



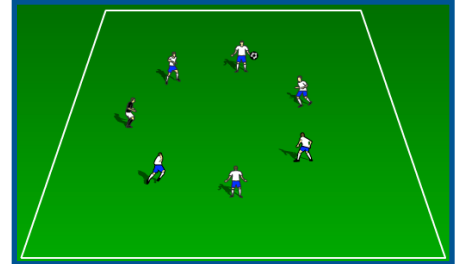
★ RECREATIONAL ★ COACHING CURRICULUM

U5 LESSON PLAN - WEEK 1, SESSION 1

Activity: Welcome Game

Area: 20 x 25 yards.

1. Description: Organize the team into a circle with only one ball between the group. Start with the ball in your hands, say your name and then hand the ball to the person to your right.
2. When the ball returns to the coach, now all the players must say the name of the person before the ball gets passed.
3. Pass the ball to a random person, now the person passing says the name.

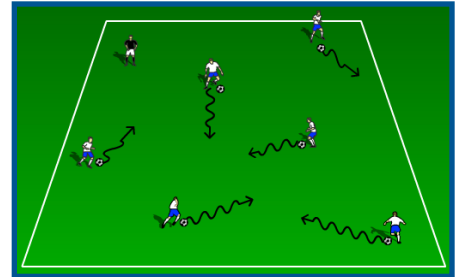


Activity: Red Light, Green Light

Area: 20 x 25 yards.

Description: Players dribble around and wait for commands:

- Red Light = Stop. Introduce stopping the ball with the inside & sole.
- Green Light = Go.
- Yellow Light = Toes taps, sit on ball, etc.
- Monster Truck = Coach tries to steal players soccer balls. Introduce turning to get away from the monster truck, either drag back or inside turn.
- Crash = Players fall to the ground & pretend to be hurt.

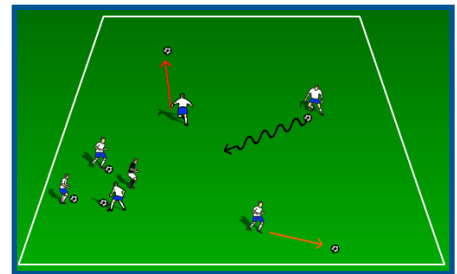


Activity: Coaches Challenge

Area: 20 x 25 yards.

Description: Each player has a ball. Players take it in turns to give the ball to the coach. The coach throws it and gives the player direction with how to bring it back. For example: carry it, bounce it, hop with the ball, jump like a rabbit, dribble it, use left foot to dribble it, etc.

Continue to work on stopping and turning with the ball during this activity.



Activity: Jake & the Netherlands Pirates

Area: 20 x 25 yards.

Description: Name all four sides of the grid; Captian Hook, Izzy, Jake, . When the coach shouts the name of a place, all the players must go to that side. Other commands include:

- CAPTAIN ON DECK: Players place one foot on the ball and solute.
- MARBLES: Players do a forward role.
- PEG LEG: Players hop on one leg.
- Invent new commands.

Continue to work on stopping and turning with the ball during this activity.



Activity: 3 v 3 to Goal

Area: 20 x 25 yards with two goals.

Description: Split players into two teams. Each team defends and attacks a goal.

