

Recommended U6 Lesson Plans - Lesson 1

Warm Up

Greetings Game. Organization: All of the players run around randomly inside a circle or rectangle. The coach calls out various types of greetings, which each player then has to carry out with others: shake hands, high fives (right hand), high fives (left hand), shoulder to shoulder, back to back, etc.

Progressions: Add dribbling. The players dribble in the playing area. The coach calls out various types of greetings as above. Have the players stop the ball before each greeting.

Activity 1

"Red Light, Green Light." Organization: In this game the players all stand on a designated line with the coach about fifteen to twenty yards away. The coach turns his/her back to the players and gives a very rapid, silent one to ten count. Upon reaching the number ten the coach spins to the on-coming groups and yells red, yellow or green (the group may advance to the coach the moment he/she turns their back). If the call is red, any of the players moving are immediately sent back to the starting line. If yellow is called, any of the players who are not walking (or jogging on the spot) are sent back. In the case of the call being green those players who stop or walk are returned to the starting line. The object is to be the first to get to the coach.

Progressions: Each player has a ball. On green dribble, on yellow tap one foot on the ball at a time (tap dance) and on red stop ball with the sole of one foot.

Comments: Can be played in a rectangle or a circle for a 360° game.

Activity 2

Pokemon Crab Attack. Organization: In a 25 x 20 yard area, each player has a ball and attempts to dribble past "Crabby" to get to the sea. If Crabby can take away the soccer ball from the dribblers, the dribbler is caught and join Crabby for the next round making two Crabbies. The dribblers continue until there is only one left.

Progressions: Crabby evolves in Bulbasor (hops) and then into a Slow-Poke (can only walk). Specify use of specific outside and inside of foot to cut the ball from side to side to avoid the crab.

Comments: Occasional feedback like "Remember to keep looking up for crabs" and "Can you slow down and then speed up to fool the crab" are ok.

Activity 3

Ouch! Organization: Each player has a ball. The coach or coaches has no ball but moves about the field with the players. Each player tries to hit the coach with his ball as often as possible. The coach can stop for 3 seconds, keep moving or tries to dodge all the shots depending on the level of play. Whenever the coach gets hit, he yells "Ouch!" which makes it more exciting for the children. Each hit scores one point. Who can score the most points in one minute?

Progressions: Coach walks, jogs and runs. Players have to kick the ball as specified by the coach (laces, inside of foot).

1 v 1 Game

Disney Game. Organization: Two teams of equal number stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end.) Coach sends in a ball and calls out a Disney character and that character from each end goes out into the field to play 1v1. The remaining players stay on the goal line either side of the goals. After a goal, or a period of play, coach calls out another character.

Progressions: Try calling out different characters, so players learn to interact with different characters (e.g. 1st name from one end, 2nd name from the other end).

Comments: Don't be afraid to play more than one 1 v 1 at a time.

Scrimmage 2 v 2 or 3 v 3

