

Documents



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1.	U6 Dribbling-Changing Direction, Vince Ganzberg				
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Indiana Youth Soccer Association Lesson Plans

Author: Vince Ganzberg

Age Group: U6

Topic: Dribbling-Changing Direction

Activity Name	Diagram	Purpose/Coaching Points
<p>Warm-Up "Elbow Tag"</p> <p>Players partner up with someone. One pair is split at first. The pair that is split, one person is it, the other is not it. The "it" person tries to tag the person that is free. The "free" person can be safe if the hook up with one of the two partners that are hooked together at the elbows. At that moment, the person on the opposite end has to release and run.</p>		<ul style="list-style-type: none"> -warming up -change of direction -can they think ahead -cooperation -FUN
<p>Match Related "School of Fish"</p> <p>All players have a ball. Four people that may be coaches and/or parents each go on a side of the square. The parents/coaches are instructed to raise their arms and when the players get close to them, put their arm down in which another parent/coach may raise their arm up. The players are instructed to dribble towards the arm that is up.</p>		<ul style="list-style-type: none"> -Dribbling w/head up -Dribbling and changing direction --Keep the ball a "legs length" away.

**Match Related
"Gates"**

Make gates inside the grid about 3 yards apart. You can even let the players do it for you. You make at least one more gate than the amount of players. Players are instructed to dribble through as many gates as possible.

After several rounds-Add gate blockers in which players/coaches run/walk and simply block a gate. The player arriving at that gate has to go to a new one.



- Dribbling w/head up
- Dribbling and changing direction
- Can they change direction quickly and go to a new gate?

**Match Condition
Game
4v4**



- Encourage them to be brave and to dribble.

Author: Tom Goodman



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Lesson Plan



Topic: Coordination Movement

Age: U6

Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1</p> <p>Free Movement with the Ball.</p> <p>Free Movement with the Ball at their Feet.</p>	<p>Every player has a ball in a 15 x 20 yd grid. Coach asks all players to move freely with their ball around the grid.</p> <p>Coach then asks players to move freely with the ball at their feet.</p>		<p>Movement education; repetition in ball touches; balance; eye-foot coordination; change of speed; change of direction; decision making.</p>
<p>2</p> <p>Goofy Stop and Go</p>	<p>Same set up as above. All players dribble their ball in the grid. When coach says, "STOP!" Players must stop their ball and freeze in a goofy position.</p>		<p>Same as above.</p>

Author: Tom Goodman



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Lesson Plan

pic: Coordination Movement

Age: U6

3			
Body Part Dribbling	Same set up as above. All players dribble their ball in the grid. When the coach yells out a body part, the players must stop the ball with that body part.		Same as above.
4			
Hit the Ball (Relaxation Activity)	Players line up shoulder to shoulder on one end of the grid. Place 2 balls in the middle of the grid. One at a time players kick their ball and try to hit one of the balls in the middle.		Rest from previous activities. The challenge of hitting a target.
5			
Sharks and Minnows	The minnows, the players with a ball, line up shoulder to shoulder on one end of the grid. Two players are designated as sharks and are positioned inside of the grid without soccer balls. On the coach's command, the minnows must dribble their ball through the grid and get to the other side without getting their ball stolen or kicked away by the sharks. If a player loses their ball while crossing the grid, he/she becomes a shark.	<p>Coach</p>	FUN...Dribbling under pressure; decision making; change of speed; change of direction; defending. This is an inclusive game...the players are either dribbling a ball or trying to get one back.

Author: Tom Goodman


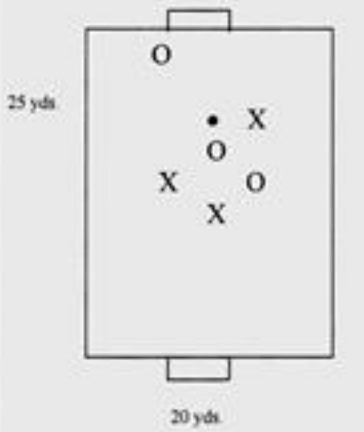


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DiC: Coordination Movement

Age: U6

<p>6 End Line Soccer</p>	<p>Set up a 15 yd x 20 yd grid. Divide the players into two teams. Play 3v3 with no goalkeepers on the field. A team scores by dribbling the ball or kicking the ball over their designated end line. Balls are served in one at a time by the coach who is positioned outside the field at midfield.</p>		<p>FUN...Directional play. Dribbling under pressure; kicking; receiving; decision making; change of speed; change of direction; defending.</p>
<p>7 3v3 Soccer Match</p>	<p>Set up a 20 yd x 25 yd field with goals at each end. Divide the players into two teams. Play 3v3 with no goalkeepers on the field. Balls are served in one at a time by the coach who is positioned outside the field at midfield.</p>		<p>FUN...Directional play. Dribbling under pressure; kicking; receiving; shooting; decision making; change of speed; change of direction; defending.</p>

Author: Tom Goodman




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Lesson Plan

pic: Coordination Movement

Age: U6

8	<p>Every player starts with a ball in his or her hands. They drop the ball on their thigh and catch it. They progress to dropping the ball on one thigh and juggling it to the other thigh, then catch it. Eventually, they can try "thigh-thigh-foot-catch", etc.</p>	 A black and white illustration of a young boy in a soccer uniform, juggling a soccer ball with his right thigh. He is looking towards the viewer with a slight smile.	<p>FUN...challenging; balance; coordination.</p>
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Author: Rick Meana

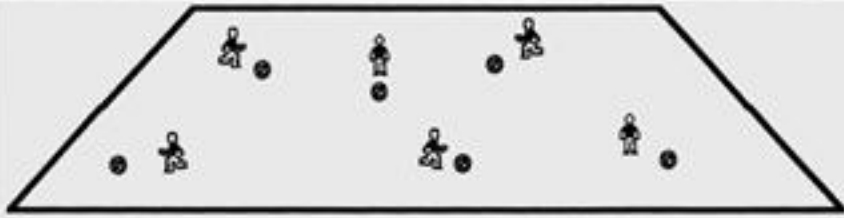
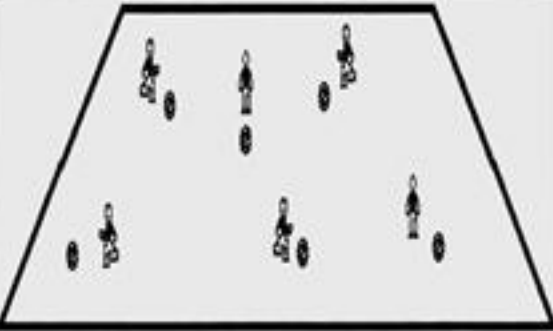



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Lesson Plan



Topic: Ball Movement

Age: U6

Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1 Space Invaders</p> <p>To start, everyone is holding a ball and running in a space 20x15. Proceed to rolling the ball with your hands. Finish with players moving the ball or "driving it" around the space with their feet.</p>			<p>There is not that much space, where can you go so you don't bump into anyone? Show me how?</p>
<p>2 Driving my Car</p> <p>Everyone is driving their "car" through the city 25x20 area, making engine noises, coach tells players when to switch into first gear (slow), now second gear (little faster), and third gear (real fast) at first; TURN; HIT THE BRAKES (make tires screeching sounds).</p>	<p>In each corner there is a "town" marked out with cones. i.e. Allentown, Vorhees etc. Can you visit all the towns-get there anyway you want. The side spaces between towns are the roads—be careful not to crash! Now everyone drive to your "hometown". How fast can you drive to all the towns and finish at your town? Now the space in the middle is a lake, you have to go real fast through here or your car will sink—what, you have a boat? To finish, the coach can point in a direction of a town and players must drive there.</p>		<p>What do you see when you are driving around? How many ways you can stop your car using your feet only? How does a speedboat turn?</p>
<p>3 "I can do this can you"</p>	<p>All the players have a ball and follow what the coach is doing, i.e. roll it around the legs etc.</p>		

Author: Rick Meana



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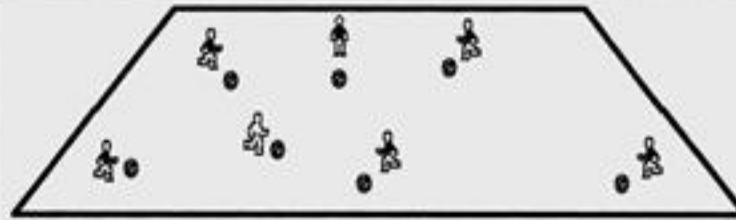


Topic: Ball Movement

Age: U6

4 Bumper Cars

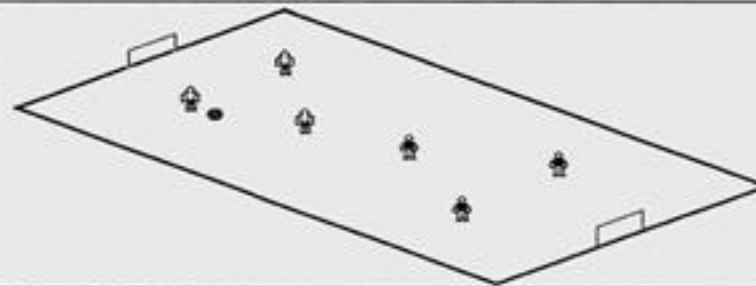
Coach moves a ball around, players each with a ball try to kick their ball and knock something off the coach's car i.e. one tire, fender etc. let them keep going until the car can't go anymore.



How can you hit my car when your car is moving also?



5 Game

Coach is "Boss of Balls"; play 3v3 no GK in a 25x20 field. Remaining players from both teams on each side of coach. If ball goes out or in goal, a player from the outside replaces one player from each team.



How can you score a goal?

Cool down: Body Part Dribble in small space, finish with a drink of water

Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1</p> <p>Retrieve</p>	<p>The coach begins with all the balls. He throws the balls in different directions for each player who must bring the ball back to the coach as quickly as they can. First the children bring the ball back by using their hands in some fashion; such as, rolling the ball with their hands, or bouncing the ball with two hands. After the children get the idea that they are to bring the ball back to coach then the coach has the children bring the ball back using their feet.</p>		<p>The purpose of the activity is to encourage the children to move toward a target. First, by bring the ball with their hands and then with their feet.</p>
<p>2</p> <p>Body Part Dribble</p>	<p>In an area the size of the center circle the children dribble while avoiding each other. While they dribble the coach calls out a body part, such as "elbow," "knee," "nose" or "belly button." The children stop the ball using the part of the body identified.</p>		<p>Children learn to keep the ball close so they can stop the ball quickly.</p>



Lesson Plan

3			
Hospital Tag	In a space appropriate for the number of children, the children dribble around and try to tag other children while controlling their ball. When tagged, the player must hold the part of the body that was tagged. After the player is tagged for the third time, they must go to the hospital to get well. The hospital is a space ten to fifteen yards away where the player must dribble to and perform four ball touches. After completion they come back into the game with a fresh start.		The children learn to keep the ball close to be able move quickly to avoid being tagged. Those who are more comfortable with the ball will tag those less comfortable, but after visiting the "hospital" they are back in the game.
4			
Gates Dribble	Cones or disks are placed as gates all over the playing area (there should be more gates than children). Children try to dribble through as many gates as possible in a specified period of time, such as 15 sec. The children keep track of how many gates they dribbled and try to get more the next time. The coach needs to make sure the children go from one gate to another.		The children learn to control the ball at pace while running and turning.
5			
3v3	The session ends by playing 3v3 to the end line. This provides an appropriate target to attack and numerous 1v1 opportunities.		Children should be encouraged to try to dribble to the end line. There is no such thing as a "ball hog" here.

Author: F. Trovato
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Lesson Plan



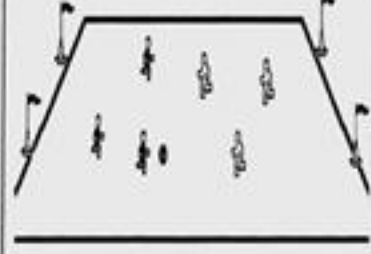


Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1. Zen Master Warm-Up</p> <p>Periodic Stretching and Calming Moments</p> <p>Give players a funny team mantra to quietly recite at calming moments</p>	<p><u>Players Stand near a cone</u> – cone serves as point of reference.</p> <p>Coach is the Master. Coach demonstrates skill and on command players perform skill repeatedly (10 sec.) and then move to new cone. Repeat.</p> <p><u>Activities Without Ball</u> 1 foot balance, other foot balance, 1 foot hop, other foot hop, 2 foot hop, bear crawl, crab crawl</p> <p><u>Introduce ball</u> Figure 8's around legs with hands, Round the Waist, Ball Tap on Forehead, Thigh Catch, Throw Catch, Head Catch, Ball Taps, Body Part Dribble, Ask Player to Pick</p> <p><u>Combine Two Activities</u> – Random select two activities to combine which players perform before moving on.</p>		<p>Stretching, Relaxation, Balance, Coordination Fun</p> <p>Field Size: Cones should be 10 yards apart.</p> <p>Extra laughs after team mantra</p> <p>Water Break!</p>
<p>2. Zen Master Follow the Master, Grasshopper</p> <p>Body Control, Balance Replication Practice</p> <p>Periodic Stretching and Calming Moments - Team Mantra</p>	<p>Groups of Two, one Master, one Student</p> <p>Master leads Student around and through the cones. When Masters reaches an open cone, they choose and perform a soccer skill (the activities we did in the Zen Master Warm-up or new ones) that must be replicated by the Student. Master chants Team or Individual Mantra (players can make up their own new individual chant)</p> <p>20 sec. then switch Master and Student. Repeat.</p> <p>Activities start without ball and then with ball after a few rounds.</p>		<p>Stretching, Relaxation, Balance, Coordination, Enjoy, Fun</p> <p>Encourage creativity of new soccer skills and new chants.</p> <p>Extra laughs for new individual chants</p> <p>Field Size: Cones should be 10 yards apart.</p> <p>Water Break!</p>



<p>3. Freeze Games</p> <ul style="list-style-type: none"> - Red Light - Green Light Players move across area on command of Green Light. Coach announces Red Light and players must stop. Any players caught moving or with ball far away from them must restart 10 steps back toward starting line. When all players reach end line game is complete. Repeat. - Freeze Tag 45 sec. games Coach is "It." Players move in area. When "It" touches a player, player must freeze in that position. Teammates can unfreeze player by standing next to frozen player and stand on one foot balanced for count of 4. - Freeze Tag w/ ball Players have ball. When player is frozen, teammates must nutmeg frozen player to unfreeze. 	<p>⚡ Red Light Green Light ⚡</p> 	<p>⚡ Freeze Tag ⚡</p> 	<p>Stretching, Relaxation, Balance, Coordination, Enjoy, Fun</p> <p>Extra Laughs for funny frozen forms</p> <p>Field Size: Red Light – Green Light 20 x 40 yards Freeze Tag 25 x 25 yards</p> <p>Water Break!</p>
<p>4. 3v3 without keepers</p>	<p>Coach serves balls in. If ball goes out of play, have players leave it and coach restarts play with a new ball. Throw-ins can be added. Games to two or three and reshuffle players on teams if teams are lopsided. Celebrate Goals with Team Mantra!</p>		<p>Stretching, Relaxation, Balance, Coordination, Enjoy, Fun</p> <p>Field Size: 20 x 30 yards</p> <p>BIG FINISH – Thank you and congratulations to all!</p>

Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1</p> <p>I can do something can you?</p>	<p>The coach begins the activity by saying "I can do something can you?" and demonstrating a physical activity such as jumping jacks. The children then do the same. The coach demonstrates several other physical activities such as: skips, one-legged bounces; star jumps, rolls, etc. After demonstrating several times the coach asked the children, "what can you do?" and takes their suggestions.</p>		<p>Body movement from skipping to balancing on one leg. The important thing is to allow the children to explore how their body moves.</p>
<p>2</p> <p>Snake in the Grass</p>	<p>In an area 15 yds x 15 yds, two children begin by being "snakes" by lying on their stomachs. The other children's starting position is with their hands touching the "snakes." On the command "snake in the grass" the children try to stay away from the snake while the snake slithers around trying to catch a child. When any child is caught he/she becomes an additional snake. The activity continues until every one is a snake.</p>		<p>The children move in all directions trying to avoid the snakes. Once snakes, the children try to work together to create more snakes.</p>

3			
Find the Coach	The coach has all the children close their eyes and while their eyes are closed the coach moves. On the command, "find the coach" the children open their eyes and run to tag the coach. This progress from the coach staying still to the coach moving even after the children has opened their eyes.		This activity becomes "chase and flee" quickly. The children begin to run in a direction, and for a purpose. Later they will do the same with a soccer ball, but first they learn to run to a target.
4			
Everyone is it	In an area 20 yds x 20 yds, each child runs around trying to tag as many other children as possible while not being tagged themselves. Each bout lasts for 30 to 45 seconds.		The children must be aware of their surroundings and make decisions about where to go and where to avoid.
5			
3v3	The activity ends playing 3v3.		This is free play.