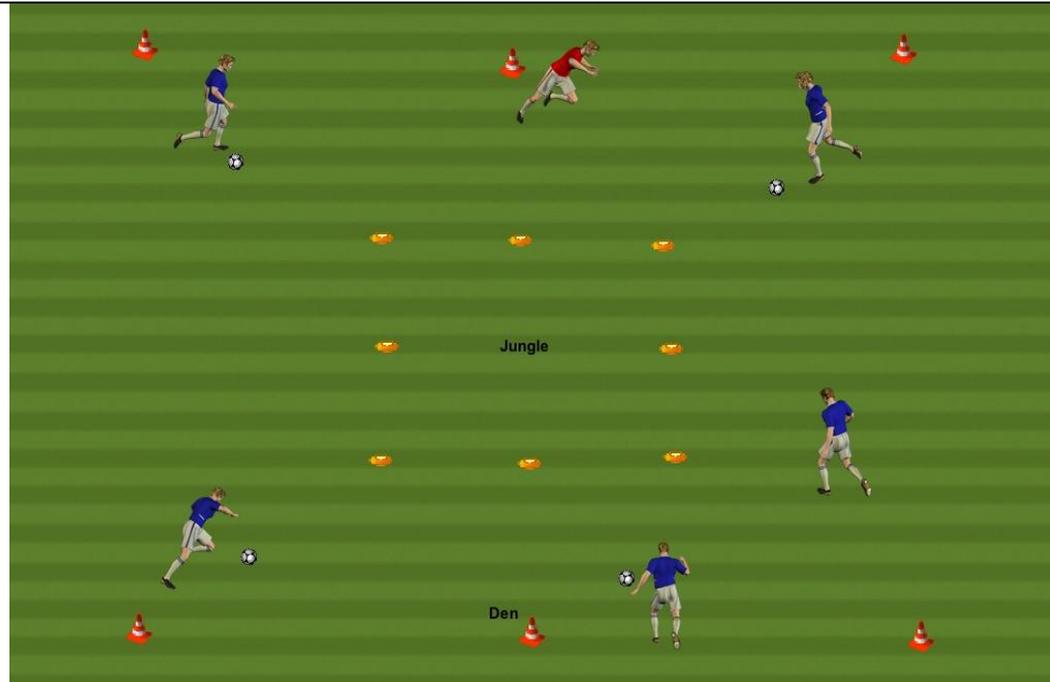


Stingers U5/U6 Lesson Plan: Wk 6 Dribbling Bee Sting / Tiger in Jungle

<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>After running or jumping thru ladder player gets their ball and dribbles to goal and scores</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 ladder, come back then hop one leg [go twice], come back and then jump. Repeat as above run then dribble ball and shoot into net. Repeat for hops and jump.</p>	<p>0-6 mins</p> <p>Guided Discovery / Coach Pts: Can you do this? Balance on one foot (leg fwd or back) then Balance on one foot other across midline of body. Hop in a circle with leg as above Hop over pinnies or cone? Jump over cone – fwd/back then side to side. Jump bend knees [help avoid knee injury later in teens]. Run – see if on balls of feet, [if loud noise – no – suggest quietly prompts player onto balls of feet].</p>
	<p><u>BEE STING</u> Activity leader / coach tells players they are all bees and he/she and 1 or 2 parents are trying to take their honey. The players must dribble around trying to hit/sting the coach with their ball. If they do then they get to keep the honey. Rotate the roles so coach / parents are bees trying to sting the players (who must move around with a ball – it is full of honey).</p> <p>Square /Grid is 15 by 10 yds</p>	<p>7-12 mins</p> <p>How can you get close to sting the people taking their honey? After a minute ask players how many people did they sting? Later, ask players how they avoided being stung? Goal is to allow children to feel comfortable moving to or from people trying to take or protect the honey. [Key is looking up – deciding where to go and moving ball and own body] Let them express themselves</p>
<p>WATER BREAK</p>		



TIGER IN JUNGLE

Activity leader / coach asks players to start outside the big square [upright cones - their den's]. They must dribble into the jungle small square [yellow disks] before tiger/activity leader – coach captures them. If the players are captured they become tigers. The game continues with the players trying to get back to their den outside the big square. Start a new game with coach or parent as tiger. Encourage players to make animal noises – monkey's elephants and even cats and dogs.

Square /Grid is 15 by 10 yds

14-19 mins

How can you avoid the tiger and not get captured?

What kind of animal are you?...What kind of noise do you make?

Goal is to allow children the chance to decide where to go. Can they stop the ball, change direction and / or speed while making animal noises and having fun.



BODY PART DRIBBLE

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. Then ask them what they want to use.

30-37 mins

Guided Discovery / Coach Pts:
I can, can you?

Which part do you want to use next?

What other body parts can we use?

Field 25 length by 20 width yards

WATER BREAK

GAME

37-50 mins

	<p>Regular soccer 2 or 3 vs. 2 or 3. Introduce parts of field: Center circle where we start the game. Have a couple of parents returning ball back into play if it goes over touchline / sideline. Restart if ball goes over goal line / end line.</p>	<p>Game 4 times 5 minute quarters 5 mins 1-2 min rest 5 mins 5 mins rest 5 mins 1-2 min rest 5 mins Finish</p>
--	--	---

TUNNEL, TEAM CHEER and SNACKS