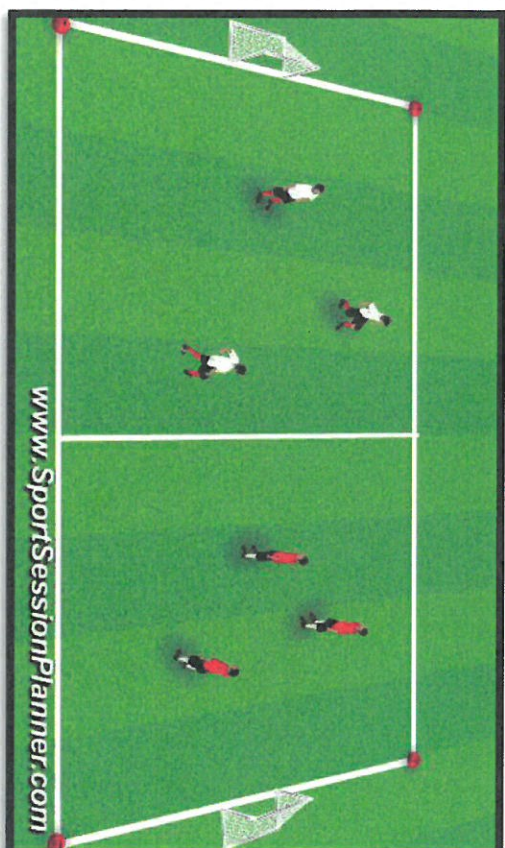




2013 - U6 - Spring Lesson Plan - Week One



Let's learn the Rules - Let's play



Dimensions in Yards:	Long: 30 max-20 min Wide: 25 max-15 min
Ball	Size 3
Number of Players	3 Players per team on the field - No Goalkeepers needed
Referee	No Referee needed
Duration	No more than 30 minutes max – Can play in quarters
Fouls and Misconduct	No cards (Yellow or Red) If a child misbehave you must sub him/her out of the game
Free Kicks	All free kicks shall be direct
Out of bounds - Side Line	<ol style="list-style-type: none"> 1. When the ball goes out bounds, please say RED LIGHT (all the players shall stop) 2. Place the soccer ball on the side line and allow the player to kick it in or dribble it into the field
Out of Bounds – End Line	<ol style="list-style-type: none"> 1. When the ball goes out of bound, Please say YELLOW LIGHT (opposite team will regroup by the mid line) 2. The Kicking team will place the soccer ball about 1-2 yards in front of the goal and kick it to a teammate
Corners (optional)	When the defending team kicks the ball over the end line the other team will place the ball on the corner and kick it in. The defending team must be at least 4-5 yards away from the ball

2013 - U6 - Spring Lesson Plan - Week Two

Stage	Activity Description	Diagram	Coaching Considerations
Activity 1	<p>4 Surfaces: Each player has a ball. Have the players try to use the 4 surfaces of the foot in 1 fluid motion in this order: Outside, Inside, Laces and Bottom, Transfer the ball from the right to left foot after the stop the ball with the sole (bottom). When the players display proficiency, challenge them to do it faster and in a smaller space. The sequence is: ○ Outside of the foot touch - Inside of the foot touch ○ Laces push - Stop with sole and Change foot</p> <p>Body Part Dribble: All players dribbling a soccer ball. The coach calls out a body part (elbow/ - knee) and the players then touch their ball with that part of the body.</p> <p>Coach: Vary the body parts, number of body parts he calls out, and rate at which he calls them out.</p>		<p>3 Surfaces:</p> <ul style="list-style-type: none"> • Players should start slow and increase the speed as they go • Touches should be soft but able to move the ball • Keep the soccer ball close and under control • Players should talk to their feet: “Outside-Inside- Laces push” <p>Dribbling:</p> <ul style="list-style-type: none"> • Keep ball close • Changing directions • Dribbling using different surfaces of the foot • Stopping the soccer ball <p>Decision Making</p> <ul style="list-style-type: none"> • What part of the foot to use • What foot to use • When and how to stop the soccer ball • Where to go with the soccer ball
Activity 2	<p>Red Light/Green Light: All players are dribbling freely in a 15x20 yard grid. When the coach says “red light” the players must stop and put their foot on the ball. When the coach says “yellow light” the players must dribble slowly, and when the coach says “green light” the players must dribble fast.</p> <p>Coach: Control the frequency of light changes.</p> <p>Variation 2: Now the colors are the surfaces: Yellow= outside of the foot, Blue= inside of the foot, Green=Laces push, Red= Stop.</p>		<p>Decision Making</p> <ul style="list-style-type: none"> • What part of the foot to use • What foot to use • When and how to stop the soccer ball • Where to go with the soccer ball
Activity 3	<p>Get “Outta” There with Numbers: The players are divided into two teams, with each player given a number from 1-4 or 5 (depending on total amount of players). Players are positioned at either side of the coach, with multiple soccer balls, outside a 10x15 yard grid with two small goals on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells “Get outta there”.</p> <p>Coach: Can make the games 1v1, 2v2,</p>		<p>Decision Making</p> <ul style="list-style-type: none"> • What part of the foot to use • What foot to use • When and how to stop the soccer ball • Where to go with the soccer ball
Activity 4	<p>Get “Outta” There with Numbers: The players are divided into two teams, with each player given a number from 1-4 or 5 (depending on total amount of players). Players are positioned at either side of the coach, with multiple soccer balls, outside a 10x15 yard grid with two small goals on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells “Get outta there”.</p> <p>Coach: Can make the games 1v1, 2v2,</p>		<p>Decision Making</p> <ul style="list-style-type: none"> • What part of the foot to use • What foot to use • When and how to stop the soccer ball • Where to go with the soccer ball
Match	<p>3v3 - Dual Field Scrimmage</p>		<p>Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.</p> <p>25 minutes</p>

2013 - U6 - Spring Lesson Plan - Week Three

Stage	Activity Description	Diagram	Coaching Considerations
Activity 1	<p>Let's Play Tag:</p> <ul style="list-style-type: none"> Round 1: Players will run around avoiding being tagged by the coach Round 2: Coach selects two players to be the taggers Round 3: Whoever is tagged becomes a tagger Round 4: Everybody tags <ul style="list-style-type: none"> Play 3 rounds of 45 sec. - 1 minute each Ask players to count how many tags they get and to try to improve it every round 		<p>Coaching Considerations</p> <p>Dribbling:</p> <ul style="list-style-type: none"> Keep ball close to the feet Dribble using different surfaces of the foot Changing speed and direction Running with the ball Protecting the ball Sudden changes of pace How to stop the soccer ball <p>Decision Making</p> <ul style="list-style-type: none"> Where to run Who to tag Where and how to tag What foot to use When and how to stop the soccer ball Where to go with the soccer ball Dribble or pass
Activity 2	<p>Let's Tag with the Ball:</p> <ul style="list-style-type: none"> Now all the players hold their soccer ball in their hand. Players will try to tag each other with the soccer ball, every tag is a point. Play for 3 rounds of 45 sec. - 1 minute each. Challenge the players to improve their score. 		<p>Coaching Considerations</p> <ul style="list-style-type: none"> Where to go with the soccer ball Dribble or pass
Activity 3	<p>Dribble Tag:</p> <ul style="list-style-type: none"> All players dribbling a soccer ball will try to tag each other with their hands. Players cannot abandon their own ball to tag(Why not?). <p>Coach:</p> <ul style="list-style-type: none"> Have players keep count of their own tags. If playing more than one game, have players improve their tags by at least 1 more than before. 		<p>Coaching Considerations</p> <ul style="list-style-type: none"> Where to go with the soccer ball Dribble or pass
Activity 4	<p>Freeze Tag: How to layer</p> <ul style="list-style-type: none"> The coach or coaches start as the freeze monster without a soccer ball. The players are dribbling their soccer ball. When a freeze monster tags a player, he/she is frozen (hold a soccer ball on top of your head with legs opened). To unfreeze, any dribbler must pass the soccer ball between the frozen player's legs. 		<p>Coaching Considerations</p> <ul style="list-style-type: none"> Where to go with the soccer ball Dribble or pass
Match	3v3 - Dual Field Scrimmage	Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.	25 minutes



2013 - U6 - Spring Lesson Plan - Week Four



Stage	Activity Description	Diagram	Coaching Considerations
Activity 1	<p>Paint the Field: All players will dribble their soccer ball in a 15x20 yard grid pretending that is a paintbrush and wherever it rolls it is painting the field. The players will try to paint as much of the area as possible in the time allotted.</p> <p>Coach: Have the players write their names with the "Paintbrush" (Ball) can they "paint" different shapes? How big can they paint the shapes?</p> <p>Variation 2: Ask the players to dribble only with the left foot, then with the right foot.</p>		<p>Dribbling:</p> <ul style="list-style-type: none"> ● Keep ball close to the feet ● Dribbling using different surfaces of the foot ● Changing speed and direction ● Running with the ball ● Sudden changes of pace ● How to stop the soccer ball ● Decision Making <ul style="list-style-type: none"> ○ What foot to use ○ When and how to stop the soccer ball ○ Where to go with the soccer ball ● 1v1 attacking and defending ● Protecting the ball
Activity 2	<p>Snake: All players are dribbling a soccer ball in a 15x20 yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts.</p> <p>Coach: Encourage the snake players to hiss.</p>		
Activity 3	<p>Bandits: Select 1 or 2 players to be the Bandits. Their mission is to get any dribblers' ball once the bandit gets a ball the player without the ball becomes the new bandit.</p> <p>Round 2: Add goals and bandit must get the ball back to their hideout.</p>		
Activity 4	<p>Combat 1: The coach makes two teams of 3-5 players each. The players are lined up next to the coach. When the coach serves the ball on to the playing area, the players next to the coach will go after the soccer ball and retrieve it by dribbling and kicking it into their team's goal for a point.</p> <p>The coach can make the games 1v1, 2v2 and 3v3's. You can have several groups of players playing in the soccer area.</p>		
Match	3v3 - Dual Field Scrimmage	Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.	25 minutes



2013 - U6 - Spring Lesson Plan - Week Five



Stage	Activity Description	Diagram	Coaching Considerations
Activity 1	<p>4 Surfaces: Each player has a ball. Have the players try to use the 4 surfaces of the foot in 1 fluid motion in this order: Outside, Inside, Laces and Bottom, Transfer the ball from the right to left foot after the stop the ball with the sole (bottom). When the players display proficiency, challenge them to do it faster and in a smaller space.</p> <p>The sequence is:</p> <ul style="list-style-type: none"> ○ Outside of the foot touch - Inside of the foot touch ○ Laces push - Stop with sole <p>Change foot</p>		<p>4 Surfaces:</p> <ul style="list-style-type: none"> • Players should start slow and increase the speed as they go • Touches should be soft but able to move the ball • Keep the soccer ball close and under control • Players should talk to their feet: <p>“Outside – Inside- Laces push and Stop”</p> <p>Dribbling:</p> <ul style="list-style-type: none"> • Dribbling using different surfaces of the foot • Acceleration • How to stop the soccer ball • I/v1 attacking and defending • Protecting the ball <p>Striking the ball:</p> <ul style="list-style-type: none"> • Technique of striking the ball • Willingness to kick the ball away from them. • Dribbling and striking the ball • Accuracy to hit a moving target
Activity 2	<p>Shadow Dribble: Two players (Leader and Shadow) each with a ball. They will dribble all over a 20x25 yard grid. The leader will determine where they are going, while the shadow will try to keep up with the leader.</p> <p>Coach: Call the change from leader to shadow</p> <p>Version 2: Use only favorite foot or other foot.</p> <p>Version 3: Leader must make a move.</p>		<p>Pac Man: Select two players to be the Pac Man. They will dribble around and try to tag any player without the ball. Once they tagged a runner, he or she becomes a Pac Man and will go to get a ball and joint the hunt</p>
Activity 3	<p>Capture the Balls: Players should be divided into equal teams to play in a grid with each team's home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach's command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent's home bases.</p> <p>Coach: Call time and each team counts the balls they have collected.</p>		
Match	<p>3v3 - Dual Field Scrimmage</p>	<p>Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.</p>	<p>25 minutes</p>

2013 - U6 - Spring Lesson Plan - Week Six

Stage	Activity Description	Diagram	Coaching Considerations
Activity 1	<p>Boston Traffic:</p> <ul style="list-style-type: none"> • Players dribble their soccer balls trying not to crash with any other player. Every time a player is in front the players should “BEEP” him/her out of the way. • Coach should give a ticket to any players that crash. After 3 crashes, he or she must do 10 ball taps and get back in traffic <p>Add tall cones</p> <ul style="list-style-type: none"> • Each player tries to dribble as close to any tall cone can without knocking it over. If they knock it over, they must stand it back up before they can continue. 		<p>Dribbling:</p> <ul style="list-style-type: none"> • Keep ball close to the feet • Dribbling using different surfaces of the foot • Changing speed and direction • Running with the ball • Sudden changes of pace • How to stop the soccer ball <p>Decision Making</p> <ul style="list-style-type: none"> ○ What foot to use ○ When and how to stop the soccer ball ○ Where to go with the soccer ball
Activity 2	<p>Knock the Cone Down:</p> <ul style="list-style-type: none"> • Players dribble around and try to knock down any cone they can. • Players must use their soccer ball to knock down cones. • Coach will time the players to see how long it takes the players to knock down all the cones. 		<p>Striking the ball:</p> <ul style="list-style-type: none"> • Technique of striking the ball • Willingness to kick the ball away from them. • Players can experiment with how hard to kick the ball. • Dribbling and striking the ball • Weight of the pass • Accuracy of the pass
Activity 3	<p>Cops and Robbers:</p> <ul style="list-style-type: none"> • The coach sets up 8-10 stand up (tall) cones in a 15x20 yard grid. Robbers will strike the ball and try to knock the cone (the banks) down. The cops (2 or 3 players) are without soccer balls and are trying to stand all the cones back up before all the banks are robbed. Rotate the cops and the robbers. • The Coach start as the guard, then selects players. 		<p>Striking the ball:</p> <ul style="list-style-type: none"> • Technique of striking the ball • Willingness to kick the ball away from them. • Players can experiment with how hard to kick the ball. • Dribbling and striking the ball • Weight of the pass • Accuracy of the pass
Activity 4	<p>Get their Cones:</p> <ul style="list-style-type: none"> • Divide the players in to two teams and assign cone Guards and Raiders per team • Place several cones in a zone guarded by one or two players • The Raiders will dribble to the other team’s zone and shoot to knock the cone out of the zone, grab it and dribble it back to their own zone. • The Guards can catch the ball, block the shot or kick the ball away. They must pick up any cone that still is inside the zone. 		<p>Striking the ball:</p> <ul style="list-style-type: none"> • Technique of striking the ball • Willingness to kick the ball away from them. • Players can experiment with how hard to kick the ball. • Dribbling and striking the ball • Weight of the pass • Accuracy of the pass
Match	3v3 - Dual Field Scrimmage	Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.	25 minutes



2013 - U6 - Spring Lesson Plan - Week Seven



Stage	Activity Description	Diagram	Coaching Considerations
Activity 1	<p>Juggling: All players with a soccer ball in their hands drop the ball down and try to kick it back up to their hands. Players will try to use their thighs and feet to keep the ball in the air.</p> <p>Coach: Have the players count how many times they touch the ball before it hits the ground.</p> <p>Version 2: Controlled juggling - Thigh, foot, catch. Thigh, thigh, foot, catch. Thigh, thigh, foot, foot, catch.</p>		<p>Juggling:</p> <ul style="list-style-type: none"> • Hand, eye, foot coordination • Use foot and thigh <p>Dribbling/Running with the ball:</p> <ul style="list-style-type: none"> • Using laces to run • Running in a straight line • Changing pace and direction • Keep the ball close • 1v1 defending
Activity 2	<p>Ball Tag: All players are dribbling a soccer ball in a 15x20 yard grid. The players try to hit another player's feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player or their ball.</p> <p>Version 2: If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p>		<p>Striking the ball:</p> <ul style="list-style-type: none"> • Passing & shooting technique • Weight of the pass and shot • Accuracy of the pass and shot
Activity 3	<p>Bandits 2: Select 1 or 2 players to be the Bandits. Their mission is to get the dribblers' ball and bring it to their hideout. The dribbler can take the ball back from the bandit. If the bandit gets the ball into the hideout, the dribbler becomes a bandit.</p>		
Activity 4	<p>Clean Your Backyard: Split the players into two teams to play in a 20x25 yard grid. With cones, divide the field into three portions. The central portion (the buffer zone) is 3yds wide and no one can enter it. Place three goals (3yds each) at the far ends of the grid. Players on each team will try to shoot/pass and score below knee height in any of the other team's goals.</p> <p>Coach: Allow players to enter the buffer zone to retrieve any ball that has stopped in there.</p>		
Match	3v3 - Dual Field Scrimmage	Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.	25 minutes



2013 - U6 - Spring Lesson Plan - Week Eight



Stage	Activity Description	Diagram	Coaching Considerations
<p>Activity 1</p>	<p>4 Surfaces: Each player has a ball. Have the players try to use the 4 surfaces of the foot in 1 fluid motion in this order: Outside, Inside, Laces and Bottom. Transfer the ball from the right to left foot after they stop the ball with the sole (bottom). When the players display proficiency, challenge them to do it faster and in a smaller space. The sequence is: <ul style="list-style-type: none"> ○ Outside of the foot touch - Inside of the foot touch ○ Laces push - Stop with sole Change foot</p> <p>Around the Cone: The Coach will put the players in teams of two or three players. The first player on the team will run with the ball from their Red cone to their Yellow cone. At the Yellow cone the player will perform the following: <ol style="list-style-type: none"> 1. Go around the cone with the inside of the foot 2. Go around the cone with the outside of the foot 3. At the cone stop the soccer ball: do a drag back or heel turn </p>		<p>4 Surfaces:</p> <ul style="list-style-type: none"> • Players should start slow and increase the speed as they go • Touches should be soft but able to move the ball • Keep the soccer ball close and under control • Players should talk to their feet: “Outside – Inside – Laces push and Stop” <p>Dribbling/Running with the ball:</p> <ul style="list-style-type: none"> • Dribbling using different surfaces of the foot • Acceleration after going through a Triangle • How to stop the soccer ball at each triangle • Use front part of the foot • Run in a straight line • Head up • When and how to turn • Acceleration after the turn <p>Striking the ball:</p> <ul style="list-style-type: none"> • Technique of striking the ball • Willingness to kick the ball away from them. • Players can experiment with how hard to kick the ball. • Dribbling and striking the ball • Weight of the pass • Accuracy of the pass
<p>Activity 2</p>	<p>Triangle Dribbling: In a 15x20 yard grid, set up 5 to 7 triangles (three cones about 2 yards apart). All players with a ball must dribble through the triangle in order to score a point. Coach: Have players keep count of how many points they score in 30 seconds or a minute. Repeat, asking the players to beat the score by one or more points. You can also ask them to dribble with the left or right foot only or stop in each triangle.</p>		<p>Striking the ball:</p> <ul style="list-style-type: none"> • Technique of striking the ball • Willingness to kick the ball away from them. • Players can experiment with how hard to kick the ball. • Dribbling and striking the ball • Weight of the pass • Accuracy of the pass
<p>Activity 3</p>	<p>Coach: Have players keep count of how many points they score in 30 seconds or a minute. Repeat, asking the players to beat the score by one or more points. You can also ask them to dribble with the left or right foot only or stop in each triangle.</p>		<p>Striking the ball:</p> <ul style="list-style-type: none"> • Technique of striking the ball • Willingness to kick the ball away from them. • Players can experiment with how hard to kick the ball. • Dribbling and striking the ball • Weight of the pass • Accuracy of the pass
<p>Activity 4</p>	<p>Moving Goal: All players are dribbling a soccer ball in a 15x20 yard grid. Two coaches hold a practice vest (penny) between them, forming a goal. The players must try to kick their ball through the goal. Coaches: Move around into open space so that the players have to dribble around and kick their ball through a moving target.</p>		<p>Striking the ball:</p> <ul style="list-style-type: none"> • Technique of striking the ball • Willingness to kick the ball away from them. • Players can experiment with how hard to kick the ball. • Dribbling and striking the ball • Weight of the pass • Accuracy of the pass
<p>Match</p>	<p>3v3 - Dual Field Scrimmage</p>	<p>Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.</p>	<p>25 minutes</p>