

## Recommended U6 Lesson Plans - Lesson 2

### Warm Up

**Identifiers.** Organization: All of the players run around the playing area at random. The coach calls out the identifier of a group of players or individual players, who then become hunters. Who can catch (tag) the most players within 1 minute? The identifiers might be, for example: colors of the players' vests, hair color, T-shirt color, first letters of the players' names, etc.

**Progressions:** Everybody has a ball, players dribble around and "hunt" while keeping their ball close.

### Activity 1

**Dog and Master.** Organization: Each player (master) dribbles with a ball (dog). The coach calls out various commands: Keep him on a short leash (dribble keeping the ball close to the foot), the dog runs away and is then caught by his master, master strokes dog with his foot, master jogs with the dog, walkers swap their dogs, etc.

**Progressions:** Introduce tall cones as trees (stay away from the trees, because you know what the dogs will do!), introduce an evil dog catcher who kicks balls out of the park (players have to see the park ranger/coach to get back in the park), etc.

### Activity 2

**Tigers in the Jungle.** Organization: Each child chooses to be a type of animal that lives in the jungle and makes the sound of that animal. Only tigers are not allowed. The tiger is the most feared animal in the jungle and is going to try to kick the other animals' balls into the surrounding alligator infested swamp. If the tiger kicks a ball into the swamp the child can dodge the alligators and bring it back into the jungle again. The child then stands with legs apart and ball in the air making the animal noise. When another animal/child dribbles the ball through this child's legs, he/she is free to continue the game.

**Progressions:** Animals dribble using only left foot, outside of feet, etc.

### Activity 3

**Tunnel Soccer.** Organization: Each player has a ball. The coach (or coaches) has no ball, but moves about the field with the players. While moving around the field, from time to time the coach stops and spreads his legs to form a tunnel. The players dribble after him and try to shoot through the tunnel whenever he stops. After three shots, the coach moves on again. Who can score the most points in one minute?

**Progressions:** The coach specifies how players kick their ball (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. 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

