

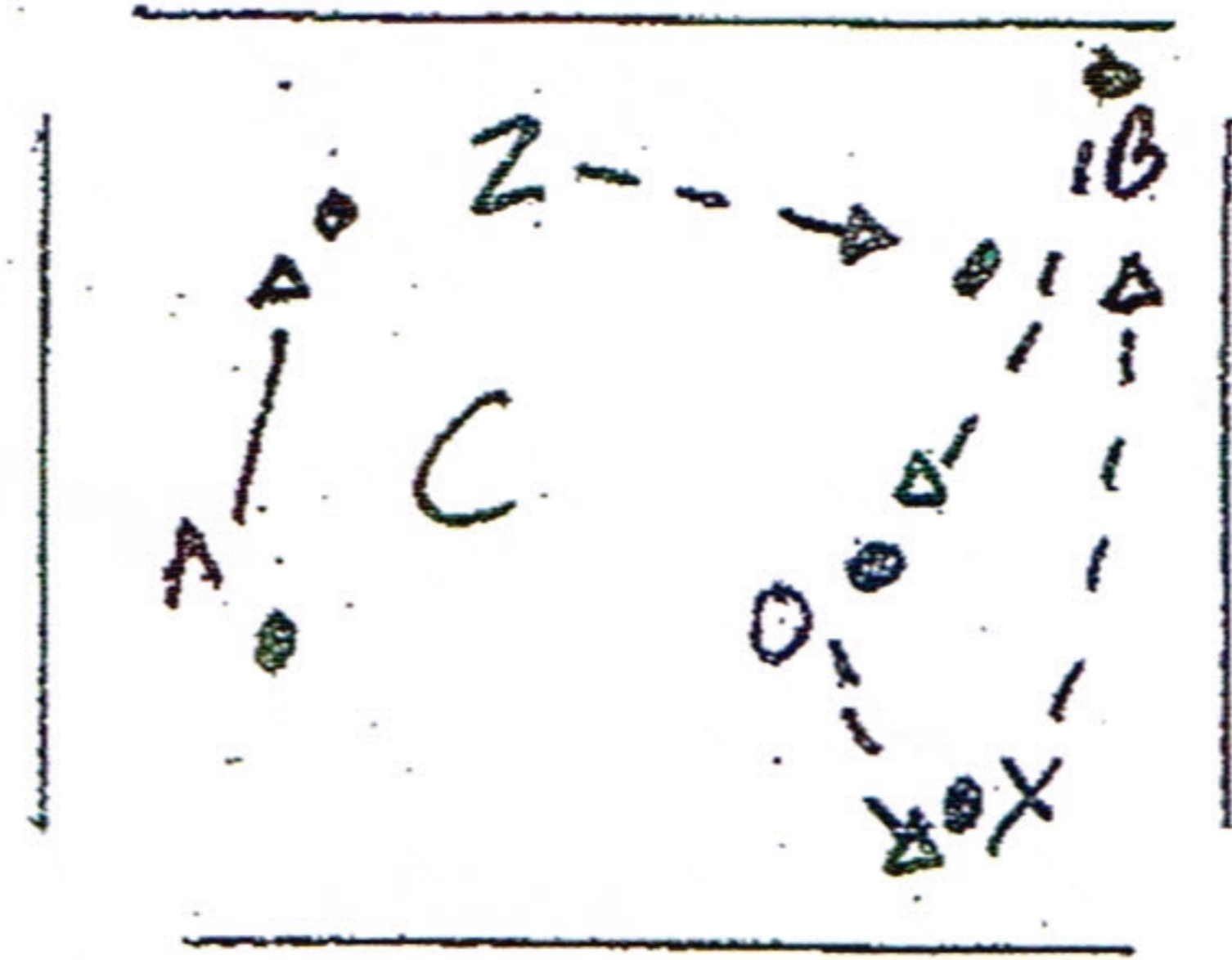
Recommended U6 Lesson Plans - Lesson 6

Warm Up

Musical Balls. Everybody has a ball and is dribbling. Coach sings and when he stops you leave your balls go to another ball and start dribbling.

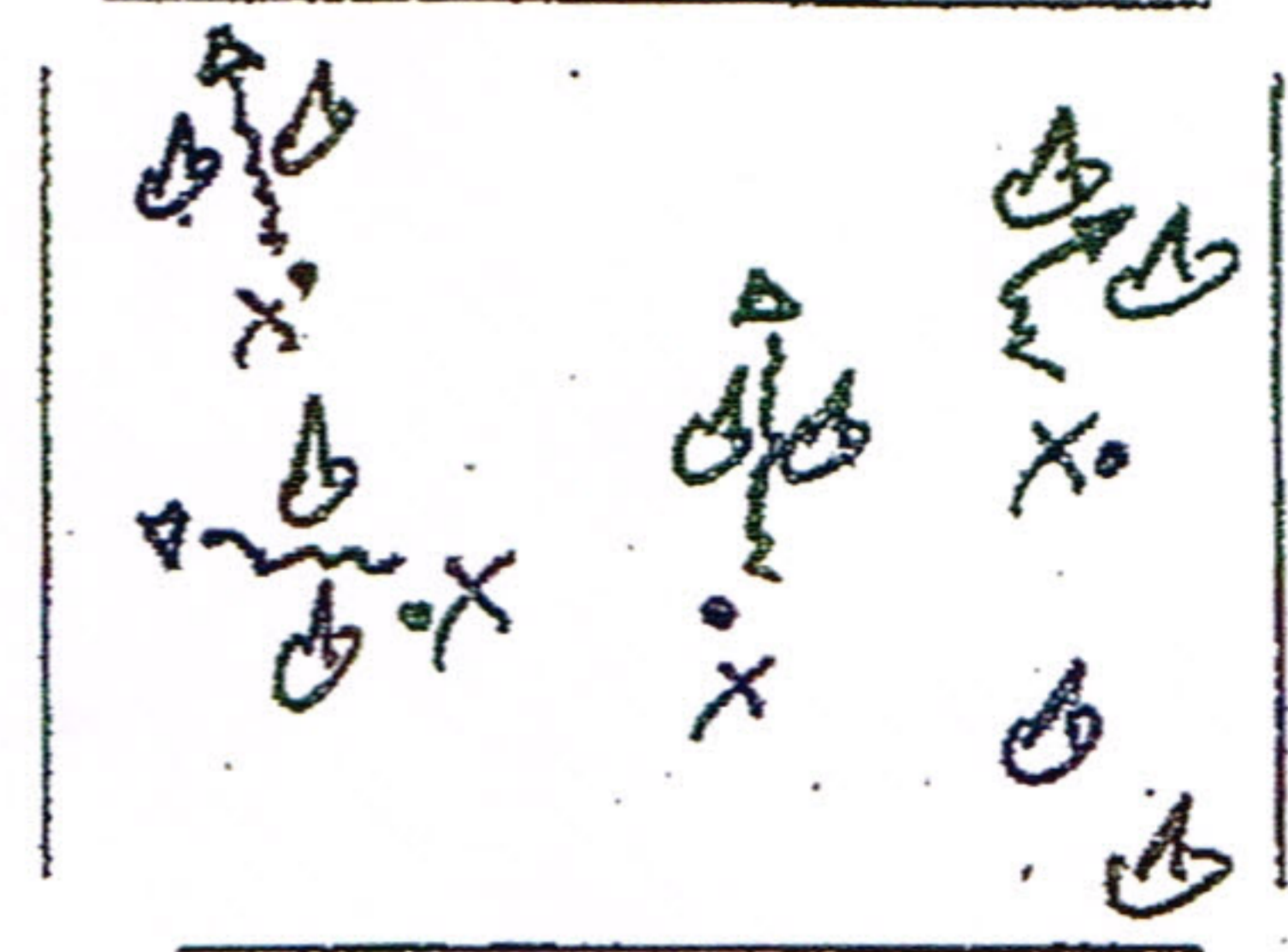
Progressions: Dribble the ball in different ways (inside, outside, left, right, etc). Coach can take a ball away when he stops singing. The player without a ball must do a specific task before returning to the game.

Comments: Make sure every player knows they'll get their ball back at the end of the activity!



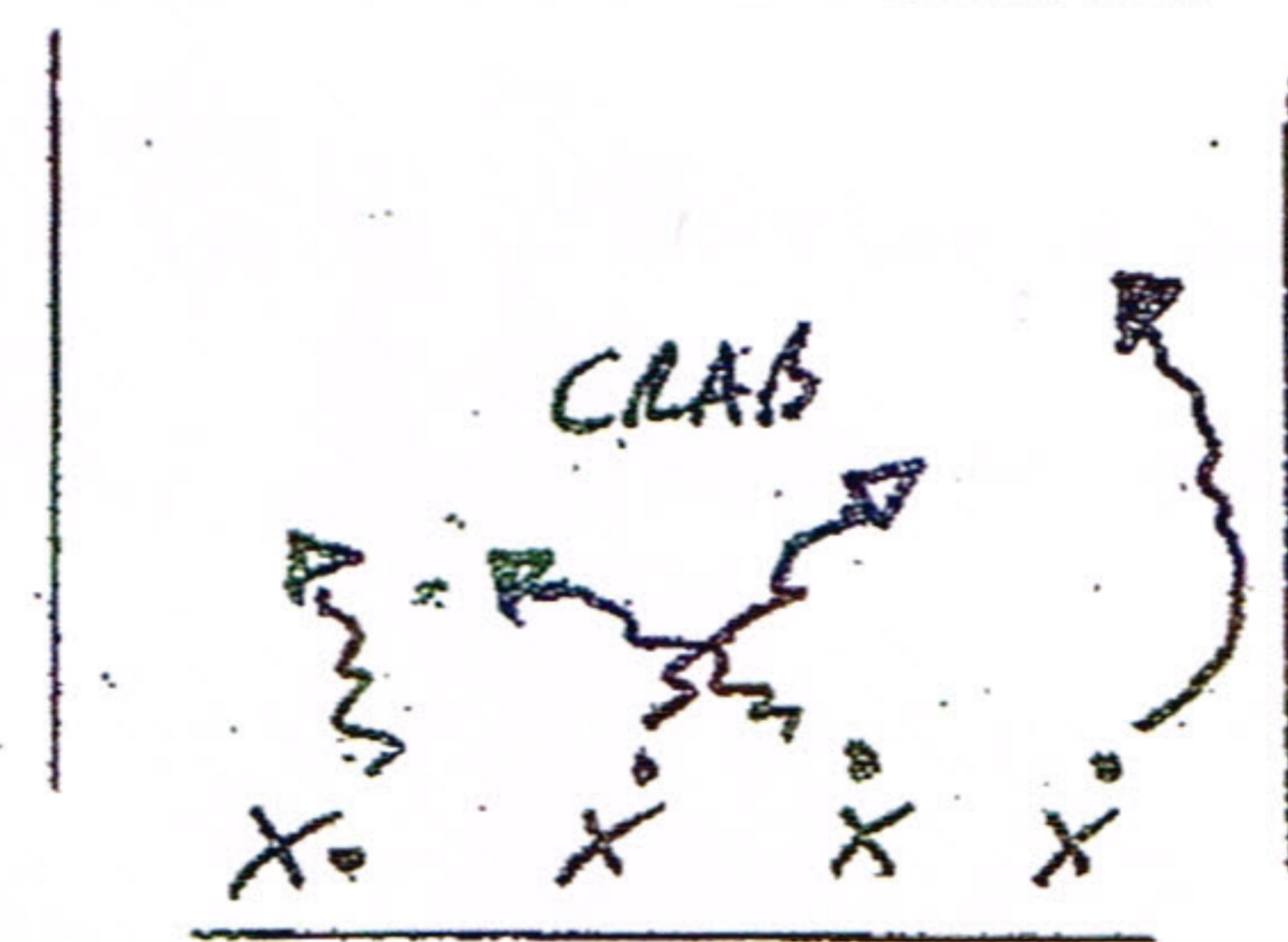
Activity 1

Dribbling Maze. Organization: Depending on the size of the group, the coach sets up 7 to 10 (at least one more goal than players) around the field and gives the start signal. The players try to run through as many goals as possible within the given time (45 seconds).
Progressions: Each player has a ball. Players dribble the ball in a specified way through the goals (left foot, right foot, outside of feet, bottom of feet, etc).



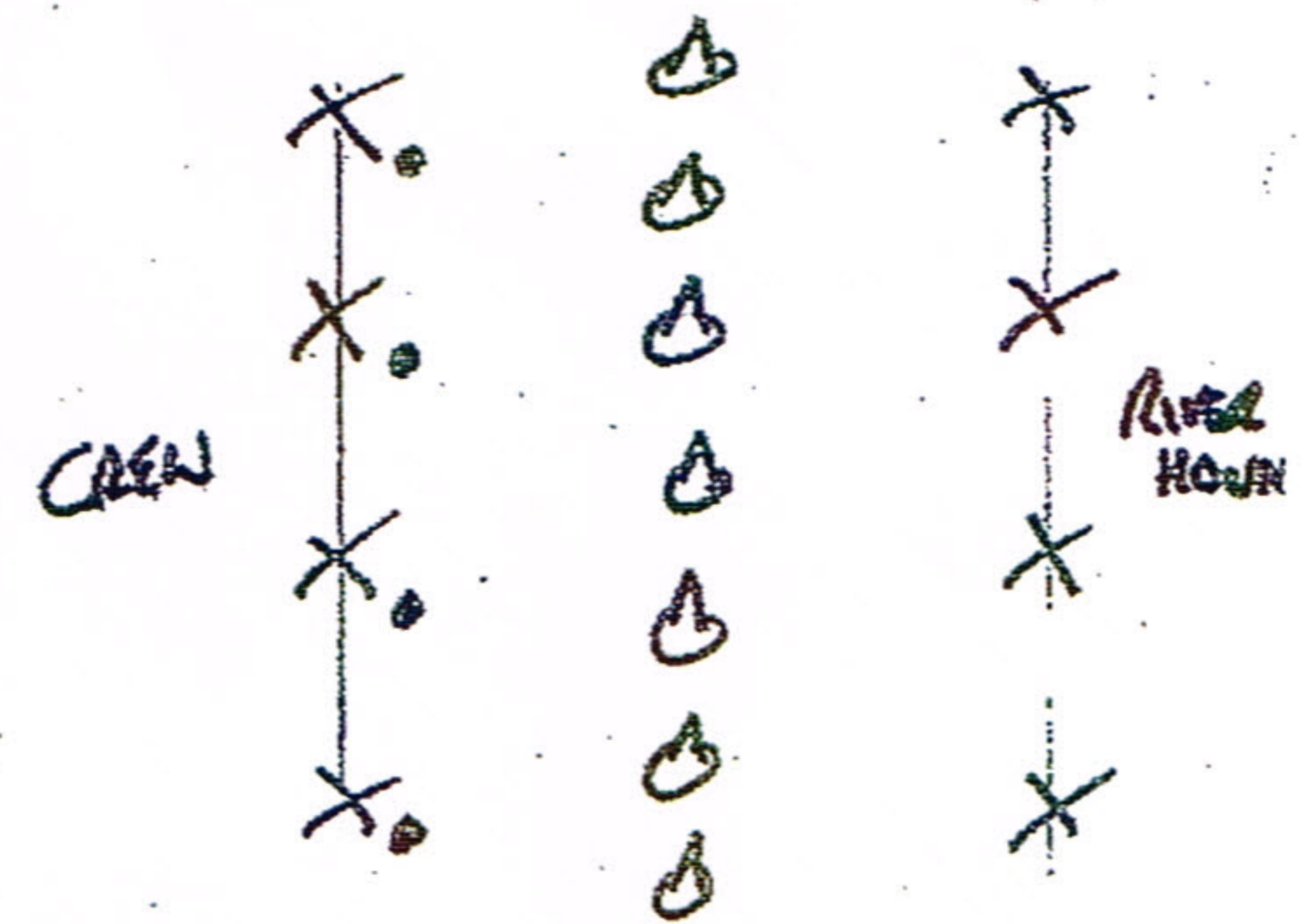
Activity 2

Crabs on the Beach. Organization: In a 30 x 20 yard area, make one 30 yd. line the beach and the other 30 yd. line the sea. Ask the children (sea creatures) to stand on the beach, each with a foot on the ball. Place a child (the crab) in the middle of the area in a crab like position (on all fours with tummy upwards). On your command tell the creatures to dribble their ball from the beach to the sea whilst avoiding the crab. When they reach the sea they must wait with a foot on the ball until all players have crossed the beach. The crab must aim to kick each child's ball out of the grid via the 20 yd sidelines. Any creatures losing their balls then become crabs. Who's the last player to be caught by the Crabs?
Progressions: Dribble the ball as specified by the coach. Rotate the starting crab.



Activity 3

Crew vs. Riverhounds. Organization: Split the group into two teams and give them "trendy" names like the Crew and Riverhounds. Set up a 30 x 20 yd area with cones lined up along the middle of the area lengthwise. Give one team all the balls. On your command tell the team with the balls to strike their ball and knock down as many stand up cones as possible. On your command tell the other team to collect the balls. The coach should count and pick up the cones that have been knocked down. Switch roles so that the team that was shooting is now collecting balls. Continue until all the cones have been knocked down.
Progressions: Kick the ball with your laces, 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