

LESSON PLAN: U6-U8 MOVEMENT

1 Goofy Says Activities

30x20 yard area
 Players move freely in the area w/o the ball
 Coach is named Goofy; Players do what Goofy says.

ADD VARIATIONS:
 CHANGE DIRECTIONS, BACKWARDS, ETC..



Coach demos log roll to players—On Command Players perform log roll and back up and jog—on command players jump up high off two feet then jog—on command players jump up high off one foot—then jog—on command players run fast for 3 seconds (coach counts out) then jog—on command they perform all tasks in a row

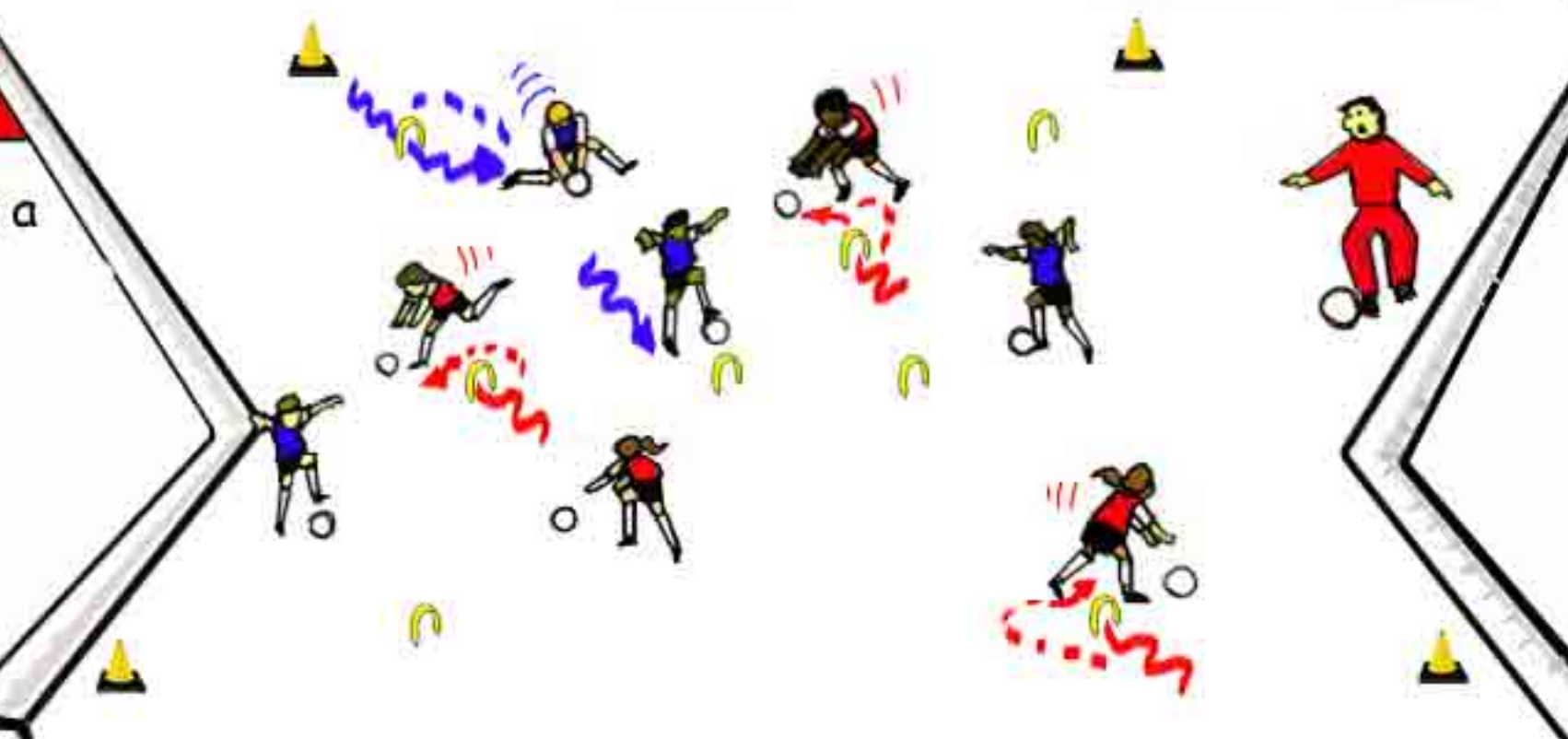
MOVEMENT EDUCATION:
 JUMPING, ROLLING, CHANGE OF PACE.

2 Strawberry Farms

Set up 6 to 8 one-yard gates within a 20x30 yard area

All players with a ball

MORE MOVEMENT EDUCATION
 FAMILIARITY WITH THE BALL
 EYE-FOOT COORDINATION,
 AWARENESS.



Coach asks players to collect as many Strawberry's they can by dribbling their ball through a gate, bending down to scoop the strawberries. Next, the players must step on the ball, and pull it back because the road is closed on other side. Next step on ball, do a front roll turn and run back through with ball. Use your imagination. U8 can take a few balls away now must get ball to get strawberries.

3 Fisherman Game (Sharks and Minnows)

20 yards wide x 30 yards long
 Players w/o a ball
 Coach is the fisherman; Players are the fish

DIRECTIONAL PLAY, CHANGE OF SPEED AND DIRECTION.

LEARNING TO RUN WITH THE BALL,
 KEEP THE BALL, TAKE THE BALL...



Players line up on end line (there pond which has no more food). The coach (fisherman) is in the middle. The players attempt to run across the lake to the other pond that has more fish food. Fisherman attempts to tag players (fish) they become fisherman if tagged. Progress to players dribbling across. Fisherman must clear ball over any line (so fish could win it back if lose ball)

4 1 vs 1 to Goals

20 yards wide x 30 yards long
 (Beginning in the middle of the side-line.) Players line up on both sides of the coach

Balls are at Coach's feet

EMPHASIS ON AGILITY SKILLS:
 STOPPING, STARTING, AND CHANGING DIRECTIONS.



LEARNING TO COMPETE!
 DRIBBLING VS. AN OPPONENT

Coach explains to teams which direction they are going. Also explains if the other player has the ball try to take it away and score on there goal. First player in each line goes after ball and tries to score when coach sends ball into play. Can have many of them at the same time. If they score both come back to coach and get ready to go again. Progress to 2vs2

5 3 vs 3 OR 4 vs 4: Boss of the Balls

3(4) players enter field and play against 3(4) others to goals. If ball goes out of play the coach simply serves another ball into play. When all the balls are gone make subs and have the players collect the balls for you to have by your side to serve into next game



All facets of the game come into play
 ✓ Many chances to touch the ball in fun, fast-paced game
 ✓ Makes children think fast, as a new ball