



★ RECREATIONAL ★ COACHING CURRICULUM

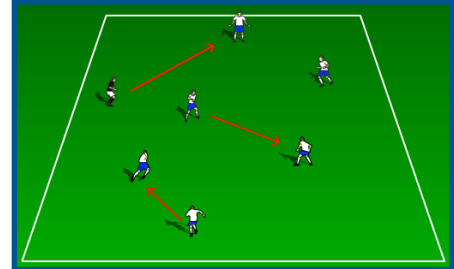
U5 LESSON PLAN - WEEK 7, SESSION 1

Activity: Everybody's IT!

Area: 20 x 25 yards.

Description: Start with no soccer ball. Each player is 'IT' and is trying to tag other players below the knee. Play the game for 2 minutes and see how many points each player has. Continue.

Progression: Add the ball!



Activity: Simon Says

Area: 20 x 25 with large goal.

Description: players dribble around the area waiting for the coach to give a command with 'SIMON SAYS' in front of it. If the coach doesn't say Simon Says the players continue to dribble.

Introduce 'SIMON SAYS':

- 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.

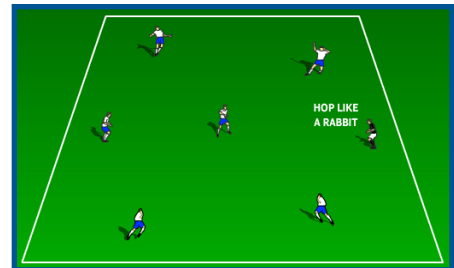


Activity: Trip to the zoo

Area: 20 x 25 yards.

Description: No ball. Listen to the commands of the coach:

- Strut like a peacock: lift knees high in the air
- Slither like a snake: on the ground move like a snake
- Hop like a rabbit: keep both feet together & jump forward
- Walk like an elephant: heavy steps on all fours
- Act like a tiger: pace and growl on all fours



Activity: Jake & the Netherlands Pirates

Area: 20 x 25 yards.

Description: Name all four sides of the grid; Captian Hook, Izzy, Jake, . When the coach shouts the name of a place, all the players must go to that side. Other commands include:

- CAPTAIN ON DECK: Players place one foot on the ball and solute.
- MARBLES: Players do a forward role.
- PEG LEG: Players hop on one leg.
- Invent new commands.

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.

