



★ RECREATIONAL ★ COACHING CURRICULUM

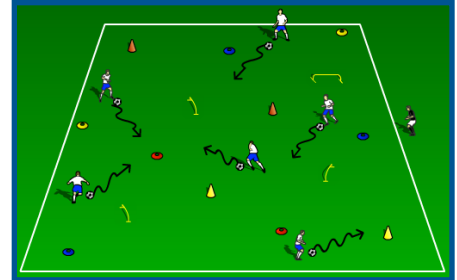
U5 LESSON PLAN - WEEK 3, SESSION 1

Activity: Treasure Hunt.

Area: 20 x 25 yards.

Description: Coach places different items inside the area; cones, balls, bibs, etc. Split players into three teams and place them in a different corner.

When the coach starts the game players from each team must retrieve one piece of treasure at a time and take it back to their corner wearing it. When all the treasure has been retrieved the game is over. Start over.



Activity: Body Part Dribbling

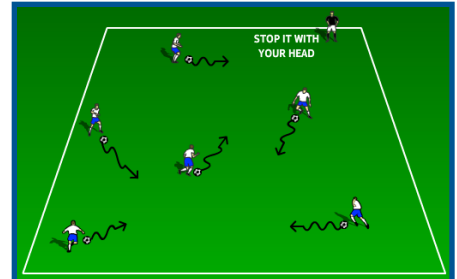
Area: 20 x 25 yards.

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.

Include commands:

- Turn with the inside of the foot OR sole of the foot.
- Stop the ball with the inside of the foot OR sole of the foot.

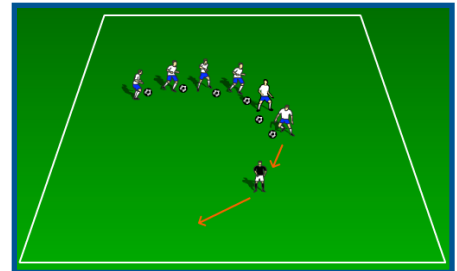


Activity: Follow the leader

Area: 20 x 25 yards.

Description: Start without the ball. Players follow the leader and complete the actions of the coach. For example; Hop, Skip, Jump, Role, Side to Side, Dribble etc.

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

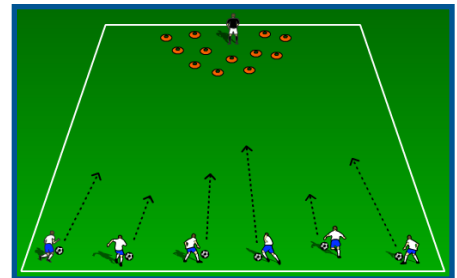


Activity: Cookie Monster

Area: 20 x 25 with cones at end as shown.

Description: Players line up on the end line opposite the coach. Game rules are when the coach is facing the players they shout 'COOKIE MONSTER ARE YOU HUNGRY'. They dribble when the coach turns their back. When the coach faces, all players must freeze! Players are trying to steal some of the cookies from the cookie monster and dribble back to their end line. If a player is caught dribbling by the coach they must do a fun activity & re-start.

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.

