

Recommended U6 Lesson Plans - Lesson 9

Warm Up

Body Part Dribble. Organization: Roll the ball forwards, backwards, and sideways with the right and left elbows. Roll the ball forwards, backwards, and sideways with the right and left hands. Move quickly but avoid collisions! Roll the ball forwards, backwards, sideways, etc., with the right and left shoulders. Roll the ball in all directions with the head. Dribble the ball with the knees, rolling it forwards, backwards and sideways. Players should try to play around each other. Roll the ball in all directions with the buttocks. Roll the ball with different parts of the foot, etc.

Progressions: Introduce Tick-Tock (pass the ball from inside of left foot to inside of right foot) and Tap Dance (lightly touch ball with bottom of right foot then with left foot. Ball should remain still.)

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

Cross The Ohio River. Organization: The players run (go boating) from line (shore) to line (shore). In the river, are two or three piranhas/players who try to tag the runners. When a piranha succeeds in tagging a runner he can swap places or they both become piranhas.

Progressions: The players at the line each have a ball. Piranhas try to steal or kick the other players' soccer balls.

Activity 3

Team Bumper Cars. Organization: Divide the players into two teams with a ball for each player. One team is trying to hit the other team's balls. One team is designated as the kicking team, the other is the dribbling team. After a time, they switch roles. Play three rounds and see which team has the most total amount of hits.

Progressions: Specify certain types of kick, 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

SEE LESSON 1.

SEE LESSON 3

