



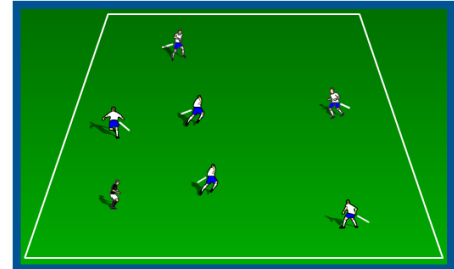
# ★ RECREATIONAL ★ COACHING CURRICULUM

## U6 LESSON PLAN - WEEK 3, SESSION 1

**Activity:** Foxes and Rabbits

**Area:** 20 x 25 yards.

**Description:** Give each player a vest. Players then place the vest in the sides of their shorts. Coach starts as the fox and is trying to catch the rabbits by stealing their vests. When a vest has been stolen they become a fox and help the coach. Continue until one player remains. Play again.



**Activity:** Simon Says

**Area:** 20 x 25 yards.

**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:

- Turn with the inside of the foot OR sole.
- Stopping the ball with the inside of the foot OR sole.

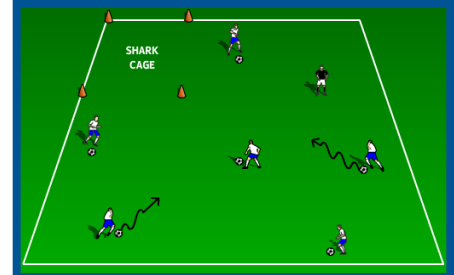


**Activity:** Pirate Ship

**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.

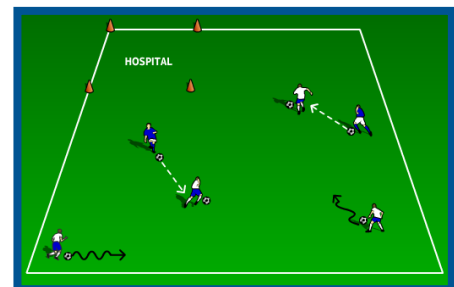


**Activity:** Hospital Tag

**Area:** 20 x 25 yards with 5 x 5 yard hospital.

**Description:** Players dribble around the area, while the coach is trying to pass the ball and hit them below the knee. If a player is hit, they must dribble to the hospital and do 10 toe taps (be creative with this) before returning to the game. Play for 1 minute and change who the catcher is.

Introduce the concept of striking the ball with the laces.



**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.

