



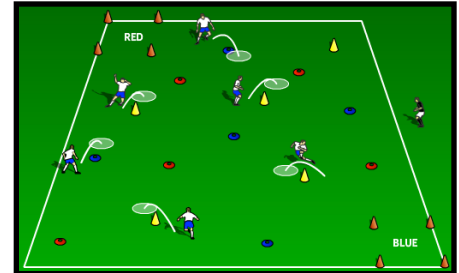
★ RECREATIONAL ★ COACHING CURRICULUM

U5 LESSON PLAN - WEEK 6, SESSION 1

Activity: Movement.

Area: 20 x 25 with two 5 yard boxes. Place vest randomly on the ground.

Description: Name the small boxes RED & YELLOW. Players start the game with no ball, running and jumping over the vests. On the coaches commands players run to a box. Other ideas include; stop at a vest then jump over, hop over a vest, do a forward roll over a vest, chip the ball over the vest.

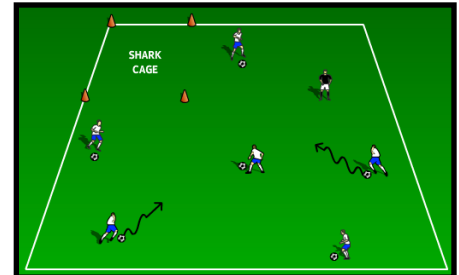


Activity: Pirate Ship

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.

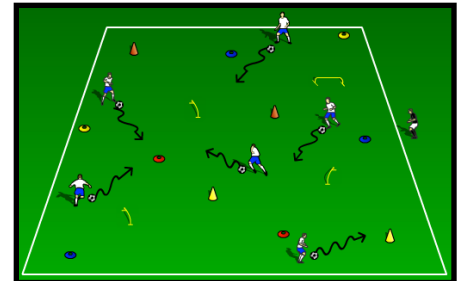


Activity: Treasure Hunt.

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.

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

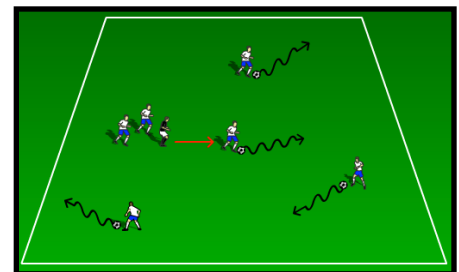


Activity: Chain Tag

Area: 20 x 25 yards.

Description: Players dribble around the area. When the coach tags a player they join the coach in the chain, without the ball. Continue until one player remains.

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.

