



★ RECREATIONAL ★ COACHING CURRICULUM

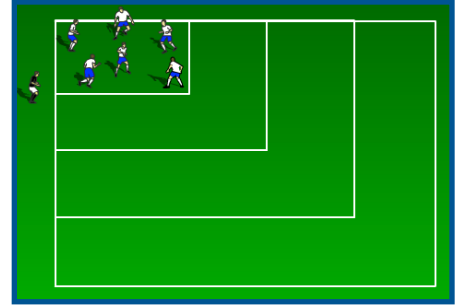
U5 LESSON PLAN - WEEK 5, SESSION 1

Activity: Hee Bee Dee Gee Bees

Area: 20 x 20, 10 x 10 and 5 x 5.

Description: Listen to the commands of the coach:

- Move without touching your teammate with 5 x 5.
- Jog without touching your teammate with 5 x 5.
- Full speed without touching each other 10 x 10.
- Introduce the ball and around 10 x 10.
- Open up to 20 x 20 and dribble at full speed.

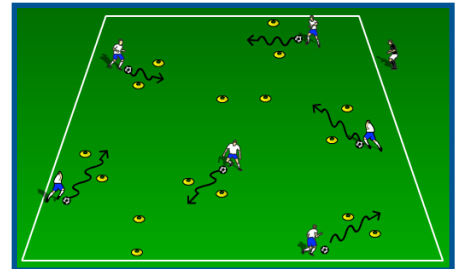


Activity: Interactive Dribbling.

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.

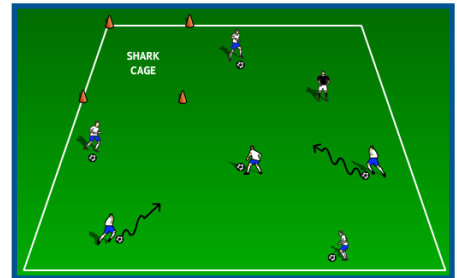


Activity: Pirate Ship

Area: 20 x 25 yards with a shark cage.

Description: Players dribbling around freely and wait for the captains commands!

- Scrub the deck: players move the ball back & forth with the sole of the foot
- Captain on Deck: players stand straight up with one foot on the ball and salute the captain.
- Shark Attack - coach chases all the players into the shark cage! Ask players to turn away from your with either the inside OR sole of the foot.

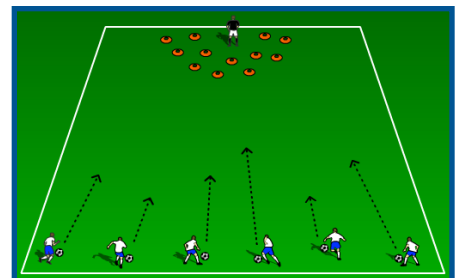


Activity: Cookie Monster

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.

