



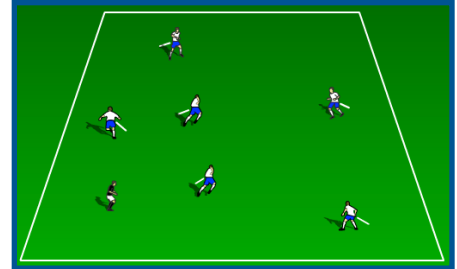
★ RECREATIONAL ★ COACHING CURRICULUM

U5 LESSON PLAN - WEEK 2, SESSION 1

Activity: Foxes and Rabbits

Area: 20 x 25 yards.

Description: Start without a ball. Give each player a vest. Players then place the vest in the sides of their shorts. Coach starts as the fox and is trying to catch the rabbits by stealing their vests. When a vest has been stolen they become a fox and help the coach. Continue until one player remains. Play again.

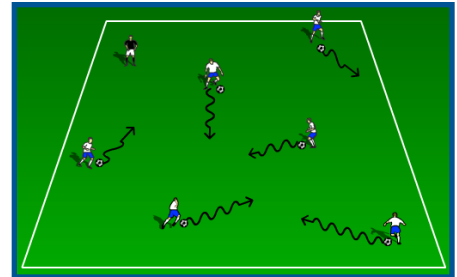


Activity: Red Light, Green Light

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.



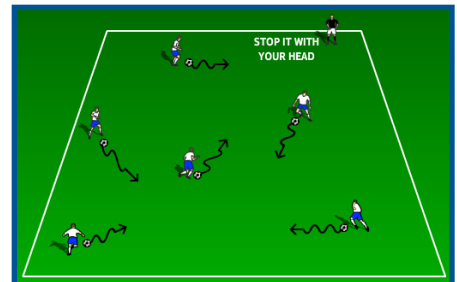
Activity: Body Part Dribbling

Area: 20 x 25 yards.

Description: Players dribble around the area and wait for the coaches commands. When the coach shouts a body part the players must stop the ball with that part of the foot. Continue.

Progression: Ask players to come up with their own commands.

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



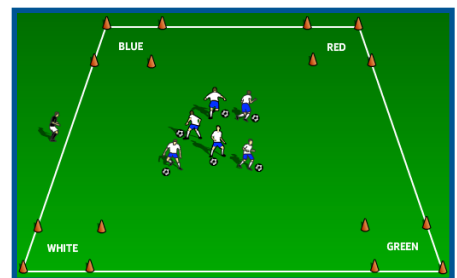
Activity: Colors

Area: 20 x 25 yards with a box in each corner. Give each box a color name.

Description: Each player dribbles around the area freely. When the coach shouts a color every player must dribble and stop the ball in that box.

Progression: Name multiple colors to try and catch players out.

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.

