



★ RECREATIONAL ★ COACHING CURRICULUM

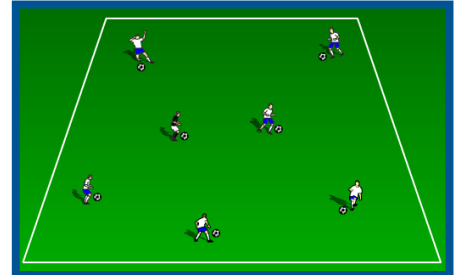
U6 LESSON PLAN - WEEK 8, SESSION 1

Activity: I can do this, can you?

Area: 20 x 25 yards.

Description: players spread out inside the grid and wait for the coaches challenge: Balance on one leg. Skip, Hop, jump. Throw a ball in the air and catch it. Bounce the ball and catch it. Throw the ball, clap and catch it. Throw the ball, spin and catch it. Juggle once on the thigh, foot, etc. Come up with more challenges as a coach.

Progression: Players come up with their own challenges.

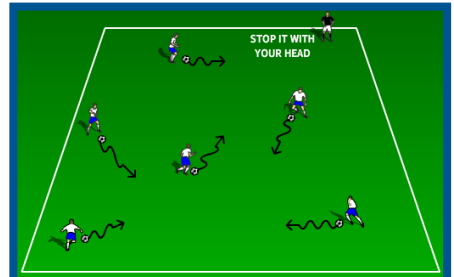


Activity: Body Part Dribbling

Area: 20 x 25 yards.

Description: Players dribble around the area and wait for the coaches commands. When the coach shouts a body part the players must stop the ball with that part of the body. Continue. Make sure to include stopping the ball with the inside and sole of the foot.

Progression: Ask players to come up with their own commands.

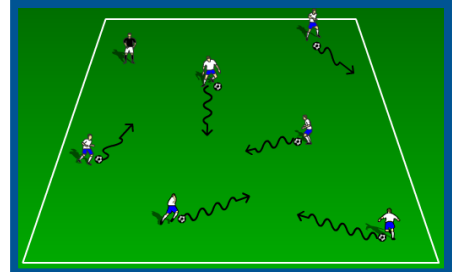


Activity: Red Light, Green Light

Area: 20 x 25 yards.

Description: Players dribble around and wait for commands:

- Red Light – Stop. Show with the inside and sole of the foot.
- Green Light – Go.
- Yellow Light – Toes taps, sit on ball, etc.
- Crash – Players fall to the ground & pretend to be hurt.
- Monster Truck – Coach tries to steal players soccer balls. Introduce turning away from the monster truck with inside and sole of the foot.

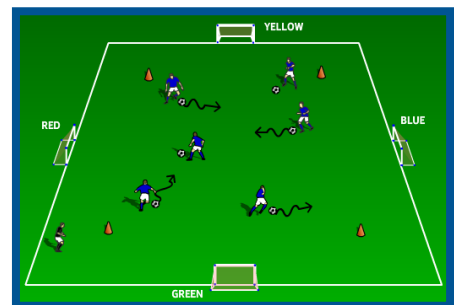


Activity: Color Shooting

Area: 20 x 25 yards with four goals as shown and 15 x 20 center area.

Description: Players start by dribbling in the center area. When the coach shouts out a color all the players dribble towards that goal and shoot. They must shoot before leaving the center area.

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.

