



Lesson Plan



Activity Name	Description	Diagram	Purpose/Coaching Points
1			
<p>Gate Dribbling</p>	<ul style="list-style-type: none"> a. every player with a ball b. one more gate than the number of players c. must dribble through free gate d. 1 point for each gate e. play again, improve by 1 point 		<ul style="list-style-type: none"> a. see ball through bottom of eyes b. keep ball rolling c. use foot brake d. different surfaces
2			
<p>Stop & Go</p>	<ul style="list-style-type: none"> a. every player dribbling a ball b. on whistle, players stop ball and then go with speed c. coach demonstrates stop & go, and players try to copy d. players invent their own stop & go e. coach observes, and choose players to demonstrate their stop & go for others to copy 		<ul style="list-style-type: none"> a. see ball through bottom of eyes b. speed up after stop c. change of direction d. different surfaces

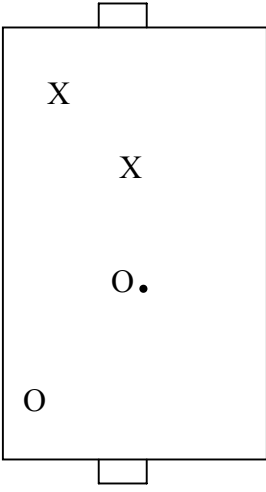


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3			
Pac-Man	<ul style="list-style-type: none"> a. two or three players are “it” to start, and have balls b. if you are “it”, try to dribble and hit others with passes below the knees c. players who are not “it” may run and jump to avoid being hit d. if you are hit with a pass, you become “it” too 	<pre> X X IT. X X X X X IT. X X X IT. </pre>	<ul style="list-style-type: none"> a. keep ball rolling b. eyes up to find space and who is “it” c. change direction and speed d. fake passes
4			
Knockout	<ul style="list-style-type: none"> a. every player dribbling a ball b. try to kick other players’ balls off the field c. if your ball is stops rolling or is kicked out, then you must do two juggles before you return to the game 	<pre> X. X. X. X. X. </pre>	<ul style="list-style-type: none"> a. keep ball rolling b. body between ball and other players c. see ball through the bottom of your eyes

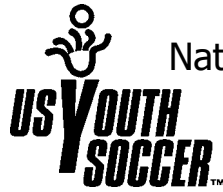


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5				
<p>2v2 “Get Outta There”</p> <p>X & O = players</p> <p>C = coach</p> <p>• = ball</p>	<ol style="list-style-type: none"> a. coach as boss of the balls b. coach passes ball onto field to start play c. two players from each team play until a goal is scored or the ball goes out of bounds d. out of bounds, coach yells “get outta there,” and two new players from each team go on with the next ball e. goal is scored, 2 who scored stay on, and two new players from the other team play against them 	<p>X X</p> <p>X X</p> <p>• • •</p> <p>C</p> <p>O O</p> <p>O O</p>		<ol style="list-style-type: none"> a. see ball through bottom of eyes b. keep ball rolling c. first try to solve game by dribbling d. player w/o ball find big, easy spot to receive a pass

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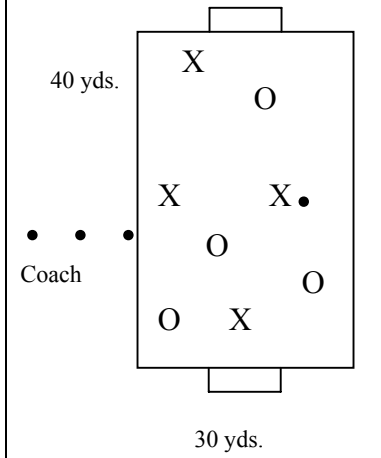

Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1 WARM-UP Beginner Juggling</p> <p>One ball per player.</p>	<p>Each player sitting down holds a ball over his or her shoelaces.</p> <ul style="list-style-type: none"> • Strike the ball and catch. • Now twice and catch. • Now thrice and catch. • Work up to a total of five kicks. • Try both feet. 		<ul style="list-style-type: none"> • Eyes on the ball. • Bend at the waist. • Bend the knee of the kicking leg. • Toe of the kicking foot out. • Drive the knee of the kicking leg to the chest.
<p>2 PAIR JUGGLING GAME Cooperative - Competitive</p> <p>The players should divide themselves into pairs. One ball per pair.</p>	<p>Try to keep the ball off the ground using feet only. Two bounces between touches allowed. Score a point for seven consecutive touches. Alternate touches between the partners. See if you can get up to ten touches!</p>		<ul style="list-style-type: none"> • Eyes on the ball. • Get into position early. • Lift the ball with "laces." • Use arms for balance.



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3 VOLLEY GAME Cooperative - Competitive			
Set up 15 yard X 15 yard grids. Two players and one ball in each grid.	Two players freely passing a ball inside the grid. Try to keep the ball in the air. The ball may not bounce more than twice before it is played. Count the passes inside the grid each pass is a point. Go for thirty seconds. Try to get more points than other pairs.	<p>A square grid measuring 15 yards by 15 yards. In the top-left corner, there is a small circle representing a ball and an 'X' representing a player. The grid is labeled '15 yds.' on the right and bottom sides.</p>	<ul style="list-style-type: none"> • Get in “line of flight” quick. • Ready, balanced to receive. • Choose “platform”/surface. • Withdraw surface. • Scoop/”spoon” ball with foot.
4 GAELIC FOOTBALL			
Mark out a 20-yard X 20 yard grid with a 5-yard end zone at each end.	5v1 (or 4v2) play volley-catch-volley. Volley ball from the hands so it can be caught by a teammate. If the defender intercepts the ball a point is scored. Try to play into the end zones for a point.	<p>A square grid measuring 20 yards by 20 yards, with 5-yard end zones at the top and bottom. The grid is divided into three horizontal sections: a 5-yard top end zone, a 10-yard middle section, and a 5-yard bottom end zone. Player positions are marked with 'X' and 'O'. In the top end zone, there are two 'X's. In the middle section, there is one 'O' and one 'X' on the right side. In the bottom end zone, there is one 'X' on the right side. The grid is labeled '5 yds.' on the left and bottom sides, and '20 yds.' at the bottom.</p>	<ul style="list-style-type: none"> • Move to the ball. • Support quickly. • Move to open space.


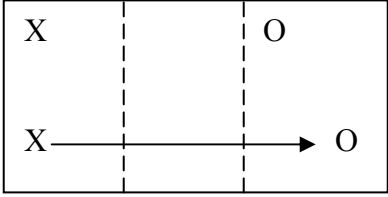
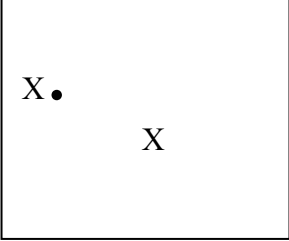
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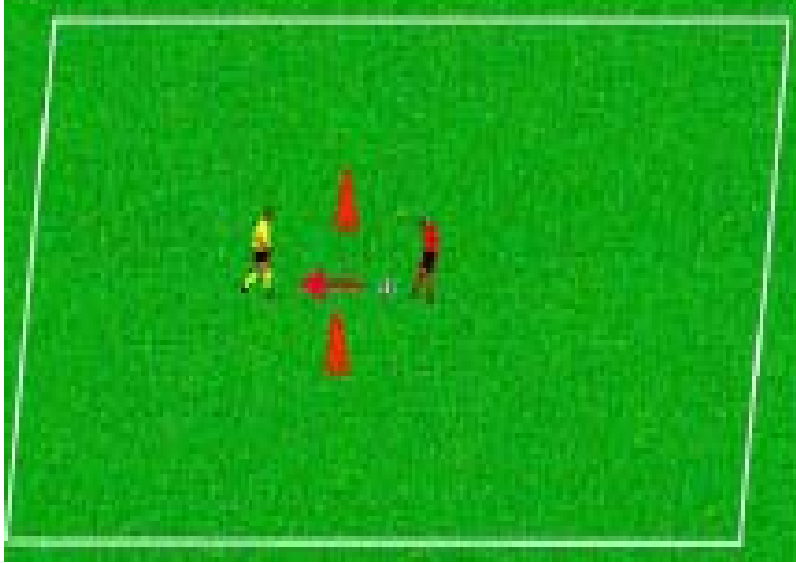
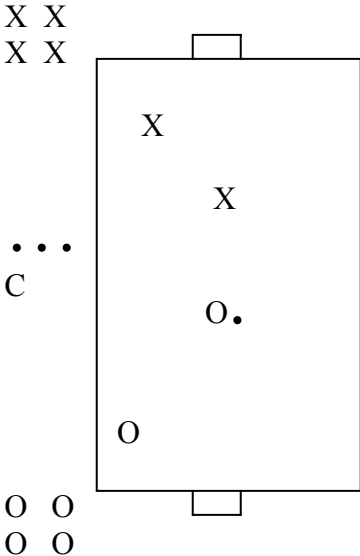
5 THE GAME			
<p>4v4 to goal. Use a playing area of 40 yards X 30 yards with each goal 6 yards wide.</p>	<p>The coach is the ‘Boss of the Balls’; toss a new ball in after a goal or when the ball goes out of play. Bonus point if control leads to possession or a goal.</p>		<ul style="list-style-type: none"> • Look. • Move to open space. • Choose surface quickly.
6 COOLDOWN			
<p>Each player with a ball.</p>	<p>Strike the ball up using foot, allow it to bounce and then strike it again. Go until you are able to go through this series until ten consecutive times. Now try striking the ball two times (using any surface except the hands) allow it to bounce once, try to get to five consecutive touches before allowing it to bounce. Get a drink and stretch.</p>		<p>Go and try it at home.</p>

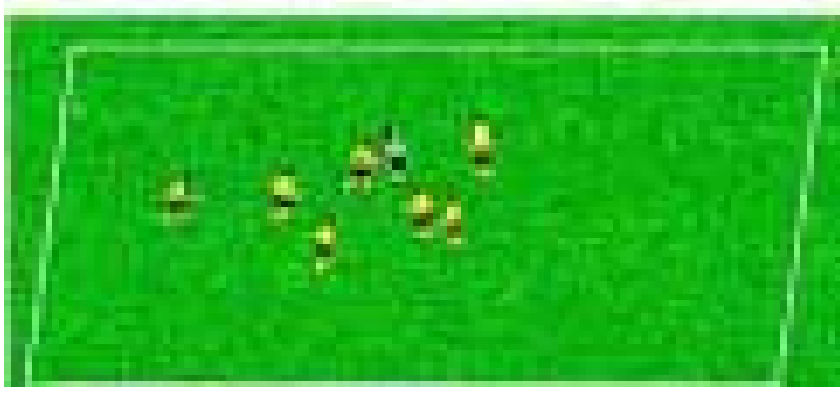
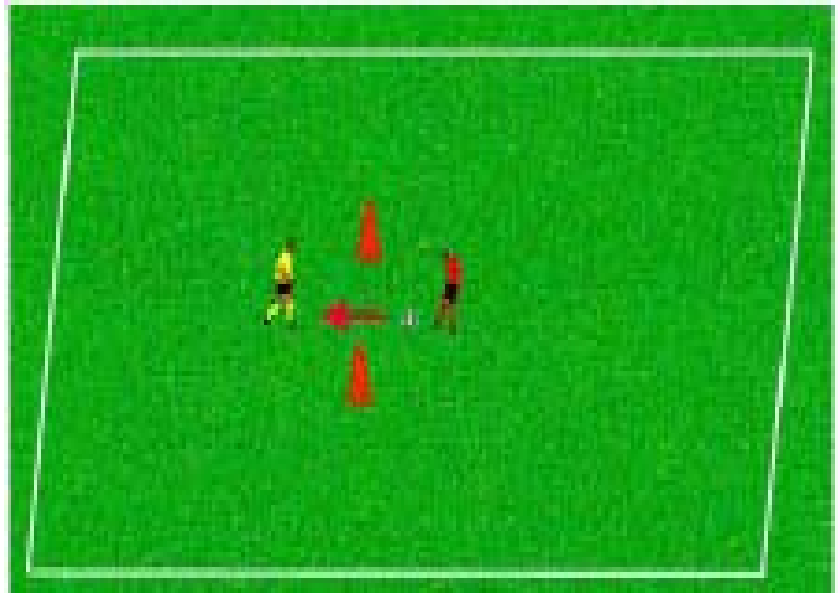


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Activity Name	Description	Diagram	Purpose/Coaching Points
1 Juggling with a Partner			
	Two players compete against other pairs to keep the ball up in the air using as many touches as needed in 3-minute period.		-Move to get behind and in line with ball. -Select the surface quickly.
2 Soccer Newcomb			
Use a size 3 ball not too inflated	20 x 15 (one yd. "dead space" for net). 2 teams of 2 play toss-receive-catch over the net. If caught = 1 point - if the ball hits the ground no point - toss it over. Allow 1 bounce. Partner helps catch/control.	 <p style="text-align: center;">20 yds.</p>	-Move quickly to get behind and in line with flight of ball -Select surface early -"Withdraw" on contact
3 Volley Game Cooperative – Competitive			
Set up 15 x 15 yard grids. Two players and one ball in each grid.	Two players freely passing a ball inside the grid. Try to keep the ball in the air. The ball may not bounce more than twice before it is played. Count the passes inside the grid each pass is a point. Go for thirty seconds. Try to get more points than other pairs.	 <p style="text-align: center;">15 yds.</p>	<ul style="list-style-type: none"> • Get in "line of flight" quickly. • Ready, balanced to receive. • Choose body surface. • Withdraw surface. • Scoop/"spoon" ball with foot.

<p>4 Pong</p>			
<p>This is a simple game.</p>	<p>Two players play against each other and share a ball. They place two cones anywhere from 2-8 yards apart. They choose! Players pass back and forth to each other. The rules are that the ball must never stop, must always stay on the ground and must go through the two cones without touching them. Whenever this is violated the other person receives a point. Because of the rule that the ball must never stop, players have to play 1-2 touch. The closer the two cones are the closer the pairs are probably going to be. The farther apart they are, the more they will have to move laterally and look more like the old arcade “pong” game. Play for time and see who can become the PONG Champ!</p>		
<p>5 2v2 Get Outta There</p>			
<p>X & O = players C = coach . = ball</p>	<ol style="list-style-type: none"> coach as boss of the balls coach passes ball onto field to start play two players from each team play until a goal is scored or the ball goes out of bounds out of bounds, coach yells “get outta there,” and two new players from each team go on with the next ball goal is scored, two players who scored stay on and two new players from the other team play against them 	<p>X X X X</p>  <p>... C O O O O</p>	<ol style="list-style-type: none"> see ball through bottom of eyes keep ball rolling first try to solve game by dribbling player w/o ball find big, easy spot to receive a pass

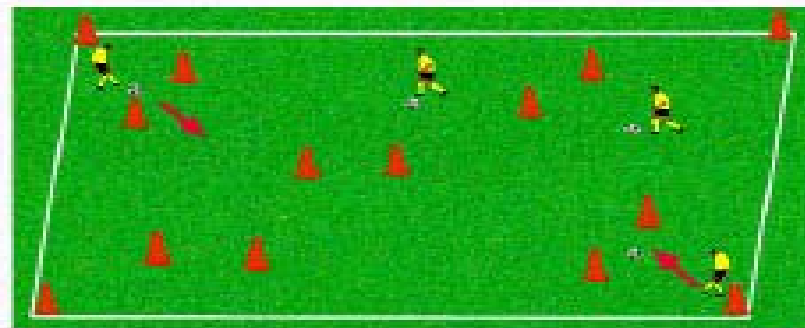
Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1 Warm-Up</p> <p><i>Retrieval Activity in Pairs-getting them to work together</i></p>	<p>Every pair gives their ball to the coach and the coach tosses the ball out for each player to collect individually. Players bring the ball back by: 1) Picking up the ball and running back to the coach; 2) Picking up the ball and hopping back to the coach; 3) Picking up the ball and skipping back to the coach; 4) Running after the ball and passing the ball the ball back to the coach. The coach walks around while the players dribble the ball back to them.</p>		
<p>2 1st Activity-“Pong”</p> <p>This is a simple game.</p>	<p>. Two players play against each other and share a ball. They place two cones anywhere from 2-8 yards apart. They choose! Players pass back and forth to each other. The rules are that the ball must never stop, must always stay on the ground, and must go thru the two cones without touching them. Whenever this is violated the other person receives a point. Because of the rule that the ball must never stop, players have to play 1-2 touch. The closer the two cones are the more they closer the pairs are probably going to be. The farther apart they are, the more they will have to move laterally and look more like the old arcade “pong” game. Play for time and see who can become the PONG Champ!</p>		

3 Gates Passing

All players have a ball inside a playing area.

Set up gates/small goals throughout the playing area. Players dribble and pass the ball through as many of the gates as time allows.

Variations: a) **Players work in pairs and must pass through a gate to their teammate who is on the other side.**

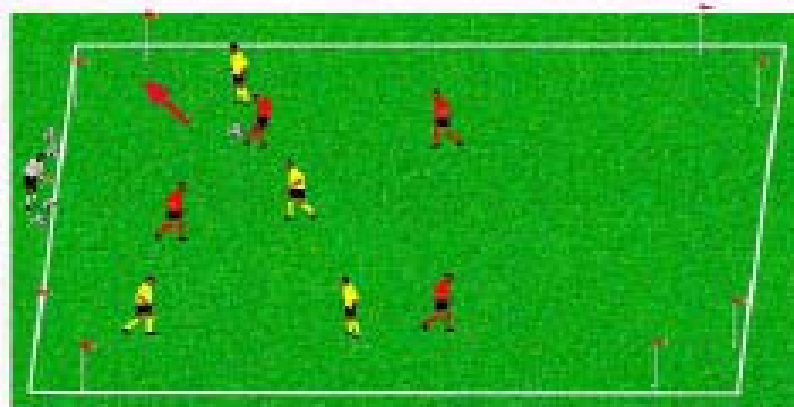


4 3rd Activity-“Gates”

Divide into two teams of 3-4 players each.

Make a goal with flags, cones, etc in the corners of the field, but they are diagonal. Coach has a supply of balls in order to keep the game flowing. When a goal is scored or the ball goes out, the coach plays in a new ball. The object of the game is to score thru any of the 4 corner goals. The only way to score is to pass the ball through the goals.

At first allow the players to score at any of the 4 goals, then tell them that one team has two goals to score on and 2 to defend.



5 Final Activity-The Match

Coach has a supply of balls to keep match flowing.

“CELEBRATE”

