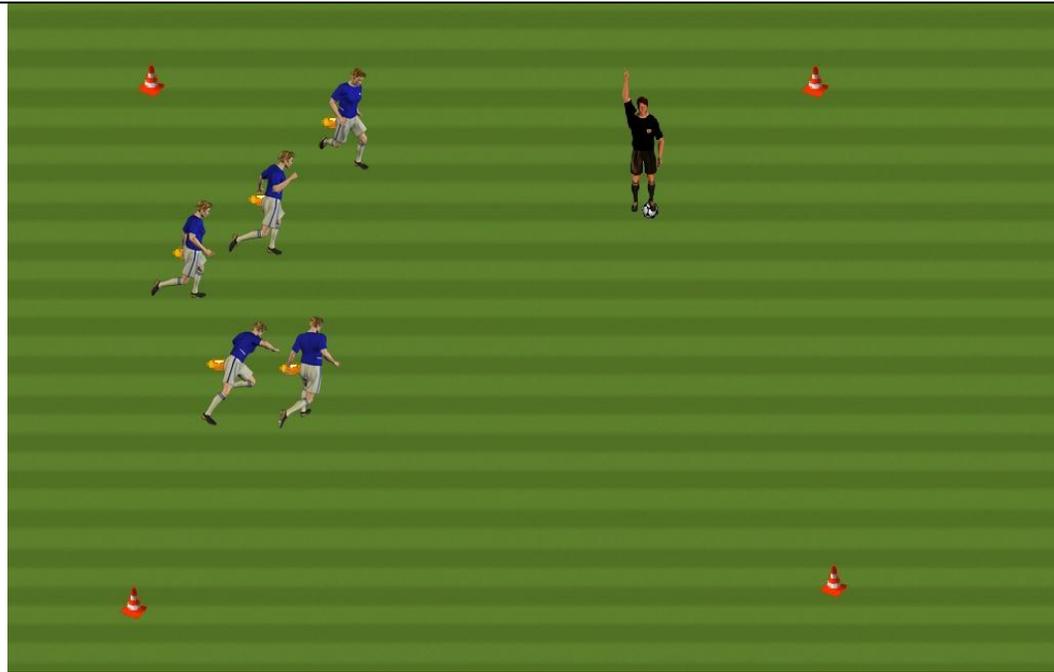


## Stingers U5/U6 Lesson Plan: Wk 4 Dribbling and Turning

<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><b><u>RHYTHMIC WARM UP</u></b>          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><b>Guided Discovery / Coach Pts:</b>  <i>Can you do this?</i></p> <p>Field 20 length by 20 width yards</p>
<p>Mr Wolf</p> <p>Straw</p> <p>Bricks</p> <p>Wood</p>	<p><b><u>MR WOLF &amp; PIGGIES</u></b>          All the players start in any of the houses and come out to play moving towards the far side. At that point Mr. Wolf appears and chases after the pigs. Mr. Wolf goes back to far side and play restarts. <b>After 3-4 mins, Mr. Wolf explains about the houses - that if someone goes to a wood or straw hse he will be able to catch them and that they must get to the brick hse.</b> Initially some players will go to a straw or wood house...at that point the wolf will stand outside and say "Let me in or I will blow your house down" at that point the players must dribble quickly inside the brick house. Allow players to become a wolf.</p>	<p>6-13 mins</p> <p><b>Guided Discovery / Coach Pts:</b>  <i>What part of the foot can we use to dribble and turn around?</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. To turn – hook ball with inside or outside or drag with bottom of feet.</i></p> <p><i>How do we know where to go?</i>  <i>Response – Head Up or Eyes...find house – especially towards the brick house</i></p> <p>Field 25 length by 20 width yards</p>
<p><b>WATER BREAK</b></p>		



**DONKEY TAIL?**

Coach (ask parents for permission or ask parents to place pinny in shorts as a tail). Coach initially chases players and tries to take their tail out. If a player loses their tail they can put back in and resume the game. After a while ask if 1 or 2 players want to be donkey tail chasers?

Coach asks players to not go outside the square.

Don't be alarmed if children do go outside as they have very limited sense of boundaries. This is them embracing the game and having fun.

15-20 mins

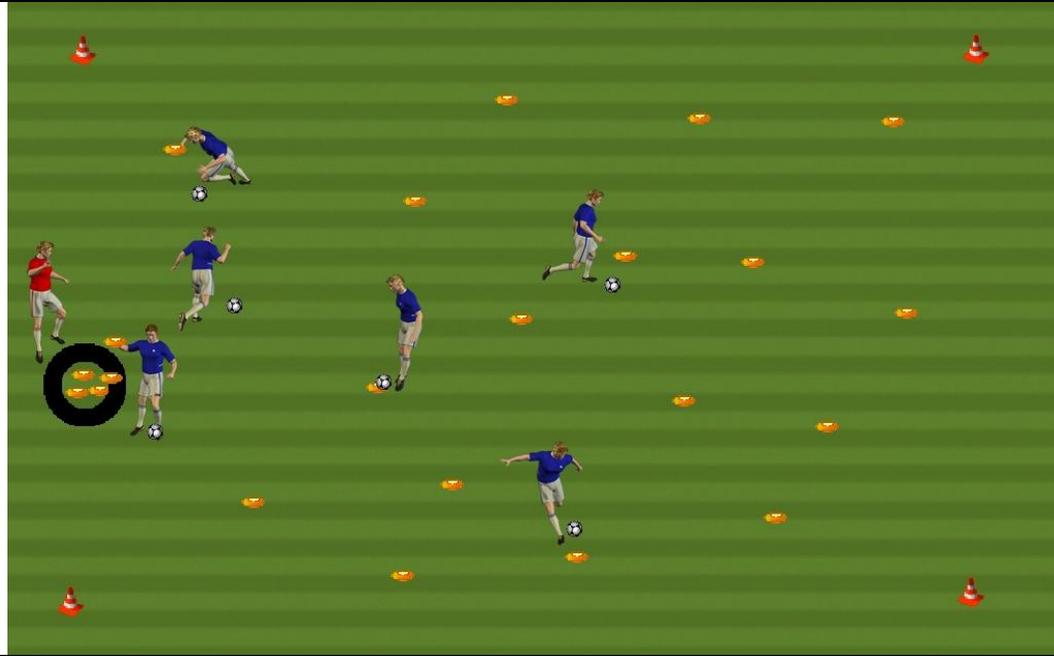
**Guided Discovery / Coach Pts:**

**How can you stop someone taking our tail?** Run away...keep my body in between person chasing me and my tail.

**How can you take someone's tail?**

Chase...change direction...small steps...stay low...is someone else close.

Field 25 length by 20 width yards



**CLEAN UP**

Ask players to use their vacuum cleaner / Hoover [ball] and move [dribble] over cones picking up trash to put in big can [circle]. Players can only collect one piece of trash at a time. After bringing the trash back they go find another piece.

After a couple of completions [all trash collected], tell the players it is a race [time - count down from 60 secs]{ as a team not individually} to see how quickly they can all collect the trash.

Have fun with distributing the trash.

21-28 mins

**Guided Discovery / Coach Pts:**

**How do we know where to go?**  
Response - Head Up or Eyes...find trash- especially towards the back.

**How can you slow the vacuum when you pick up the trash?**

Response - Varies - put foot on ball or go ahead of ball and stop ball with inside of foot

**How can you move the vacuum quickly?**

Response - Varies - run quicker...move ball ahead and not close when I have trash.

Field 25 length by 20 width yards

**WATER BREAK**

 <p>Coach plays ball onto field and 4 vs 4. Once ball goes out or scored - coach plays another ball onto field. Game lasts until all balls played in. (Balls should not be played back to coach until end of game). Progression: Play 2 balls in.</p>		<p><b><u>BALL MASTER</u></b> Have players bring ball to coach and hand it to him/her. Coach will then throw the ball and ask the player to bring it back using various body parts: feet, hands, elbow, and forehead.</p>	<p>30-37 mins</p> <p><b>Guided Discovery / Coach Pts:</b> <b>How can you score?</b> <i>Response</i> – Dribble or shoot.</p> <p><b>If you want to get the ball but your teammate has it what should you do?</b> <i>Response</i> – Don't take the ball off them but stay close in case they lose it to other team. I can then win it back and go to the goal we are going towards.</p> <p><b>What should you do before shooting?</b> <i>Response</i> – Get close to the ball (<i>plant foot next to ball – pointed towards goal</i>) and look at net to see where to aim</p> <p>Field 25 length by 20 width yards</p>
<b>WATER BREAK</b>			
	<p><b><u>GAME</u></b> Regular soccer 3vs 3. Ask players part of field when ball goes out. Reinforce 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.</p>	<p>39-46 mins</p>	

**COOL DOWN and TEAM CHEER**