
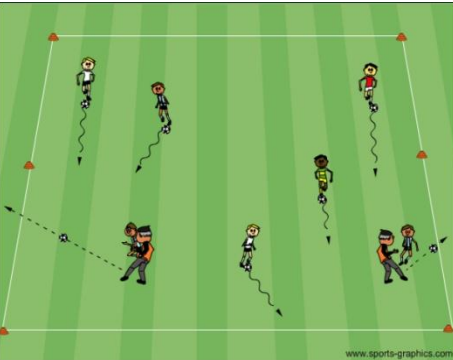

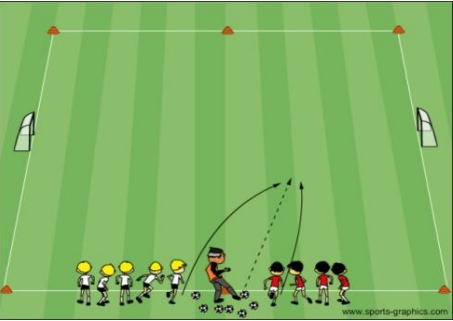


# U6 - Lesson Plan - Week 5

| Activity 1  | Activity Description   | Time                     |
|---|--|--------------------------|
|    | <p><b>Free Dribble:</b><br/>All players are dribbling a soccer ball in a 15x20 yard grid using their inside, outside, and the sole of their foot.</p> <p><b>Coach:</b> Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p><b>Version 2:</b> Coach can put pressure on players dribbling.<br/><b>Version 3:</b> Players can dribble at each other and perform a move and accelerate away.</p>   | <p><b>6 minutes</b></p>  |
|   | <p><b>British Bulldog:</b><br/>All players are dribbling a soccer ball from one end to the other end of a 15x20 yard grid. The coach begins as the “bulldog” and tries to kick the dribbling players’ soccer balls out of the grid. Once a player’s soccer ball is kicked out of the grid, they become a “bulldog”.</p> <p><b>Coach:</b> Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p><b>Version 2:</b> Players who dribble the soccer ball close to their feet cannot be attacked by the “bulldog.”</p> | <p><b>6 minutes</b></p>  |
|  | <p><b>Ball Tag:</b><br/>All players are dribbling a soccer ball in a 15x20 yard grid. The players try to hit another player’s feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player.</p> <p><b>Version 2:</b> If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p>  | <p><b>6 minutes</b></p>  |
|  | <p><b>Get “Outta” There:</b><br/>The players are divided into two teams, and positioned at either side of the coach with multiple soccer balls outside a 10x15 yard grid with two small goals on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells “Get outta here”.</p> <p><b>Coach:</b> Can make the games 1v1, 2v2, or 3v3. They should vary the service.</p>   | <p><b>6 minutes</b></p>  |
| <p><b>Scrimmage</b></p>   | <p><b>Activity Description</b></p>   | <p><b>Time</b></p>       |
| <p><b>3v3 - Dual Field Scrimmage</b></p>  | <p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>  | <p><b>25 minutes</b></p> |