



Interactive Lesson Plan



Season: _____ Age Group: _____ U5-U6 _____ Week: _____

Stage	Activity Description	Diagram	Coaching Points
Activity 1	Red Light/Green Light- Coach calls out GREEN light players dribble as fast as they can. Coach calls out YELLOW light players dribble slowly. Coach calls out RED light players stop ball with bottom of their foot. Coach: Control the tempo with changes in lights. Variation: GREEN mean LACES, YELLOW mean OUTSIDE of foot, ORANGE mean INSIDE of foot, RED means stop the ball with sole. *Each round should last 45 seconds - 1 minute with a break in-between each round.		Coach- What surfaces of the foot can you use to dribble? (Get players to point to each part of the foot and name them) Player- Laces, Inside, Outside, Sole/Bottom, Heel, & Toe. C- Why is it important to keep ball close? P- If you are chasing the ball then you won't have control when the coach says red light. NOTE: Explain how that translates to a game like situation. (If another player approaches, you want to be able to stop the ball before they can take it)
Activity 2	Snake/Blob Tag- All players are dribbling a soccer ball around the grid with the exception of at least 2 players. The 2 players hold hands/lock arms to create a snake/blob. The snake/blob work together to tag the dribbling players. The dribbling players that get tagged then become part of the snake/blob. The snake/blob must try to stay connected! Coach: -Have the snake players hiss. -The snake cannot be bigger than 4 players. Play 5 rounds of 1 min. each with 30 sec. break in between rounds.		Coaching Points C- Which part of the foot (or surface) can a player use to change direction? P- Outside of the foot, inside of the foot, and sole of the foot. C- When should players touch be further in front of them? P- When they have space and when trying to accelerate and get away from the snake/blob. NOTE: Emphasize keeping the ball close so it's easier to change direction!
Activity 3	Freeze Tag- All players have a soccer ball (except 1-2 players who are the Freeze Monsters/Frozen Characters: Ana, Elsa, Olaf, Hans, etc.). The Freezer tags the players, who are then frozen & must stop dribbling, pick their ball up & hold it above their head. Players get unfrozen by the dribblers passing/dribbling ball through the frozen players legs. Game ends when all players are frozen. Rotate the Freezers. Variations: 1) Coach can be the Freezer. 2) Players can unfreeze by Tagging players. 3) Freezers must dribble a ball & tag.		C- Why should you keep your head up when dribbling? P- So you always know where the freezer is, & you always know where you are. C- When should you keep the ball close? P- When you are in tight space/other players are around you/close to sideline. C- When should you take a big touch? P- When you have lots of space to run into.
Activity 4	1v 0 to Goal; Use Cones or a small goal. Divide team into 2 groups, both groups with a ball. Try and dribble or shoot between the cones faster than the other. Make sure both players are going at the same time by saying 1,2,3 go! Make sure not to dribble into the other team's player.		Coach: Can you dribble quickly & keep it close? Can you keep your head up while dribbling? Can you move the ball from one foot to the other? NOTE: No matter which side wins, make sure to really be enthusiastic when both players get through the cones, whether by shooting or dribbling.
Match	4 Quarters, 8 minutes each. 4v4, NO GOALIES!	Team Shape should be a Diamond, with 1 high player, 2 middle/wide players, & 1 deep player. All players should defend, & all players should attack.	32 minutes



Interactive Lesson Plan



Season: _____ Age Group: U5-U6 Week: 2

Stage	Activity Description	Diagram	Coaching Points
Activity 1	<p>Body Part Dribbling- All players have a ball & dribbling. Coach calls out a body part (elbow, knee, head, etc). Players stop their ball with the part of the body the coach calls out.</p> <p>Very the types of body parts; the amount of body parts, and the rate at which you call out the body part.</p>		<p>Coach- Why should you keep the ball close to your body?</p> <p>Player- Keep the ball close so you can control it.</p> <p>C- What parts of the foot do players normally dribble with?</p> <p>P-Laces, Inside (big toe), Outside(pinky toe)</p>
Activity 2	<p>CARS- Players dribble their ball and pretend to be cars, the goal is to not "crash" or run into other players or cones. Coach needs to be the police officer & ticket any "accidents". Player has to perform a skill to start driving (toe taps, juggling, etc).</p> <p>Variation: Ask players to dribble around cones as closely as possible without wrecking into the cones.</p>		<p>C- What surface should the player use to dribble the ball?</p> <p>P- Laces to dribble forward, Inside or outside to change direction.</p> <p>C- What surface of the foot should the player use to stop the ball & turn around?</p> <p>P- Bottom/Sole, Inside, or Outside of foot.</p>
Activity 3	<p>Fetch: Players circle around coach, holding their ball in their hands & presenting towards the coach. Coach takes each players ball & tosses it in random direction, players must retrieve ball & dribble back to coach.</p> <p>Variations:1)Coach can move to a new location after dispersing balls, this requires players to look up & locate coach. 2) Coach can require players dribble back with a certain foot/surface.3)Group players in pairs/small groups: 2 players hold hands while retrieving ball. Complete 2 passes before returning to coach. Each player must have a hand on ball & try to carry ball back together.</p>		<p>C-If you get to the ball first, what should you do?</p> <p>P-If you have space, turn & face opponent, then attack the goal. If the opponent is close to you & you don't have space, protect (shield) the ball.</p> <p>C-Why is it important to pay attention & always be ready?</p> <p>P-So when its your turn you know what to do, & be the fastest to the ball.</p>
Activity 4	<p>1v 0 to Goal; Use Cones or a small goal.</p> <p>Divide team into 2 groups, both groups with a ball. Try and dribble or shoot between the cones faster than the other.</p> <p>Make sure both players are going at the same time by saying 1,2,3 go! Make sure not to dribble into the other team's player.</p>		<p>Coach: Can you dribble quickly & keep it close?</p> <p>Can you keep your head up while dribbling?</p> <p>Can you move the ball from one foot to the other?</p> <p>NOTE: No matter which side wins, make sure to really be enthusiastic when both players get through the cones, whether by shooting or dribbling.</p>
Match	4 Quarters, 8 minutes each. 4v4, NO GOALIES!	Team Shape should be a Diamond, with 1 high player, 2 middle/wide players, & 1 deep player. All players should defend, & all players should attack.	32 minutes



Interactive Lesson Plan



Season: _____ Age Group: U5-U6 Week: 3





Stage	Activity Description	Diagram	Coaching Points
Activity 1	Raleigh Retriever- Players dribble from one side of grid to the other. Coach acts as the Raleigh Retriever & tries to steal the ball from the players & dribble ball out of grid. The player can steal ball back, but if the Raleigh Retriever gets the ball out of the grid, then the player becomes a Raleigh Retriever. Coach- start out by allowing players to escape you, so they have success. Then encourage them to use moves, change speed to get away.		C- What should you do if your ball is stolen? P- Quickly chase the Retriever & steal the ball back before the Retriever gets out of grid. C-Why would you change direction or change speed? P-Because the Retriever is close to you or chasing you. Variation: 1) Players can turn away from bulldog & put their body between the Retriever they get a free pass, this teaches Shielding the Ball. 2) A Player can be the Retriever.
Activity 2	Sharks & Minnows- 1-2 Players (or the coach) start as the Shark(s), in the middle of the grid. The Minnows start on one side of the grid, each player with a ball. When the Shark says "GO!" or "Swim!" the Minnows dribble across the grid. The Shark tries to kick the Minnows ball or steal the Minnows ball. Once the ball goes out of grid, the Minnow becomes a Shark. If the Minnows reach the other side of grid they are safe. The game continues until all the players have become Sharks.		C- Why should you push the ball further in front of you/ take a big touch? P-If the shark is not close to you, you can run faster & not need to keep the ball close. C-When should you keep the ball close? P-When the shark is close to you, until you find enough space to take a big touch. C-What surface should you use to dribble fast? P-The Laces because its the best technique for dribbling forward quickly.
Activity 3	Bandits-Select 1 to 2 players to be Bandits. The rest of the team will dribble around the grid. The bandits mission is to try to win the ball from the dribbling players, once the bandit wins the ball the player the player without the ball becomes the new bandit. Play 7 rounds of 1 min. each with 30 sec. break in between rounds.		C-What can the dribbling players do to protect the ball from Bandits? P-Dribble with speed away from the Bandit. Change directions and dribble with speed away from the Bandit. Put your body between the ball and Bandit (Shielding).
Activity 4	1v1 to Goal; Use Cones or a small goal. Divide team into 2 groups, attackers & defenders. Attackers start with ball on their line, and defenders start on their line. Attacker tries to dribble over the Defenders line/into goal. Defender must step out (no goal tending!) & try to steal attackers ball, if successful the defender can score on attackers line. *Rotate Attackers & Defenders every 1-2 minutes. VARIATION: Play 2v1, 2 Attackers vs 1 Defender.		Attacker: Coach: Can you dribble quickly & try to run past defender? Can you change speed to beat defender? Can you move ball from one foot to the other to confuse defender? Defender: Coach: can you predict where the attacker wants to go & move in-between the attacker & his destination? Can you steal ball instead of kicking away?
Match	4 Quarters, 8 minutes each. 4v4. NO GOALIES!	Team Shape should be a Diamond, with 1 High Player, 2 middle/wide players, and 1 deep player. All players should defend & attack. NO GOALIES!	32 minutes



Interactive Lesson Plan



Season: _____ Age Group: U5-U6 Week: 4

Stage	Activity Description	Diagram	Coaching Points
Activity 1	Dribbling Through Traffic -Everyone starts with a ball on the outside of the grid. When the coach says "Go", the players must dribble through the 10x10 yard grid, reach the other side and turn back around and dribble back through the 10x10 yard grid and to their original spots. Play 4 rounds of 1 min. with 30 sec. rest in between.		Coach-What surface should the player use when dribbling the ball? Player-The laces. C-What part of the foot do you use to stop the ball? P-Inside, outside, and the bottom (easiest way to stop the ball).
Activity 2	Minions ; 4 rounds, 1-2 minutes each. 15x15 or 20x20 grid. Only 1 player has a ball & is "It". The objective of the "it" is to pass/strike ball to hit another player below the knee. If a player gets hit, then they go get a ball and join the "It". The game ends either when only 1 player remains, or the time limit expires. Restart with a different "It" each round.		Players without ball should be running, skipping, evading the "It" player with ball. Player with Ball, the "It"; should be dribbling with head up & locating players. The "It" should look to strike ball with the INSIDE of the foot (biggest part of foot, most accurate). Coaching Points: have plant foot pointed at target, ankle locked, knee up.
Activity 3	Cops & Robbers -Coach sets up 8-10 tall cones(if no tall cones are available use disc cones with balls set on top of cone). Robbers dribble their ball. Cops do not have a ball (only have 2-3 cops). Robbers try to rob the banks (knock the cones down/balls off the cones). While the cops try to stand the cones up/put balls back on cones before all the banks are robbed. Rotate Cops & Robbers.		Coach- What surface of the foot should you use to strike the ball? Player-the laces for power & long distance. Inside of foot for accuracy.
Activity 4	1v1 to Goal ; Use Cones or a small goal. Divide team into 2 groups, attackers & defenders. Attackers start with ball on their line, and defenders start on their line. Attacker tries to dribble over the Defenders line/into goal. Defender must step out (no goal tending!) & try to steal attackers ball, if successful the defender can score on attackers line. *Rotate Attackers & Defenders every 1-2 minutes. VARIATION: Play 2v1, 2 Attackers vs 1 Defender.		Attacker: Coach: Can you dribble quickly & try to run past defender? Can you change speed to beat defender? Can you move ball from one foot to the other to confuse defender? Defender: Coach: can you predict where the attacker wants to go & move in-between the attacker & his destination? Can you steal ball instead of kicking away?



Interactive Lesson Plan



Season: _____ Age Group: U5-U6 Week: 5

Stage	Activity Description	Diagram	Coaching Points
Activity 1	<p>Around the Cone-Cones are placed 5 yards apart from each other. Teams of 2 to 3 players will start on one end. When the coach says "Go", the first player on the team will dribble around the opposite cone and dribble back. At the opposite cone the players will perform the following:</p> <ul style="list-style-type: none"> -Go around the cone with the inside of the foot. -Go around the cone with the outside of the foot. -Dribble straight to the cone and stop the ball, and dribble back. <p>Play 5 rounds of 1 min. each with 30 sec. breaks between rounds.</p>		<p>Coach-What surface should the player use when dribbling the ball?</p> <p>Player-The laces.</p> <p>C-When should a players touch be further in front of them?</p> <p>P-Small touch in traffic and big touch when you have space</p>
Activity 2	<p>Protect your Ball-Select 4 players to have balls in their hands. The other 4 players will be dribbling around the grid. Players with balls in their hands must try to hit the dribblers ball by under tossing it. Once the dribbler's ball gets hit, then he/she takes the place of that player.</p> <p>Play 5 rounds of 1 min. with 30 sec. rest in between.</p>		<p>C-What can players do to protect the ball?</p> <p>P-Put your body between the player and ball (shielding), change direction, and change speed when dribbling.</p> <p>C-Why do they need to have your head up when dribbling?</p> <p>P-To avoid being hit by the 4 players with the ball in their hands and know where the space is on the field to dribble into.</p>
Activity 3	<p>Gates Passing- Set up several gates (at least 2 more than the amount of players). Group all players into pairs. 1 ball per group. To score one partner must pass a ball between the gate to the other partner. Keep track of points!</p> <p>Coach: Players count how many points they score in a minute. Repeat & ask players to improve score each round.</p> <p>Variation: 1)Require the pass be with a certain surface (laces, outside, inside). 2) Require the players to only use Left or Right foot. 3) Coach can move around & guard certain gates.</p>		<p>C-When should a player use their laces to score?</p> <p>P-When the gate is straight in front of them.</p> <p>C-How do you choose which gate to go to next?</p> <p>P- The person who passed the ball should quickly locate & run to the next open gate & tell the other player where it is. The player receiving the ball should take their first touch towards the next open gate.</p>
Activity 4	<p>1v1 to Goal; Use Cones or a small goal.</p> <p>Divide team into 2 groups, attackers & defenders. Attackers start with ball on their line, and defenders start on their line. Attacker tries to dribble over the Defenders line/into goal. Defender must step out (no goal tending!) & try to steal attackers ball, if successful the defender can score on attackers line.</p> <p>*Rotate Attackers & Defenders every 1-2 minutes.</p> <p>VARIATION: Play 2v1, 2 Attackers vs 1 Defender.</p>		<p>Attacker:</p> <p>Coach: Can you dribble quickly & try to run past defender? Can you change speed to beat defender? Can you move ball from one foot to the other to confuse defender?</p> <p>Defender:</p> <p>Coach: can you predict where the attacker wants to go & move in-between the attacker & his destination? Can you steal ball instead of kicking away?</p>
Match	4 Quarters, 8 minutes each. 4v4. NO GOALIES!	Team Shape should be a Diamond, with 1 High Player, 2 middle/wide players, and 1 deep player. All players should defend & attack. NO GOALIES!	32



Interactive Lesson Plan



Season: _____ Age Group: U5-U6 Week: 6

Stage	Activity Description	Diagram	Coaching Points
Activity 1	<p>The Octopus: 15x15/20x20 grid. Each Player with a ball. Coach/Player holds 2 pennies, cones, noodles and is the "Octopus". If a player is tagged they are frozen.</p> <p>1) Players without ball. Octopus tries to tag with "tentacles".</p> <p>2) Players WITH ball, Octopus has to tag their ball.</p> <p>To become unfrozen: Game 1: Player must high-five to unfreeze the frozen player. Game 2: player must pass ball between the legs of frozen player.</p>		<p>Players should have head up, & always know where the Octopus is.</p> <p>Run & Dribble as fast as a player can.</p> <p>Shielding ball from being touched by Octopus.</p>
Activity 2	<p>4 Surfaces-Each player has a ball, have the players dribble & use 4 different surfaces to move the ball in one fluid motion without stopping; EX: Laces, Inside, Outside, & Bottom.</p> <p>After the players perform the 4 surfaces, have them stop the ball & transfer from right foot to left foot. Once the players have shown proficiency have them do it faster, in smaller space, or change the surfaces or the order.</p> <p>6 Surfaces: Laces, Inside, Outside, Bottom/Sole, Toe, and Heel.</p>		<p>Coach- What are the surfaces of the foot you can dribble with?</p> <p>Player-Laces, Inside, Outside, Bottom/Sole, Toe, and Heel.</p> <p>C- Why should you try to keep the ball close?</p> <p>P- So you can get more touches.</p>
Activity 3	<p>Castle Battle- Coach makes 2 teams of 3-5 players each. The players are lined up next to the coach. When the coach serves the ball, the first player on each team will enter field & try to win possession of the ball then dribble ball into their own box (castle) & stop it. The defender cannot enter the other teams castle/box. The team with the most balls at the end wins the game.</p> <p>Coach: You can make this a 2v2, 3v3, or 4v4 game.</p>		<p>C- What part of the foot should you stop the ball with?</p> <p>P- The bottom or sole of the foot.</p> <p>C- When should you pass the ball to a teammate when playing 2v2?</p> <p>P- When the player gets closer to you than your teammate (but not so close they intercept your pass).</p>
Activity 4	<p>1v1 to Goal; Use Cones / Small goal.</p> <p>Divide team into 2 groups, attackers & defenders. Attackers start with ball on their line, and defenders start on their line. Attacker tries to dribble over the Defenders line/into goal. Defender must step out (no goal tending!) & try to steal attackers ball, & score.</p> <p>*Rotate Attackers & Defenders every 1-2 minutes.</p> <p>VARIATION: Play 2v1, 2 Attackers vs 1 Defender.</p>		<p>Attacker:</p> <p>Coach: Can you dribble quickly & try to run past defender? Can you change speed to beat defender? Can you move ball from one foot to the other to confuse defender?</p> <p>Defender:</p> <p>Coach: Can you predict where the attacker wants to go & move in-between the attacker & his destination? Can you steal ball instead of kicking away?</p>
Match	4 Quarters, 8 minutes each. 4v4. NO GOALIES!	Team Shape should be a Diamond, with 1 High Player, 2 middle/wide players, and 1 deep player. All players should defend & attack. NO GOALIES!	32 minutes



Interactive Lesson Plan



Season: _____ Age Group: U5-U6 Week: 7

Stage	Activity Description	Diagram	Coaching Points
Activity 1	Gates-Place pairs of cones (gates) around the grid. The size of the gates should vary. Make sure to have at least 1 more gate than players. Players should dribble without stopping using the laces, inside, & outside of foot; players should go back & forth between left & right foot. Players should change speeds and accelerate through the gates. Encourage players to dribble faster as they improve.		Coach- What surfaces of the foot can you use to dribble? Player- Laces, Inside, Outside, Sole/Bottom, Heel, & Toe. C- Why is it important to keep ball close? P-If you are chasing ball then you won't get as many touches.
Activity 2	Dribbling Gates with Pirates-Set up several gates (at least 2 more than the amount of players). Select 2-3 players to be the Pirates (who don't have balls) all other players start with a ball. Pirates job is to steal the ball from the players, once the Pirate steals the ball, the player tries to score & the player who had their ball stolen becomes the Pirate. Coach: Players should keep track of how many gates/points they get, & should receive a bonus point if they have a ball at the end of a round.		C- What surface should you choose to dribble in a straight line the fastest? P-Laces C- Why should players look up during game? P-To locate open gates. C-What should you do after you score? P-Locate the Pirates & a new gate.
Activity 3	Doctor Doctor-Inside the large grid create two safe zones (Hospitals)-one on either end. Divide the team into two teams. Designate one player from each team to be the doctor. Everyone but the doctor will have a ball. The objective is for each team to freeze all of their opponents by hitting them below the knee with their own ball. Frozen players should call the doctor for help by yelling "Doctor Doctor". The only way for a "frozen" player to be "unfrozen" is if his team's doctor leaves the hospital (Safe zones) and tags the "frozen" player. But, if the doctor is hit with a ball while trying to unfreeze his teammates-that team loses. Play two 5 min. games.		C-What parts of the foot can a player use to strike a ball to hit the opponents? P-Laces for more power and distance, and inside of the foot for short accurate passes. C-Why is it important to get closer to your target before shooting at them? P-The closer you are to the opponent, the easier it is to be accurate. C-Why do you need to have your head up when dribbling? P-So you always know where the other players are and recognize where the Doctor is.
Activity 4	2v2 to Goal; Use Cones or a small goal. Divide team into 2 groups, attackers & defenders. Attackers start with ball on their line, and defenders start on their line. Attackers tries to dribble over the Defenders line/into goal or shoot into the goal. Defenders must step out (no goal tending!) & try to steal attackers ball, if successful the defenders can score on attackers line. *Rotate Attackers & Defenders every 1-2 minutes.		Attackers: Coach: Can you dribble quickly & try to run past defender? Can you pass ball to your teammate? If you don't have ball can you move into a position to help your teammate with the ball? Defenders: Coach: can you predict where the attacker wants to go & move in-between the attacker & his destination? Can you steal ball instead of kicking away? Can you & your teammate work together (1 should step to ball, 1 should cover space behind). NO GOALIES!
Match	4 Quarters, 8 minutes each. 4v4, NO GOALIES!	Team Shape should be a Diamond, with 1 high player, 2 middle/wide players, & 1 deep player. All players should defend, & all players should attack.	32 minutes



Interactive Lesson Plan



Season: _____ Age Group: U5-U6 Week: 8

Stage	Activity Description	Diagram	Coaching Points
Activity 1	<p>Angry Birds- Select 2 players to be the Angry Birds who both have a ball, all other players do not start with a ball. The Angry Birds dribble around & try to tag the players without balls. Once they are tagged they go get a ball & become Angry Birds. The game ends when all players are Angry Birds.</p>		<p>C-Why should the Angry Bird keep the ball close to his/her body? P-So you can control ball better & change direction better. C- What should the Angry Bird do if the other players are very far away from them? P-Take a big touch/Push the ball far in front so you can cover quickly cover more space.</p>
Activity 2	<p>Hospital Tag- All players are dribbling a ball & will try to tag each other with their hands. Once a player is tagged, the player must cover the tagged (injured) spot with one hand. SECOND tag use other hand, THIRD tag the player must go to the hospital to see the doctor & get cured. -Coach acts as Doctor, and heals the dribblers so they can keep playing. The Coach cures the players by asking them to do a skill: Toe Taps, Juggling, Side to Side/Foundations, Moves, or any soccer related skill.</p>		<p>Coach- What surface of the foot should you use to dribble? Player- The Laces (toe pointed to ground, knee up) C- When should a player keep the ball close? P- When you are close to other players/small space, about to tag/get tagged, or near sideline. C-What do you do if someone is trying to tag you? P-Change speed & accelerate, take a big touch to push ball into space & run away, or use a move/fake to escape the tagger.</p>
Activity 3	<p>Battle- Coach makes 2 teams of 3-5 players. The players start on each side of the coach. When the coach serves the ball into the open field, 1 player from each team will enter the field & try to get to the ball. The first player to get to the ball is the attacker, the other player becomes the defender. Players score by kicking ball into 1 of the 2 goals. If the defender steals the ball, he/she can score on the goals as well. Each score counts as 1 point. Coach: Make sure to play the ball far enough out to challenge players. Make sure you are aware of the match-ups, try not to have your strongest player vs weakest player each round.</p>		<p>C-If you get to the ball first, what should you do? P-If you have space, turn & face opponent, then attack the goal. If the opponent is close to you & you don't have space, protect (shield) the ball. C-Why is it important to pay attention & always be ready? P-So when its your turn you know what to do, & be the fastest to the ball.</p>
Activity 4	<p>2v2 to Goal; Use Cones or a small goal. Divide team into 2 groups, attackers & defenders. Attackers start with ball on their line, and defenders start on their line. Attackers tries to dribble over the Defenders line/into goal or shoot into the goal. Defenders must step out (no goal tending!) & try to steal attackers ball, if successful the defenders can score on attackers line. *Rotate Attackers & Defenders every 1-2 minutes.</p>		<p>Attackers: Coach: Can you dribble quickly & try to run past defender? Can you pass ball to your teammate? If you don't have ball can you move into a position to help your teammate with the ball? Defenders: Coach: can you predict where the attacker wants to go & move in-between the attacker & his destination? Can you steal ball instead of kicking away? Can you & your teammate work together (1 should step to ball, 1 should cover space behind). NO GOALIES!</p>
Match	4 Quarters, 8 minutes each. 4v4. NO GOALIES!	Team Shape should be a Diamond, with 1 High Player, 2 middle/wide players, and 1 deep player. All players should defend & attack. NO GOALIES!	32 minutes



Interactive Lesson Plan



Season: _____ Age Group: U5-U6 Week: 9

Stage	Activity Description	Diagram	Coaching Points
Activity 1	Red Light/Green Light- Coach calls out GREEN light players dribble as fast as they can. Coach calls out YELLOW light players dribble slowly. Coach calls out RED light players stop ball with bottom of their foot. Coach: Control the tempo with changes in lights. Variation: GREEN mean LACES, YELLOW mean OUTSIDE of foot, ORANGE mean INSIDE of foot, RED means stop the ball with sole. *Each round should last 45 seconds - 1 minute with a break in-between each round.		Coach: What part of foot should players stop the ball with? Player: Sole/Bottom or Inside/Outside Coach: Where should players dribble when the light is Green? Player: To open space, where there are no other players.
Activity 2	Freeze Tag- The Coach is the "freezer" or "tagger" without a soccer ball. The players dribble around grid & attempt to avoid the coach from tagging/freezing them. When tagged the player is frozen & must stop, pick ball up & hold above head, & stand with legs opened. To unfreeze another player must dribble/pass the ball between the frozen players legs. Variation: coach can allow players to be the freezer.		C- What parts of the foot can a player use to pass ball between the frozen players legs? P- Inside (lock ankle, toe up, heel down); Laces (knee up, point toe towards ground, strike ball with laces in center of ball). C-Why do players need to play with head up? P-To locate the Freezer & so you don't run into other players.
Activity 3	2v2 Battle-Two teams of 4 players on either side of the small goals. One goal per team. When the coach kicks a ball out, 2 players from each team will go after the ball. The team that retrieves the ball must try to score into their goal. Progression-the two players must connect at least one pass before going to goal. Play 2 rounds of 4 min. with 1-2 min. rest in between.		C-When should the player dribble to goal? P-When you have no option to pass and you have a 1v1 situation. C-Why would a player pass the ball to their teammate? P-The teammate may be in a better position to score .
Activity 4	2v2 to Goal; Use Cones or a small goal. Divide team into 2 groups, attackers & defenders. Attackers start with ball on their line, and defenders start on their line. Attackers tries to dribble over the Defenders line/into goal or shoot into the goal. Defenders must step out (no goal tending!) & try to steal attackers ball, if successful the defenders can score on attackers line. *Rotate Attackers & Defenders every 1-2 minutes.		Attackers: Coach: Can you dribble quickly & try to run past defender? Can you pass ball to your teammate? If you don't have ball can you move into a position to help your teammate with the ball? Defenders: Coach: can you predict where the attacker wants to go & move in-between the attacker & his destination? Can you steal ball instead of kicking away? Can you & your teammate work together (1 should step to ball, 1 should cover space behind). NO GOALIES!
Match	4 Quarters, 8 minutes each. 4v4, NO GOALIES!	Team Shape should be a Diamond, with 1 high player, 2 middle/wide players, & 1 deep player. All players should defend, & all players should attack.	32 minutes



Interactive Lesson Plan



Season: _____ Age Group: U5-U6 Week: 10

Stage	Activity Description	Diagram	Coaching Points
Activity 1	<p>Snake/Blob Tag-All players are dribbling a soccer ball around the grid with the exception of at least 2 players. The 2 players hold hands/lock arms to create a snake/blob. The snake/blob work together to tag the dribbling players. The dribbling players that get tagged then become part of the snake/blob. The snake/blob must try to stay connected!</p> <p>Coach:</p> <ul style="list-style-type: none"> -Have the snake players hiss. -The snake cannot be bigger than 4 players. <p>Play 5 rounds of 1 min. each with 30 sec. break in between rounds.</p>		<p>C-Which surfaces can a player use to change direction?</p> <p>P-Outside of the foot, inside of the foot, and sole of the foot.</p> <p>C-When should players touch be further in front of them?</p> <p>P-When they have space and when trying to accelerate and get away from the snake/blob.</p>
Activity 2	<p>Gates Passing- Set up several gates (at least 2 more than the amount of players). Group all players into pairs. 1 ball per group. To score one partner must pass a ball between the gate to the other partner. Keep track of points!</p> <p>Coach: Players count how many points they score in a minute. Repeat & ask players to improve score each round.</p> <p>Variation: 1) Require the pass be with a certain surface (laces, outside, inside). 2) Require the players to only use Left or Right foot. 3) Coach can move around & guard certain gates.</p>		<p>C-When should a player use their laces to score?</p> <p>P-When the gate is straight in front of them.</p> <p>C-How do you choose which gate to go to next?</p> <p>P- The person who passed the ball should quickly locate & run to the next open gate & tell the other player where it is. The player receiving the ball should take their first touch towards the next open gate.</p>
Activity 3	<p>2v2 Battle-Two teams of 4 players on either side of the small goals. One goal per team. When the coach kicks a ball out, 2 players from each team will go after the ball. The team that retrieves the ball must try to score into their goal.</p> <p>Progression-the two players must connect at least one pass before going to goal.</p> <p>Play 2 rounds of 4 min. with 1-2 min. rest in between.</p>		<p>C-When should the player dribble to goal?</p> <p>P-When you have no option to pass and you have a 1v1 situation.</p> <p>C-Why would a player pass the ball to their teammate?</p> <p>P-The teammate may be in a better position to score.</p>
Activity 4	<p>2v2 to Goal; Use Cones or a small goal.</p> <p>Divide team into 2 groups, attackers & defenders. Attackers start with ball on their line, and defenders start on their line. Attackers tries to dribble over the Defenders line/into goal or shoot into the goal. Defenders must step out (no goal tending!) & try to steal attackers ball, if successful the defenders can score on attackers line.</p> <p>*Rotate Attackers & Defenders every 1-2 minutes.</p>		<p>Attackers:</p> <p>Coach: Can you dribble quickly & try to run past defender? Can you pass ball to your teammate? If you don't have ball can you move into a position to help your teammate with the ball?</p> <p>Defenders:</p> <p>Coach: can you predict where the attacker wants to go & move in-between the attacker & his destination? Can you steal ball instead of kicking away? Can you & your teammate work together (1 should step to ball, 1 should cover space behind). NO GOALIES!</p>
Match	4 Quarters, 8 minutes each. 4v4, NO GOALIES!	Team Shape should be a Diamond, with 1 high player, 2 middle/wide players, & 1 deep player. All players should defend, & all players should attack.	32 minutes