



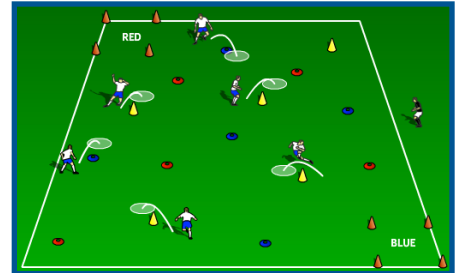
★ RECREATIONAL ★ COACHING CURRICULUM

U5 LESSON PLAN - WEEK 8, SESSION 1

Activity: Movement.

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

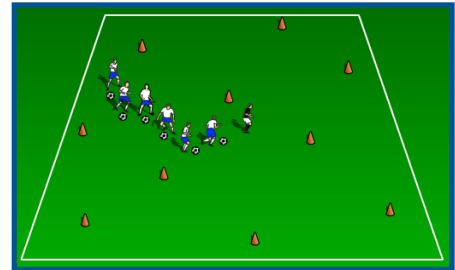
Description: Name the small boxes RED & YELLOW. Players start the game with no ball, running and jumping over the vests. On the coaches commands players run to a box. Other ideas include; stop at a vest then jump over, hop over a vest, do a forward roll over a vest, chip the ball over the vest.



Activity: Hide and Seek

Area: 20 x 25 yards with cones randomly spread around the area.

Description: Play with no ball to start. Players follow the coach as he / she moves around the area. When the coach shouts "its time to catch a munchkin" the players try to get to a cone before the coach can tag them. Remove cones randomly to make the game harder.



Activity: Freedom to move

Area: 20 x 25 yards.

Description:

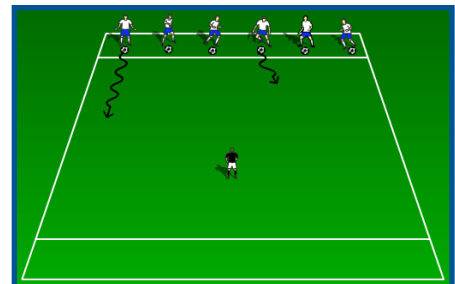
- Players try to avoid cones when running around the area.
- Players stop at a cone and then jump over the cones.
- Players hop over the cones.
- Players have a cone each, throw it in the air & try to catch it.
- Create different things for the players to do.



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.

