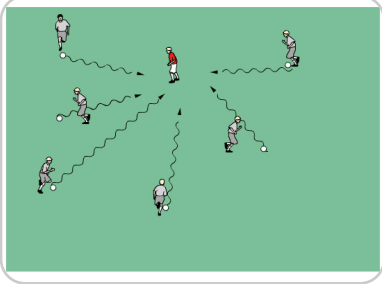
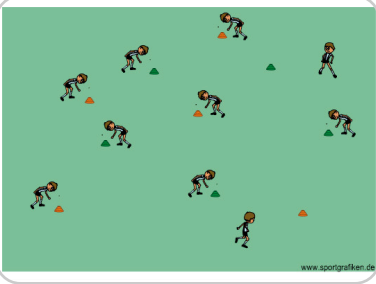
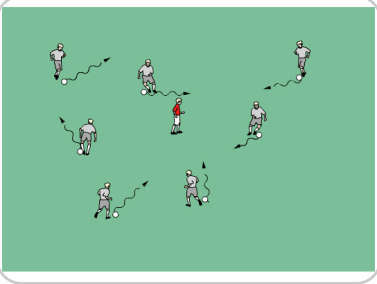
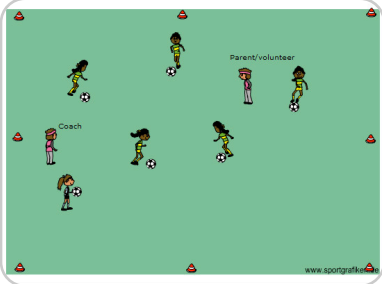




U5/6 Lessons

Week 1

Theme: ABC (Agility, Balance, Coordination)	Character Theme: Respect	Soccer Theme: Best Dribbler
		
<p>Warm Up: Retrieval Coach tosses ball and players retrieve them and bring it back in different ways.</p>	<p>1st Activity: Saucers and Lids Cones are spread out. Players flip them over (lids), coach turns them other way to make saucers. Try to beat the coach!</p>	<p>2nd Activity: Body Parts Players stop ball with body part when called by the coach.</p>
		
<p>Character Activity: "Respect" (Thank you tag) Players dribble and get tagged by coach. When someone unfreezes them they say "thank you" and then continue playing.</p>	<p>4th Activity: Boss of Balls The coach has a pile of balls. Players play small sided game. When ball goes out the coach plays in a new ball.</p>	<p>Final Activity-Play Small Sided Game One ball-no goalkeepers.</p>