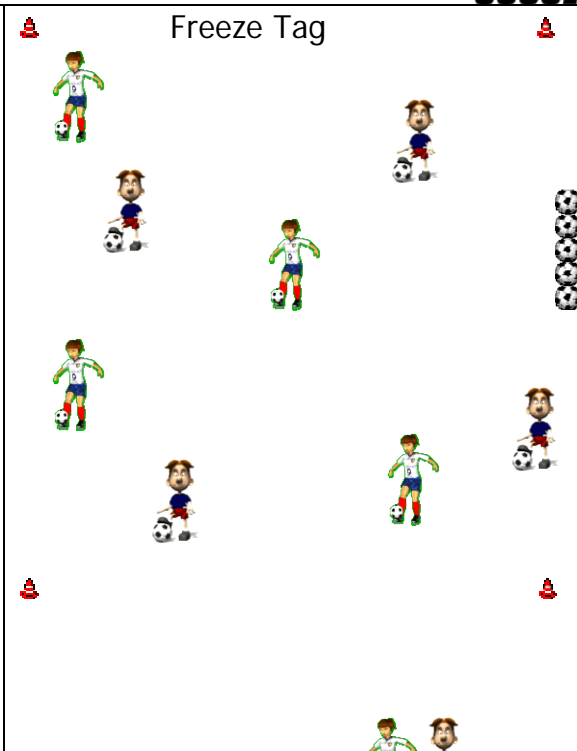
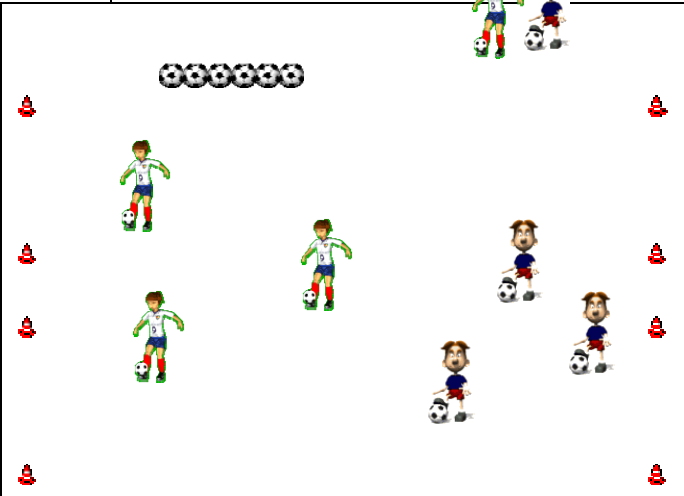


National Youth Certificate Course
Lesson Plan



Topic: Individual activities, relaxation activities, balancing and coordination activities
Age Group U6

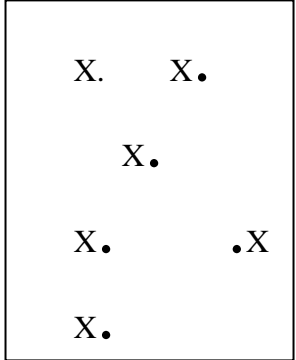
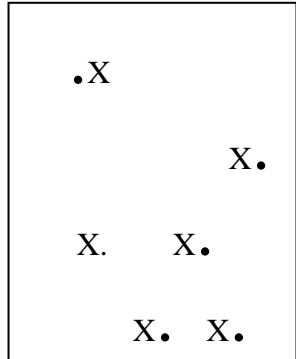
Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1. Zen Master Warm-Up</p> <p>Periodic Stretching and Calming Moments</p> <p>Give players a funny team mantra to quietly recite at calming moments</p>	<p><u>Players Stand near a cone</u> – cone serves as point of reference.</p> <p>Coach is the Master. Coach demonstrates skill and on command players perform skill repeatedly (10 sec.) and then move to new cone. Repeat.</p> <p><u>Activities Without Ball</u> 1 foot balance, other foot balance, 1 foot hop, other foot hop, 2 foot hop, bear crawl, crab crawl</p> <p><u>Introduce ball</u> Figure 8's around legs with hands, Round the Waist, Ball Tap on Forehead, Thigh Catch, Throw Catch, Head Catch, Ball Taps, Body Part Dribble, Ask Player to Pick</p> <p><u>Combine Two Activities</u> – Random select two activities to combine which players perform before moving on.</p>		<p>Stretching, Relaxation, Balance, Coordination Fun</p> <p>Field Size: Cones should be 10 yards apart.</p> <p>Extra laughs after team mantra</p> <p>Water Break!</p>
<p>2. Zen Master Follow the Master, Grasshopper</p> <p>Body Control, Balance Replication Practice</p> <p>Periodic Stretching and Calming Moments - Team Mantra</p>	<p>Groups of Two, one Master, one Student</p> <p>Master leads Student around and through the cones. When Masters reaches an open cone, they choose and perform a soccer skill (the activities we did in the Zen Master Warm-up or new ones) that must be replicated by the Student. Master chants Team or Individual Mantra (players can make up their own new individual chant)</p> <p>20 sec. then switch Master and Student. Repeat.</p> <p>Activities start without ball and then with ball after a few rounds.</p>		<p>Stretching, Relaxation, Balance, Coordination, Enjoy, Fun</p> <p>Encourage creativity of new soccer skills and new chants.</p> <p>Extra laughs for new individual chants</p> <p>Field Size: Cones should be 10 yards apart.</p> <p>Water Break!</p>

<p>3. Freeze Games</p> <ul style="list-style-type: none"> - Red Light - Green Light Players move across area on command of Green Light. Coach announces Red Light and players must stop. Any players caught moving or with ball far away from them must restart 10 steps back toward starting line. When all players reach end line game is complete. Repeat. - Freeze Tag 45 sec. games Coach is "It." Players move in area. When "It" touches a player, player must freeze in that position. Teammates can unfreeze player by standing next to frozen player and stand on one foot balanced for count of 4. - Freeze Tag w/ ball Players have ball. When player is frozen, teammates must nutmeg frozen player to unfreeze. 	<p> Red Light Green Light</p> 	<p>Freeze Tag</p> 	<p>Stretching, Relaxation, Balance, Coordination, Enjoy, Fun</p> <p>Extra Laughs for funny frozen forms</p> <p>Field Size: Red Light – Green Light 20 x 40 yards Freeze Tag 25 x 25 yards</p> <p>Water Break!</p>
<p>4. 3v3 without keepers</p>	<p>Coach serves balls in. If ball goes out of play, have players leave it and coach restarts play with a new ball. Throw-ins can be added. Games to two or three and reshuffle players on teams if teams are lopsided. Celebrate Goals with Team Mantra!</p>		<p>Stretching, Relaxation, Balance, Coordination, Enjoy, Fun</p> <p>Field Size: 20 x 30 yards</p> <p>BIG FINISH – Thank you and congratulations to all!</p>



Lesson Plan



Activity Name	Description	Diagram	Purpose/Coaching Points
1			
<p>Free Movement with the Ball.</p> <p>Free Movement with the Ball at their Feet.</p>	<p>Every player has a ball in a 15 x 20 yd grid. Coach asks all players to move freely with their ball around the grid.</p> <p>Coach then asks players to move freely with the ball at their feet.</p>	<p>20 yds.</p>  <p>15 yds.</p>	<p>Movement education; repetition in ball touches; balance; eye-foot coordination; change of speed; change of direction; decision making.</p>
2			
<p>Goofy Stop and Go</p>	<p>Same set up as above. All players dribble their ball in the grid. When coach says, "STOP!" Players must stop their ball and freeze in a goofy position.</p>	<p>Coach</p> <p>20 yds.</p>  <p>15 yds.</p>	<p>Same as above.</p>



Lesson Plan


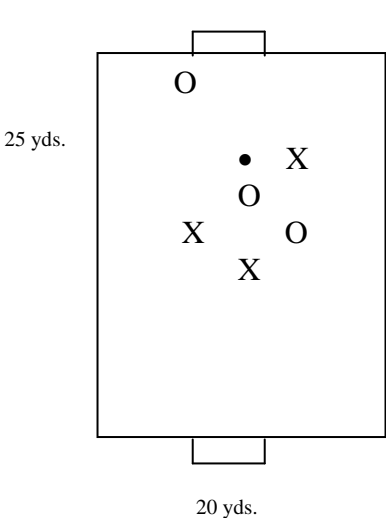


3			
Body Part Dribbling	Same set up as above. All players dribble their ball in the grid. When the coach yells out a body part, the players must stop the ball with that body part.		Same as above.
4			
Hit the Ball (Relaxation Activity)	Players line up shoulder to shoulder on one end of the grid. Place 2 balls in the middle of the grid. One at a time players kick their ball and try to hit one of the balls in the middle.	<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p>20 yds.</p> <p style="text-align: center;">X. X. X.</p> <p style="text-align: center;">. .</p> <p style="text-align: center;">X. X. X.</p> <p style="text-align: center;">15 yds.</p> </div>	Rest from previous activities. The challenge of hitting a target.
5			
Sharks and Minnows	The minnows, the players with a ball, line up shoulder to shoulder on one end of the grid. Two players are designated as sharks and are positioned inside of the grid without soccer balls. On the coach's command, the minnows must dribble their ball through the grid and get to the other side without getting their ball stolen or kicked away by the sharks. If a player loses their ball while crossing the grid, he/she becomes a shark.	<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p>20 yds.</p> <p style="text-align: center;">M. M. M. M.</p> <p style="text-align: center;">S S</p> <p style="text-align: center;">15 yds.</p> </div>	FUN...Dribbling under pressure; decision making; change of speed; change of direction; defending. This is an inclusive game...the players are either dribbling a ball or trying to get one back.



Lesson Plan




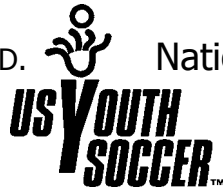
<p>6</p> <p>End Line Soccer</p>	<p>Set up a 15 yd x 20 yd grid. Divide the players into two teams. Play 3v3 with no goalkeepers on the field. A team scores by dribbling the ball or kicking the ball over their designated end line. Balls are served in one at a time by the coach who is positioned outside the field at midfield.</p>		<p>FUN...Directional play. Dribbling under pressure; kicking; receiving; decision making; change of speed; change of direction; defending.</p>
<p>7</p> <p>3v3 Soccer Match</p>	<p>Set up a 20 yd x 25 yd field with goals at each end. Divide the players into two teams. Play 3v3 with no goalkeepers on the field. Balls are served in one at a time by the coach who is positioned outside the field at midfield.</p>	 <p>Coach</p>	<p>FUN...Directional play. Dribbling under pressure; kicking; receiving; shooting; decision making; change of speed; change of direction; defending.</p>



Lesson Plan





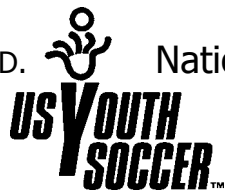
8			
Cool Down Juggling	<p>Every player starts with a ball in his or her hands. They drop the ball on their thigh and catch it. They progress to dropping the ball on one thigh and juggling it to the other thigh, then catch it. Eventually, they can try “thigh-thigh-foot-catch”, etc.</p>		<p>FUN...challenging; balance; coordination.</p>



Lesson Plan


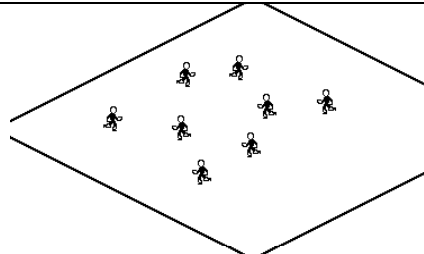
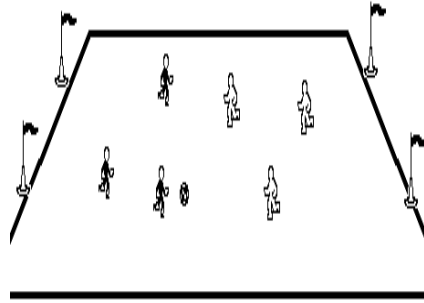


Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1</p> <p>I can do something can you?</p>	<p>The coach begins the activity by saying “I can do something can you?” and demonstrating a physical activity such as jumping jacks. The children then do the same. The coach demonstrates several other physical activities such as: skips, one-legged bounces; star jumps, rolls, etc. After demonstrating several times the coach asked the children, “what can you do?” and takes their suggestions.</p>		<p>Body movement from skipping to balancing on one leg. The important thing is to allow the children to explore how their body moves.</p>
<p>2</p> <p>Snake in the Grass</p>	<p>In an area 15 yds x 15 yds, two children begin by being “snakes” by lying on their stomachs. The other children’s starting position is with their hands touching the “snakes.” On the command “snake in the grass” the children try to stay away from the snake while the snake slithers around trying to catch a child. When any child is caught he/she becomes an additional snake. The activity continues until every one is a snake.</p>		<p>The children move in all directions trying to avoid the snakes. Once snakes, the children try to work together to create more snakes.</p>



Lesson Plan

Age: U6

3			
Find the Coach	The coach has all the children close their eyes and while their eyes are closed the coach moves. On the command, “find the coach” the children open their eyes and run to tag the coach. This progress from the coach staying still to the coach moving even after the children has opened their eyes.		This activity becomes “chase and flee” quickly. The children begin to run in a direction, and for a purpose. Later they will do the same with a soccer ball, but first they learn to run to a target.
4			
Everyone is it	In an area 20 yds x 20 yds, each child runs around trying to tag as many other children as possible while not being tagged themselves. Each bout lasts for 30 to 45 seconds.		The children must be aware of their surroundings and make decisions about where to go and where to avoid.
5			
3v3	The activity ends playing 3v3.		This is free play.