

Stingers U5/U6 Lesson Plan: Wk 6 Dribbling, Turning and Shooting

<p>Balance - on one leg</p> <p>Jump land bend knees</p> <p>Hop over disc or pinnies</p> <p>Basic Run Pattern</p> <p>Jump - ladder or boxes</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>Blue dribble North and South - they stop ball on line between 2 cones and sprint back to start - could add a goal to shoot at.</p> <p>Red dribble East and West - they stop ball on line between 2 cones and sprint back to start - could add a goal to shoot at.</p>	<p><u>STOP and U TURN</u> Coach asks players if they would like to drive around. Coach (DEMONSTRATES) and asks players to go from one house or shop (yellow disc) to another. If they come towards another car they should go “Beep Beep” and move in another direction away from the oncoming car. The coach then tells players they will give them a speeding ticket if they do not get to a house or shop and park their car before he tags them to give them a ticket. Don't be alarmed if children begin to constantly call out “Beep Beep” even if no one is near. This is them embracing the game and having fun.</p>	<p>6-13 mins</p> <p>Guided Discovery / Coach Pts: <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>WATER BREAK</p>		



TREASURE HUNT

Split team into 3 pairs. Coach starts the game and 1 player from each team dribbles to treasure and brings something back to goal or own chest. At that point next player dribbles to treasure and brings something back. When a partner comes back the next player goes. Game ends within 60 secs or if all treasure gone from middle chest.

15-20 mins

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

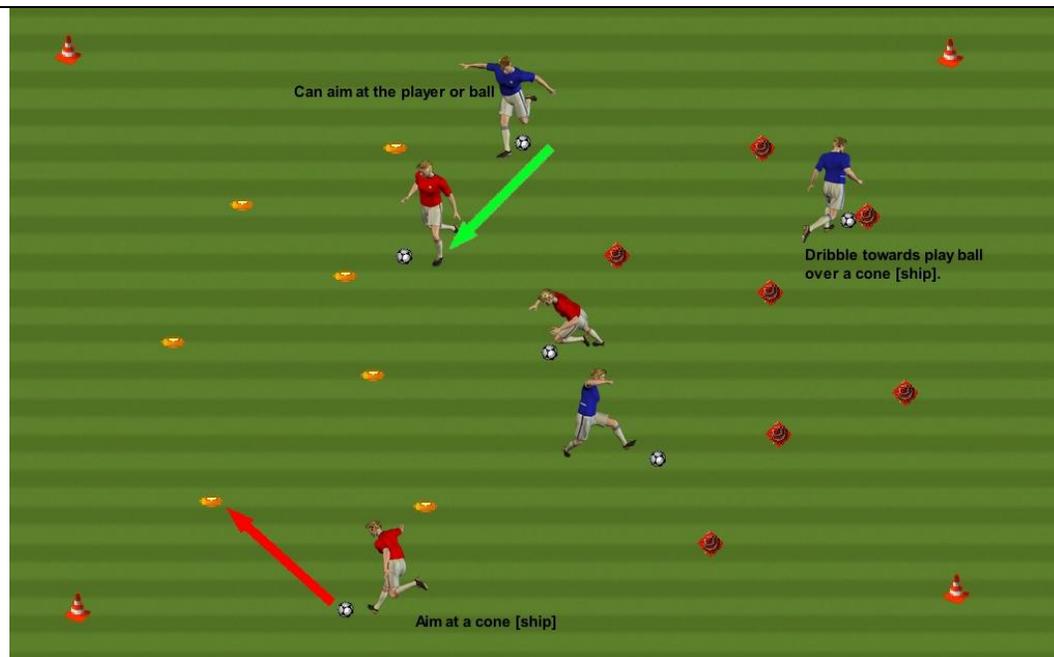
How do you know where to go to get the treasure or what team has a lot of treasure?

Response – Head Up or Look around

How can you get back to your goal or chest quicker?

After turn - push ball ahead run after

Field 20 length by 15 width yards



STAR WARS

Split players into 2 teams – max 3 players a team. Give each player a number 1 thru 3. All players stand behind their goal **WITH** a ball. Coach will call a number(s) and that player must dribble thru one yellow set of cones and then a red before scoring a goal.

progression:

As above ask players to go thru 3 sets of cones and then shoot.

21-28 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.

If you go thru a yellow set of cones what color of cones do you go to next?

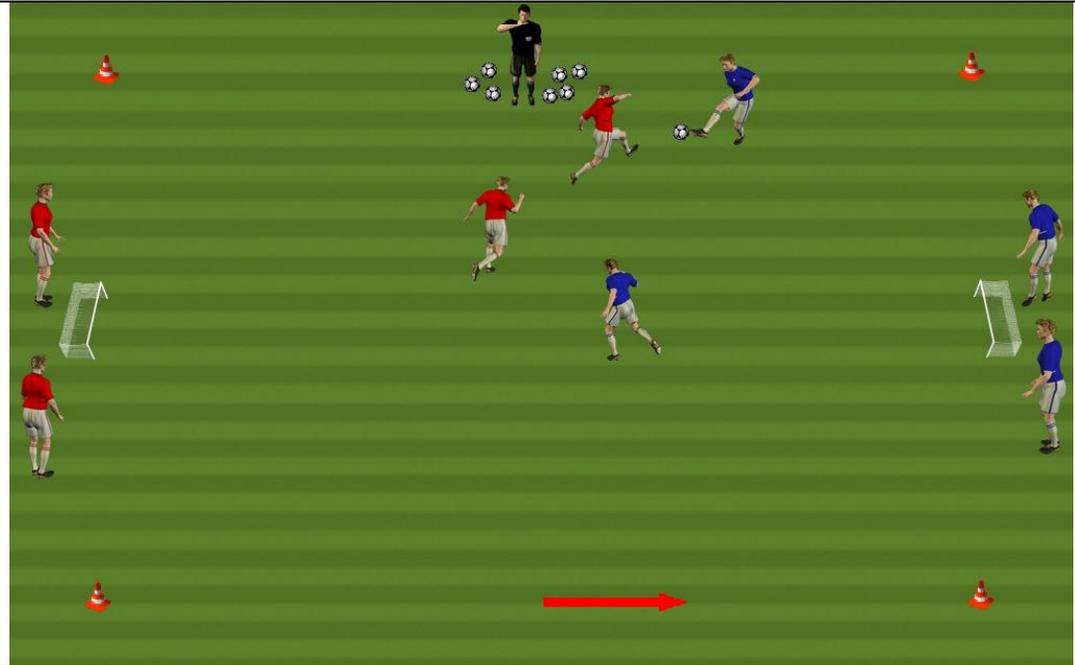
Response – Look up say “red” if went to yellow first then “yellow”.

Ask if they know how to get home quicker?

Response – Maybe go to cones closer or kick ball further in front.

Field 25 length by 20 width yards

WATER BREAK

	<p><u>GET OUTTA HERE</u> Split players into 2 teams – max 4 players a team. Give each player a number 1 thru 4. All players stand behind their goal WITHOUT a ball. Coach has all the balls and will pass one into the field to start game (at the same time coach will call what #'s to play). If a player's number is called they must get to the ball and with teammate(s) either score or defend. The game is over either when a goal is scored or ball goes out – Coach then calls Get Outta Here! Coach then restarts a new game and call new numbers.</p>	<p>30-37 mins</p> <p>Guided Discovery / Coach Pts: How can you score? <i>Response</i> – Pass - sometimes dribble and shoot</p> <p>What should you do before shooting? <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>
<p>WATER BREAK</p>		
	<p><u>GAME</u> 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. Play against the PARENTS?</p>	<p>39-46 mins</p>

COOL DOWN and TEAM CHEER