

Stingers U5/U6 Lesson Plan: Wk 1 Dribbling

	<p><u>RHYTHMIC WARM UP</u> Movement education. Ask players to find some space where they can see you. Ask them to stand on one foot. Place leg behind, front and sideways. Hop around one foot, find a cone and hop over a cone 6 times with one foot then change foot. Jump up and land and bend knees to cushion. Show how to run on balls of feet on spot. Run thru and then jump thru ladder or cones or over pinnies in a straight line.</p>	<p>0-5 mins</p> <p>Guided Discovery / Coach Pts: Can you do this? I can do this, can you?</p> <p>Field 20 length by 20 width yards</p>
	<p><u>FREE DRIBBLE</u> All players dribbling in small grid – using different surfaces. Show them different parts of feet –see if they know name? Instep or laces, inside, outside, bottom or sole and heel. Can they keep their head up when moving around? Can they keep ball close? Can they use both feet? Can they pull the ball back? Can they turn with the ball inside or outside?</p> <p><i>progress ONLY if players are comfortable with trying some moves:</i></p>	<p>6-12 mins</p> <p>Guided Discovery / Coach Pts: What part of the foot can we use to dribble? [Instep / laces are best as it mirrors the way children move / run. <i>Also see if players say - inside, outside, heel and bottom / sole</i></p> <p>How do we know where to go? <i>Response – Head Up or Eyes</i> Can you do that while keeping the ball close? Suggestion: Try not to have your head down. Remember: Lots of praise, show me, what else can you do, I like that</p> <p>Field 20 length by 20 width yards</p>
<p>WATER BREAK</p>		



RED LIGHT GREEN LIGHT

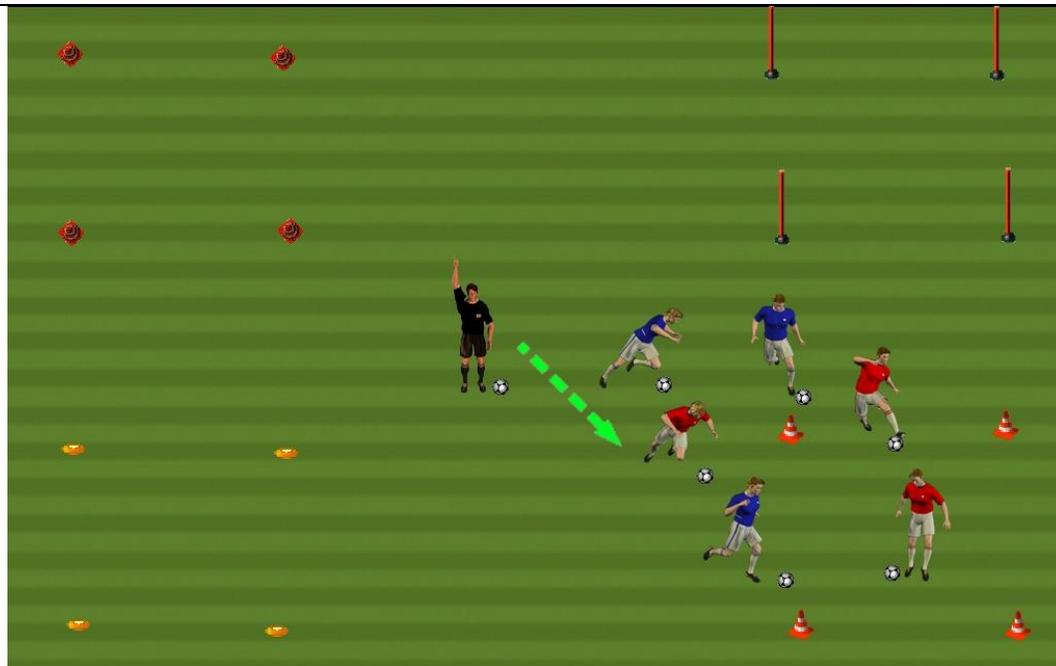
Coach asks players questions
 Would you like to drive a car?
 I have a car – show ball – my car is color? What color is your car (ball) is? What kind of car do you have? Would you like to drive your car now? If I say “Green light” what does it mean? “Red light” what does it mean?
 Coach then goes towards one end and calls out alternatively “Green light” and “Red light” – so they either **go** or **stop**.
 After a couple of times across the field, the coach asks them if they can drive quicker.

14-20 mins

Guided Discovery / Coach Pts:
What part of the foot can we use to dribble? [Instep / laces are best as it mirrors the way children move / run. *Also see if players say - inside, outside, heal and bottom / sole*

How can we stop the car / ball?
Response – Bottom of foot or get ahead of ball and stop with foot.
Can you do that while keeping the ball close?
Suggestion: Try not to have your head down – try to look out of the bottom of your eyes to look at ball
Remember: Lots of praise, show me, what else can you do, I like that

Field 25 length by 20 width yards



SHARK CHASES NEMO

Coach tells players they are all nemo and he is a shark trying to catch them and take their food (ball). The Nemo’s must dribble the food to the caves before they get tagged. Coach calls out respective corner for Nemo’s to go to be safe [shark starts in middle]. If someone gets tagged they become a shark. Every fish has a ball / food.

22-28 mins

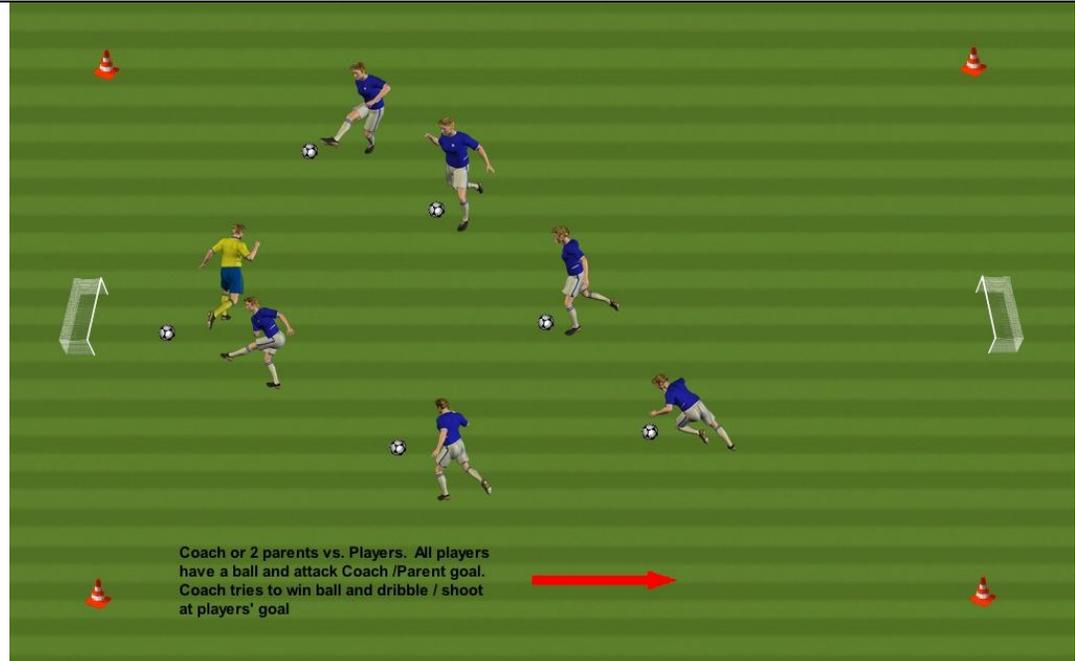
Guided Discovery / Coach Pts:
What part of the foot can we use to change direction? Instep, laces inside, outside, heal and bottom / sole

How can we stop the car / ball?
Response – Bottom of foot / brakes or get ahead of ball and stop with foot.
Can you do that while keeping the ball close?

How do we know where to go?
Response – Look up and find color of cone, or pinny etc.

Field 25 length by 20 width yards

WATER BREAK

 <p>Coach or 2 parents vs. Players. All players have a ball and attack Coach /Parent goal. Coach tries to win ball and dribble / shoot at players' goal</p>	<p><u>PLAYERS vs. COACH</u></p> <p>Players all start at one end of the field and try to score against Coach. Ask player's who knows how to score...ask them to show you if not show them. (Use a color pinny on the goal they are going towards to help them) If ball goes behind coach gets the ball – could let others score. Play until all balls in net or 4 mins. Restart with coach passing balls towards players' opponents goal and players getting and coming towards coaches' goal.</p>	<p>30-36 mins</p> <p>Guided Discovery / Coach Pts:</p> <p>How can you score? <i>Response</i> – Dribble and shoot.</p> <p>Who is trying to stop you from scoring? <i>Response</i> – You the coach</p> <p>How can you get past the coach? <i>Response</i> – Keep ball away – see where you are?</p> <p>Field 25 length by 20 width yards</p>
WATER BREAK		
<p>You can/should incorporate parents into this activity. Please remind them to be careful.</p>	<p><u>GAME</u></p> <p>Regular soccer 3vs 3. Introduce parts of field: Center circle where we start the game of if we play the ball over the goal line.</p>	<p>38-45 mins</p>

COOL DOWN, TEAM CHEER and SEE YOU SATURDAY