

Recommended U6 Lesson Plans - Lesson 7

Warm Up

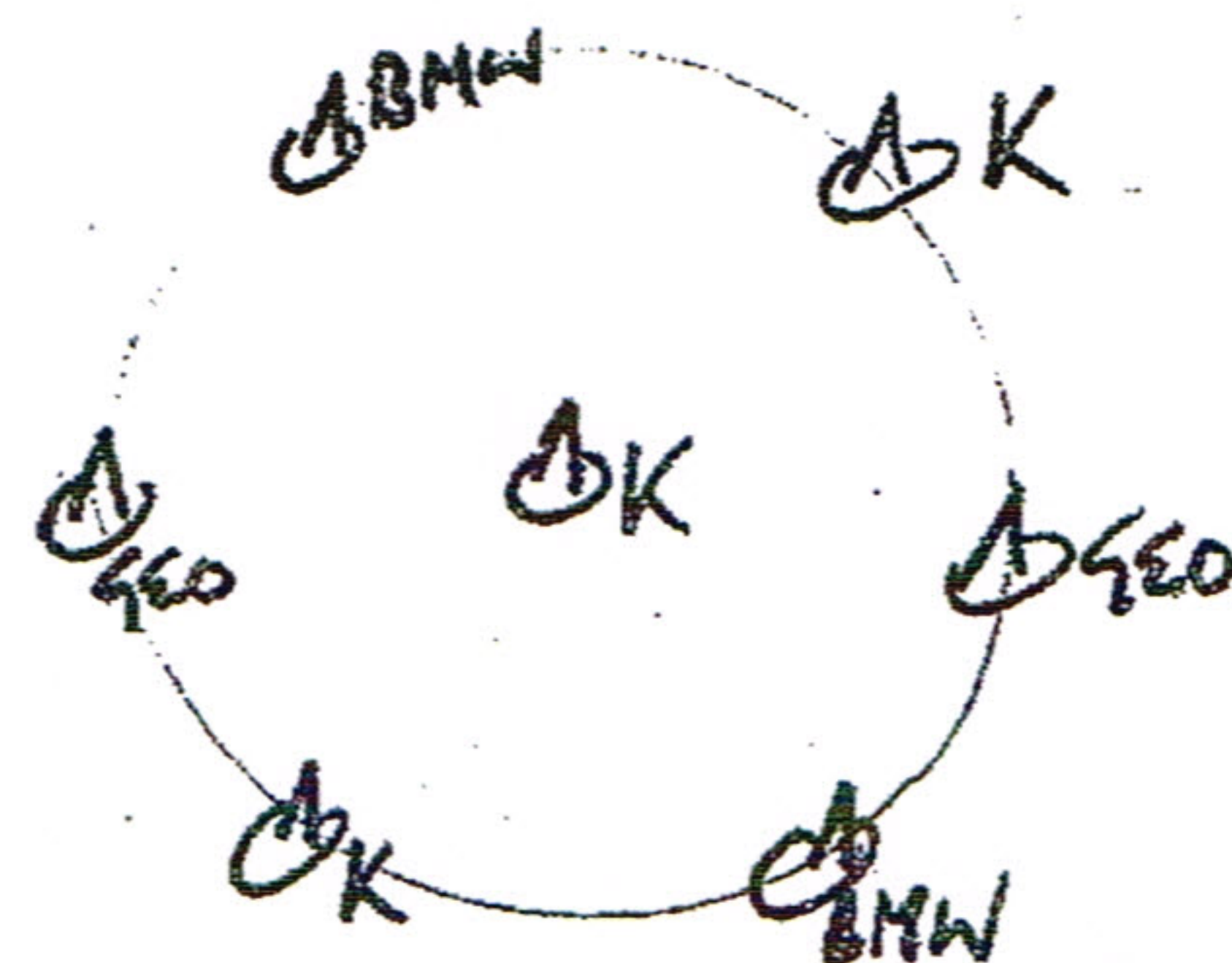
Identifiers. Organization: All of the players run around the playing area at random. The coach calls out the identifier of a group of players or individual players, who then become hunters. Who can catch (tag) the most players within 1 minute? The identifiers might be, for example: colors of the players' 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

Car Race. Organization: The coach places cones to form a circle. One player stands near the middle cone and the others stand around the edge of the circle (distance between players 6-12 yards, depending on the size of the group.) The coach goes from player to player and gives each one the name of a car to remember i.e. BMW, Corvette, etc. Each player runs to another cone when his car is called out. Fast reactions are required. On the call "Car Race" all of the players have to change places but must not return to their own cone.

Progressions: Each player has ball.



SEE LESSON 2

Activity 2

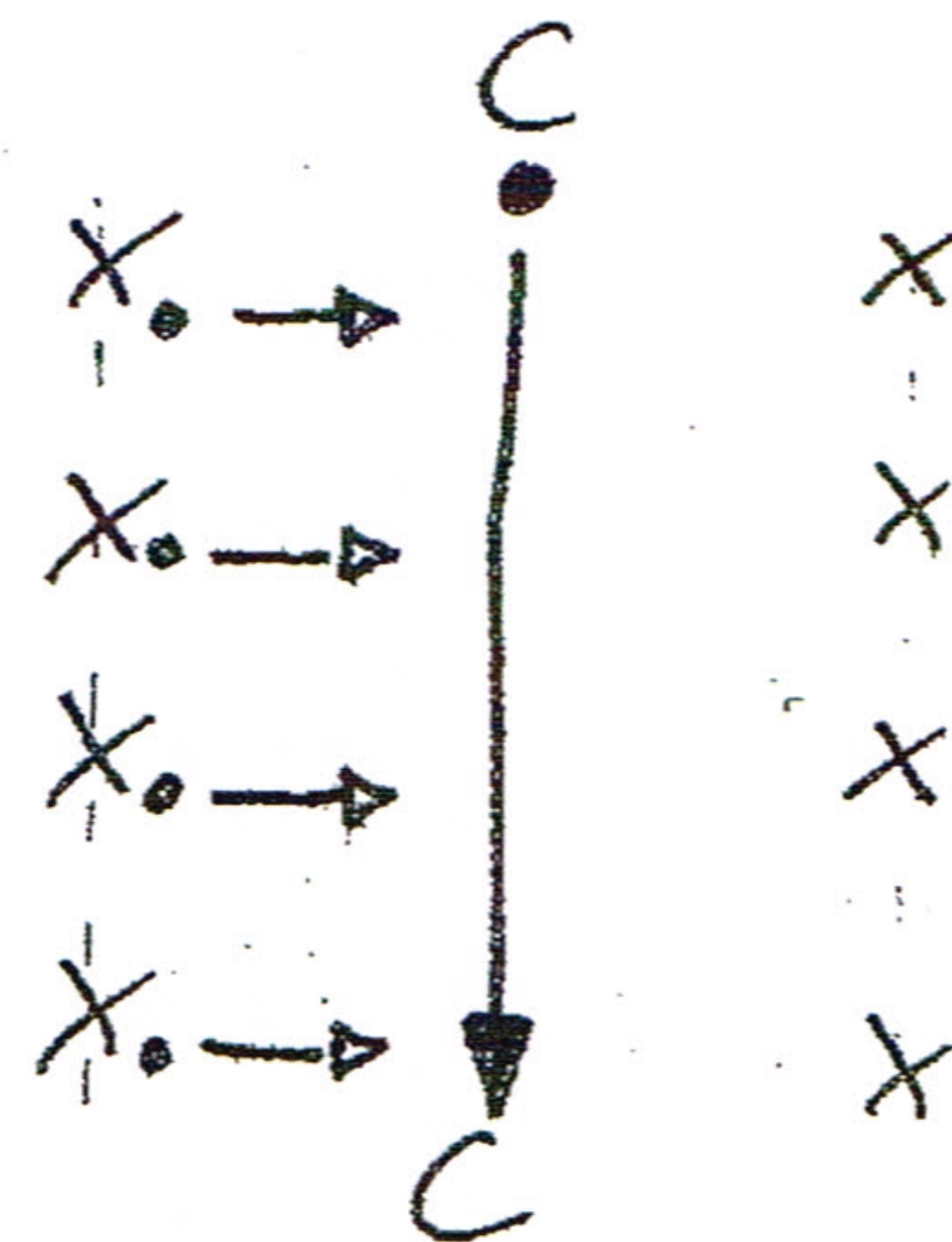
Tigers in the Jungle. Organization: Each child chooses to be a type of animal that lives in the jungle and makes the sound of that animal. Only tigers are not allowed. The tiger is the most feared animal in the jungle and is going to try to kick the other animals' balls into the surrounding alligator 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.

See LESSON 2

Activity 3

Torpedos. Organization: This game takes 8 players and five soccer balls. Choose four players to line up next to each other along a line. Each of them has a ball. The same number of players stands facing them at a distance of 10 yards (you can move this distance back as the youngsters gain experience); the children in this other line do not have a ball. Two coaches position themselves outside the "tunnel" at either end, like an entrance and an exit. One of the end coaches has a ball and they two pass each other that ball. The players forming the tunnel who are in possession of a ball try to calculate and anticipate the direction and speed of the ball going through the tunnel from end to end. They each try to "torpedo" it by kicking their ball at it accurately and with the correct speed. If they miss, the player across the way will receive the pass. The receivers try to hit the torpedo as it returns to the original end player.

Progressions: Kick with the laces, kick using a specific foot, 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. 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