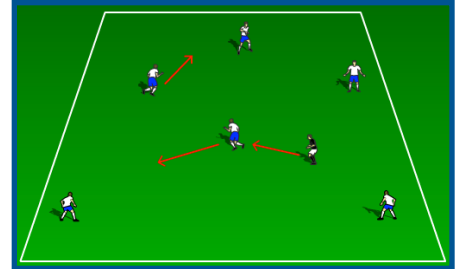




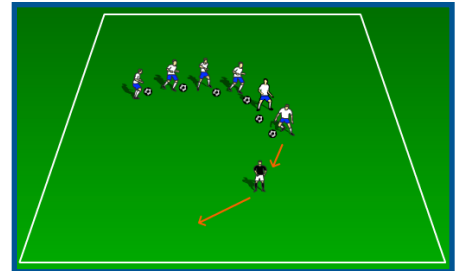
★ RECREATIONAL ★ COACHING CURRICULUM

U5 LESSON PLAN - WEEK 4, SESSION 1

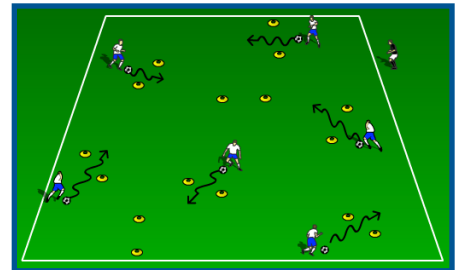
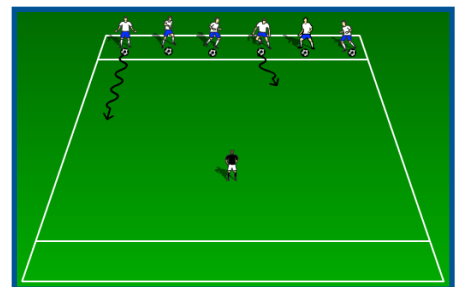
Activity: Tag**Area:** 20 x 25 yards.**Description:** Players start the game by running around the area changing direction. Coach is 'IT' and is trying to tag the players as they run around the area. If a player is tagged they grab a vest and help the coach tag the rest of the players. Continue until one player remains.**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.

When dribbling include:

- 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:** Interactive Dribbling.**Area:** 20 x 25 yards with gates.**Description:**

1. Players start by dribbling around the area.
2. Players dribble through as many gates as possible in 1 minute.
3. Players are trying to avoid the coach who is trying to steal their soccer balls.
4. Once players move through a gate they must turn back through using either the inside of the foot OR sole.

**Activity:** Sharks & Minnows**Area:** 20 x 25 yards with two 3 yard n-zones.**Description:** Place players on one end line with soccer balls. The coach starts in the center as the shark. When the coach shouts "MINNOWS ARE YOU READY" the players on the end line shout "YEAH" and go. Players are trying to get across the field to the opposite side without having their ball stolen. When a player has their ball stolen they become a shark as well. Continue until one player remains.**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.