



# ★ RECREATIONAL ★ COACHING CURRICULUM

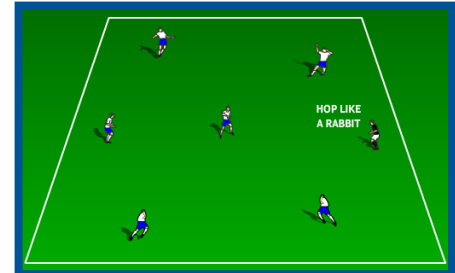
## U6 LESSON PLAN - WEEK 5, SESSION 1

**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

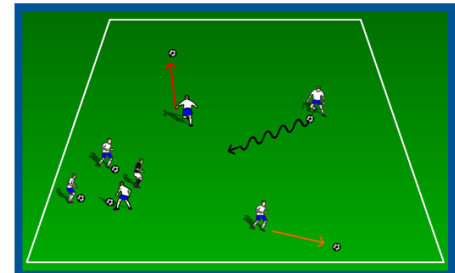


**Activity:** Coaches Challenge

**Area:** 20 x 25 yards.

**Description:** Each player has a ball. Players take it in turns to give the ball to the coach. The coach throws it and gives the player direction with how to bring it back. For example: carry it, bounce it, hop with the ball, jump like a rabbit, dribble it, use left foot to dribble it, etc.

When asking players to dribble back, introduce the concept of turning with either the inside or sole of the foot to change direction.

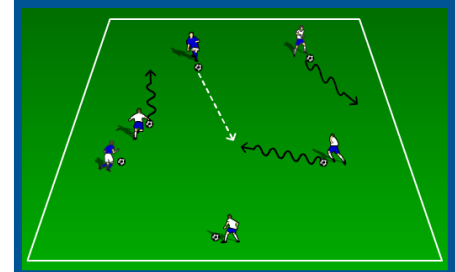


**Activity:** Freeze Tag - Passing

**Area:** 20 x 25 yards.

**Description:** Players start the game with soccer balls. Coach is 'IT' and is trying to tag players by passing the ball and hitting them below the knee. If players are tagged they must sit on their soccer ball. Players can be freed by being tagged by a teammate.

Introduce the concept of striking the ball with the laces.

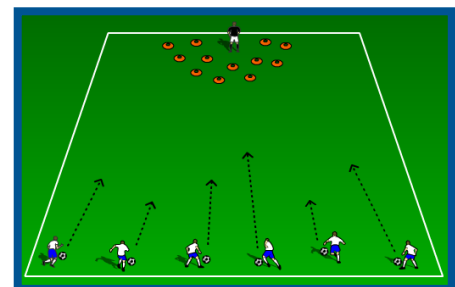


**Activity:** Cookie Monster

**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.

