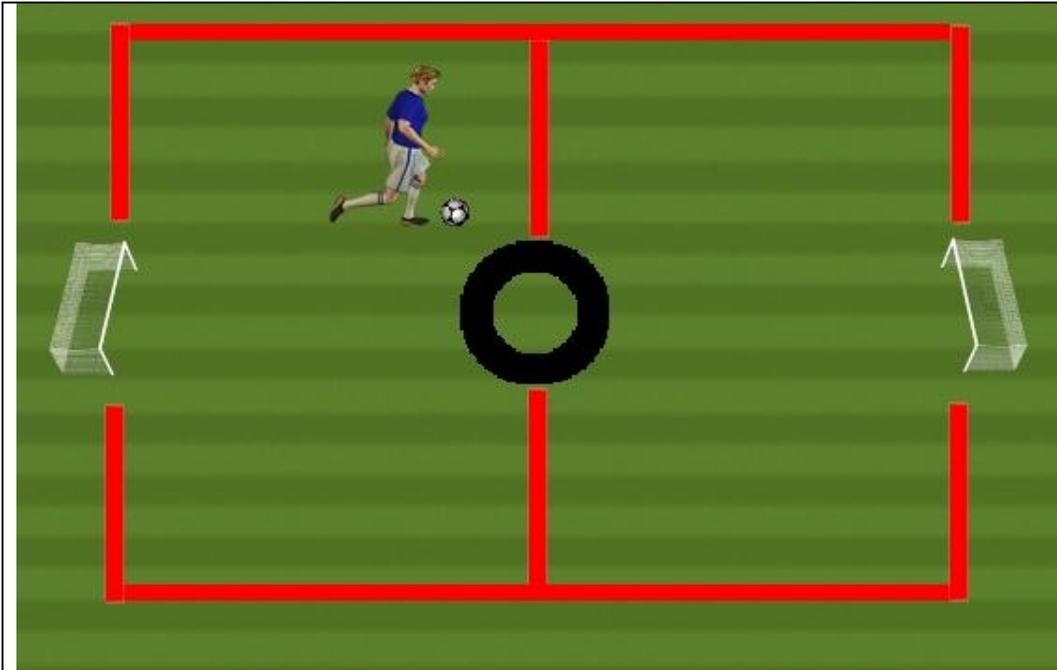


Stingers U5/U6 Lesson Plan: Wk 3 Dribbling and Turning

<p>Balance - on one leg</p> <p>Jump land bend knees</p> <p>Jump - ladder or boxes</p> <p>Hop over disc or pinnies</p> <p>Basic Run Pattern</p> <p>Leg across body - mid line then progress to hop in circle</p>	<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: <i>Can you do this?</i></p> <p>Field 20 length by 20 width yards</p>
	<p><u>FOLLOW LEADER</u> All the players follow the coach. Can they stay close? Can they keep their head up when moving around? Can they do what the coach does? Show them different parts of feet –see if they know name? Instep or laces, inside, outside, bottom or sole and heel. Can they use both feet? Can they pull the ball back? Can they turn with the ball inside or outside? Ask players to take turns to be a leader and as above.</p>	<p>6-13 mins</p> <p>Guided Discovery / Coach Pts: <i>What part of the foot can we use to dribble?</i> [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><i>How do we know where to go?</i> <i>Response – Head Up or Eyes</i> <i>Can you do that while keeping the ball close?</i> <i>Suggestion: Try not to have your head down.</i> Remember: Lots of praise, show me, what else can you do, I like that</p> <p>Field 25 length by 20 width yards</p>
<p>WATER BREAK</p>		



FIELD GAME

Coach dribbles around field, followed by players, explaining the field.
 Goal going to [put a color pinny on goal to help] – goal protecting, center circle, touchline (sideline) goal line (end line).
 Players must dribble to an area (see above) before the coach tags them. If coach tags them they help coach tag others.

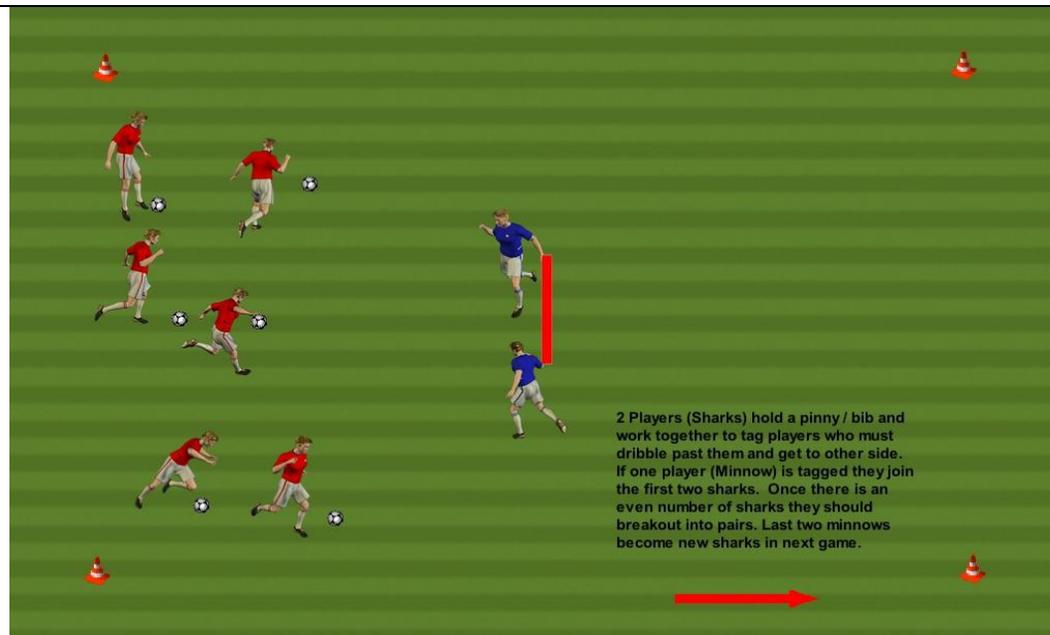
15-20 mins

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

How can we stop the 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 which goal to go to?
 Response – Look up and find pinny [could use cones to help know when to go back to center circle].

Field 25 length by 20 width yards



2 Players (Sharks) hold a pinny / bib and work together to tag players who must dribble past them and get to other side. If one player (Minnow) is tagged they join the first two sharks. Once there is an even number of sharks they should breakout into pairs. Last two minnows become new sharks in next game.

SHARKS and MINNOMS

Initially, the coach is the shark and attempts to catch the minnows (players who dribble with ball to other side) before they get to other side. Once someone is caught they join hands or hold a pinny with a shark and work together to catch others. There can not be one shark alone unless it is the first shark and they have not caught someone. The last one or two minnows left are the new shark(s) in the next game.

21-28 mins

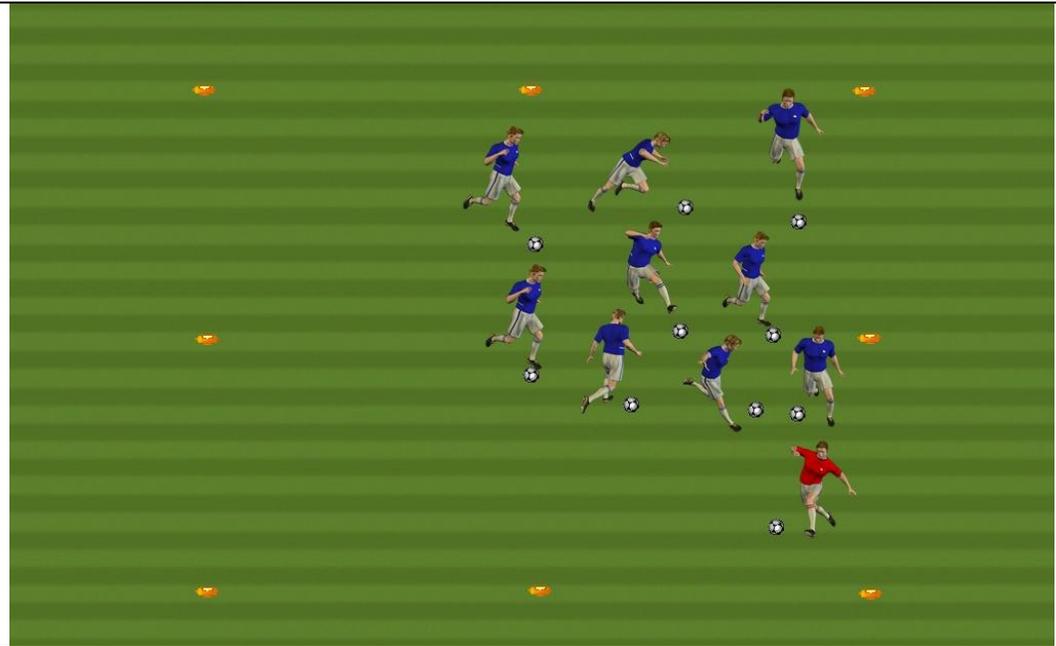
Guided Discovery / Coach Pts:
 How can you keep ball close and know where shark(s) are?

Suggestion: Try not to have your head down – try to look out of the bottom of your eyes to look at ball. Ok to push ball ahead and not so close so you can run after and get past sharks.

How can 2 sharks work together?
 Response – Varies – give players' ideas – talk / communicate, take turns which minnow or direction to go towards so they do not split up. Try to move as one – ok for someone to lead – maybe person closest to minnow.

Field 25 length by 20 width yards

WATER BREAK

	<p><u>BODY PART DRIBBLE</u></p> <p>Ask the players to dribble around in the grid and to use a body part such as foot, back, belly, knee, or butt, while the ball is on the ground. Then move to not using hands to support self.</p> <p>Then ask them what they want to use.</p>	<p>30-37 mins</p> <p>Guided Discovery / Coach Pts: <i>I can, can you?</i></p> <p><i>Which part do you want to use next?</i></p> <p><i>What other body parts can we use?</i></p> <p>Field 25 length by 20 width yards</p>
<p>WATER BREAK</p>		
	<p><u>GAME</u></p> <p>Regular soccer 3vs 3.</p> <p>Ask players part of field when ball goes out. Introduce to players when they must go to the center circle when we start the game of if we play the ball over the goal line we are going to. (cones at one end of field along goal line).</p>	<p>39-46 mins</p>

COOL DOWN and TEAM CHEER