



★ RECREATIONAL ★ COACHING CURRICULUM

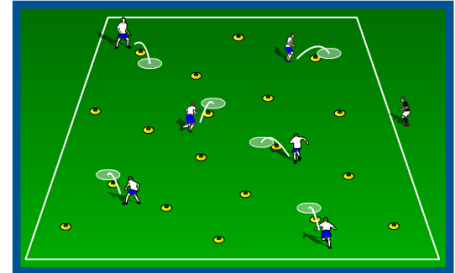
U6 LESSON PLAN - WEEK 6, SESSION 1

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.

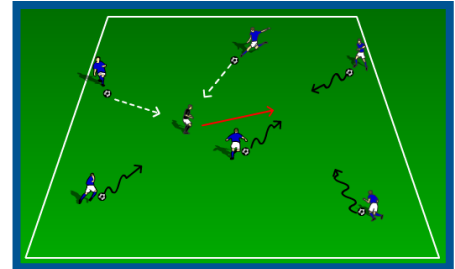


Activity: Sleeping Lions

Area: 20 x 25 yards.

Description: Players start by pretending they are asleep (with their soccer balls) inside the jungle! The coach creeps through checking they are asleep. When the coach lets out a loud roar the players try to catch the lion and pass their soccer balls to hit them.

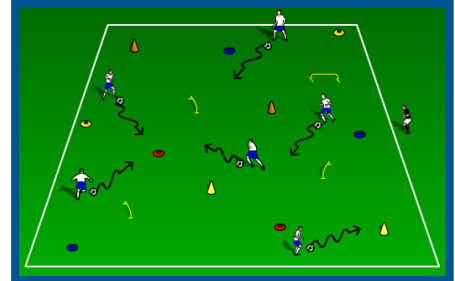
Introduce the concept of striking the ball with the laces.



Activity: Treasure Hunt

Area: 20 x 25 yards.

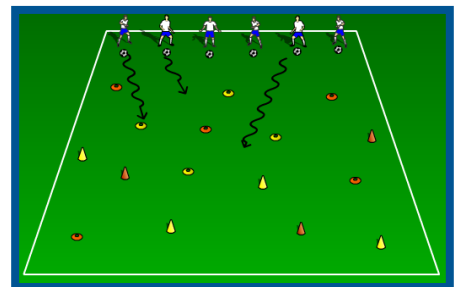
Description: Coach places different items inside the area; cones, balls, bibs, etc. Split players into three teams and place them in a different corner. When the coach starts the game players from each team must retrieve one piece of treasure at a time and take it back to their corner wearing it. When all the treasure has been retrieved the game is over. Start over.



Activity: Treasure Island

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

Description: Place players on one end line. Players must try to dribble through the area without touching the cones. If a player touches a cone they must wear it for the rest of the game. Play for 2 minutes. Player with the least amount of cones wins.



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.

