

## Stingers U5/U6 Lesson Plan: Wk 7 Dribbling and Change Direction

	<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>  <b>Can you do this?</b>          I can, can you?</p> <p>Field 20 length by 20 width yards</p>
<p>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.</p>	<p><b><u>SHARKS and MINNOWS</u></b>          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.</p>	<p>6-13 mins</p> <p><b>Guided Discovery / Coach Pts:</b>  <b>How can you keep ball close and know where shark(s) are?</b>          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.  <b>How can 2 sharks work together?</b>          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.</p> <p>Field 25 length by 20 width yards</p>
<p><b>WATER BREAK</b></p>		

	<p><b><u>BLOB GAME</u></b>          Begin with two players holding hands. All other players have a ball and are in the grid dribbling around. If the blob is able to kick the players ball out of the grid, the player then joins the blob until there is only 1 player left standing.</p>	<p>15-22 mins</p> <p><b>Guided Discovery / Coach Pts:</b>  <b>What part of the foot can we use to dribble and TURN?</b> <i>Response – [Instep / laces are best as it mirrors the way children move / run. Also see if players say - inside,</i></p> <p><b>How can you get away from the blob?</b>  <i>Response – Head Up or Look around</i></p> <p><b>How can you capture the dribblers?</b>          Teamwork, and walk</p> <p>Field 20 length by 15 width yards</p>
	<p><b><u>CLEAN UP</u></b>          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.</p> <p>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.</p>	<p>23-30 mins</p> <p><b>Guided Discovery / Coach Pts:</b>  <b>How do we know where to go?</b>  <i>Response – Head Up or Eyes...find trash– especially towards the back.</i></p> <p><b>How can you slow the vacuum when you pick up the trash?</b>  <i>Response – Varies – put foot on ball or go ahead of ball and stop ball with inside of foot</i></p> <p><b>How can you move the vacuum quickly?</b>  <i>Response – Varies – run quicker...move ball ahead and not close when I have trash.</i></p> <p>Field 25 length by 20 width yards</p>
<p><b>WATER BREAK</b></p>		

 <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>BOSS of BALLS</u></b>  Split players into 2 teams – max 3 players a team. Give each player a number 1 thru 3. 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 players' 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 restarts a new game and calls new numbers.</p>	<p>32-39 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. Play against the PARENTS?</p>	<p>40-48 mins</p>

**COOL DOWN and TEAM CHEER**