

## Recommended U6 Lesson Plans - Lesson 10

### Warm Up

**Ball Retrieval.** Organization: The coach tosses the ball for each player to bring back with feet, hands, elbow, forehead. Have all of the players gather closely around you, but not in a line. Each one hands you their ball, which you toss randomly into an open area where they must retrieve the ball and get it back to you as quickly as possible.

Progressions: Bring the ball back with two hands, one hand and one head, bouncing it back with two hands, rolling it back with their hands, dribbling it back with the bottoms of their feet, right foot and then left foot, outside of feet, etc.

### Activity 1

**Knock Out.** Organization: Organize four markers set up in diamond fashion 10 to 15 yards from a rectangular grid. The size of the grid would depend on the number and age of the players. Each player dribbles his or her ball inside the grid. The players are dribbling while trying to tag other players with their hand. Any player tagged must dribble their ball to a cone and execute a specified skill, e.g. 6 tap dance touches. Once the players have gained confidence instead of tagging, the players try to knock other player's balls out of the grid. The players that lose their ball must get their ball and go to a cone before they can join back in.

Progressions: use different dribbling techniques - left foot only, right foot only, inside and outside of foot, etc.

### Activity 2

**Cross the Bridge.** Organization: Divide players into two groups, one on each endline of a field of an appropriate size. The two teams face each other, and each player has a ball. Mark the centerline with a flag on each sideline. You can also call the line between the flags "the bridge". Both teams switch sides by dribbling across the field at the same time. Players may not cross the sidelines, so they all have to go between the flags (across the bridge). Which team can reach the opposite endline (cross the bridge) first?

Progressions: Add a goal on each endline. Cross the bridge and then score on the goal. Which team can score five goals first? Gradually move the flags closer together, making the bridge narrower and narrower. Make two bridges side-by-side and assign two bridge defenders. One coach guards the bridge assigned to Group A and one coach guards B's bridge. Which is the first group to cross to the other endline? Which group is able to all score first?

Comments: You can start this game without the bridges (and without the soccer balls) and race to see who switches the fastest. Then add balls, etc.

### Activity 3

**Red V. Yellow.** Organization: 6 red and 6 yellow cones are set up in a playing area measuring 20 x 20 yards (or use two different colored tall cones.) There is a ball on each cone. Have enough game balls so that there is a ball for every 2 players. The team in yellow shoot to try and knock the balls off the red cones. Vice versa for the red team. The first team to shoot the balls off the cones scores one point. Each game continues until one team scores 3 (4 or 5) points.

Progressions: Specify ways to kick the ball, etc.

### 1 v 1 Game

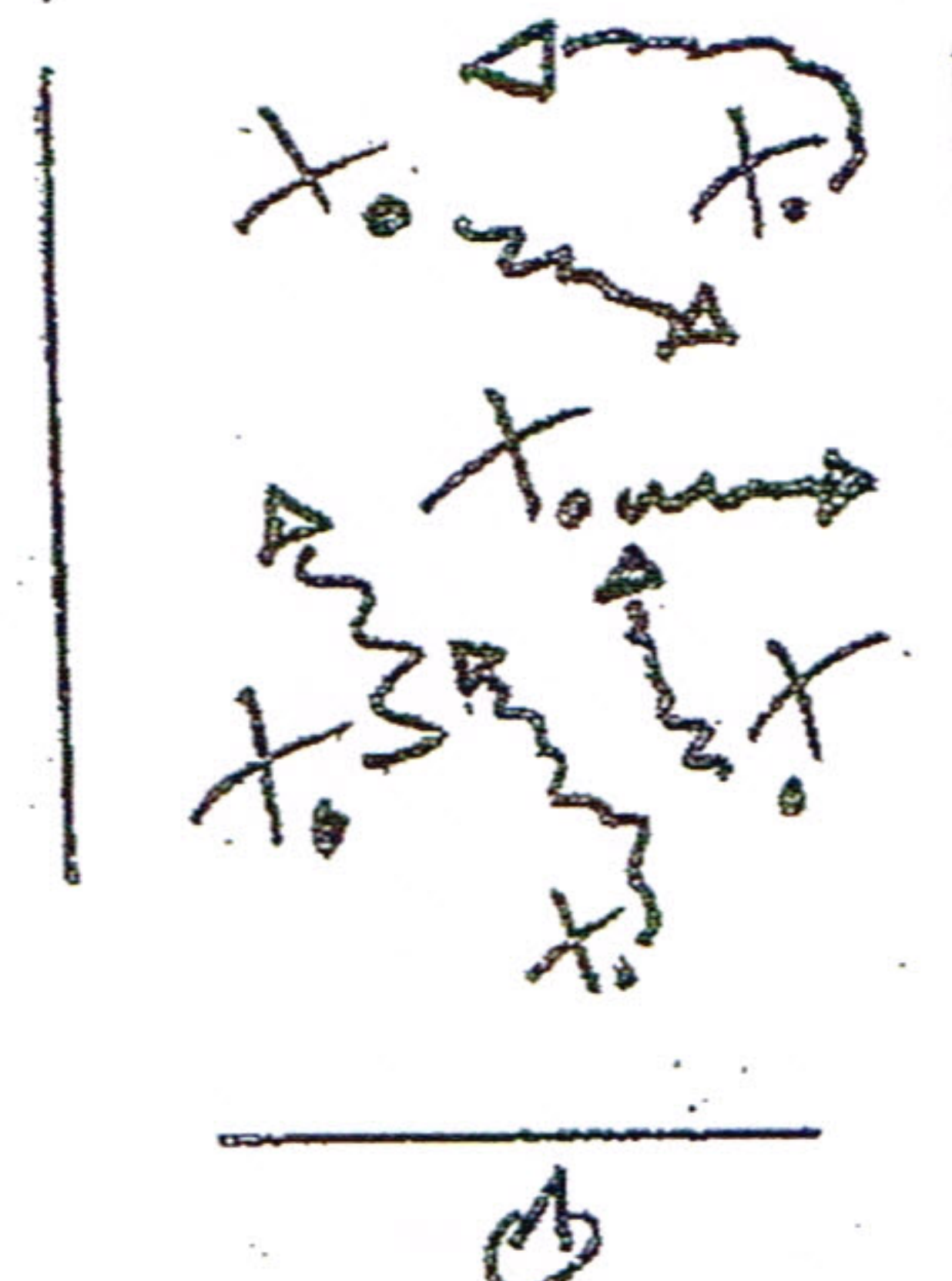
**Disney Game.** Organization: Two teams of equal number stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end.) Coach sends in a ball and calls out a Disney character and that character from each end goes 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. 1<sup>st</sup> name from one end, 2<sup>nd</sup> 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

SEE LESSON 5



SEE LESSON 4

