

## Recommended U6 Lesson Plans - Lesson 8

### Warm Up

**I Can, Can You?** Organization: Coach asks players, "I can do something without the ball, can you?". At this point the coach does some sort of physical move without the ball. The move could be a skip, an elephant walk, walking and clapping hands between the legs, jumping jacks, etc. After the coach performs several examples with the players joining in, the coach then asks the players if they have something that we could do, which they would then demonstrate. Each player who volunteers then has the opportunity to demonstrate for the group to follow.

**Progressions:** Introduce the ball and move it with hands. Then put the ball on the ground and move it in various ways with feet.

**Comments:** 1 minute without a ball, 1 minute ball in hands, 4 minutes (minimum) ball at feet.

### 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

**"Steal the Bacon".** Organization: In a 20 x 20 yard area, four players play against each other. Each has 60 seconds to collect as many balls as they can using their hands from the middle area and put in own goal area. When middle area is empty, collect balls from other goal area. After 60 seconds, count balls then switch to new players for the next game.

**Progressions:** Roll the ball out of middle, use feet only, use only left foot, etc.

### Activity 3

**Moving Targets.** Organization: All players have a ball at their feet to start the activity. The coach and a chosen assistant are holding a bib (vest) between them above waist height. The coach and assistant represent the uprights of a goal and the pole they are holding is the crossbar. The goal does not stand stationary, but moves about at a walking pace. The players then try to strike their own ball through the goal. Obviously they will try to "gang" about the goal, so the goal must go to an open space in order to spread the playing area. Once the players get a knack for success in the activity, add a second goal.

**Progressions:** Kick with your laces, kick using your right foot, kick using your other 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. 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 3

SEE LESSON 2

SEE LESSON 5

