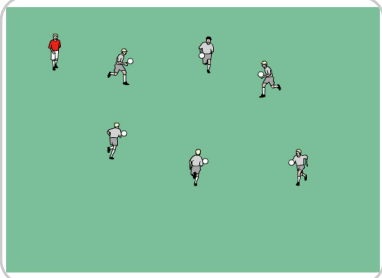
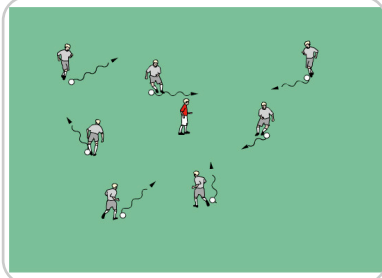
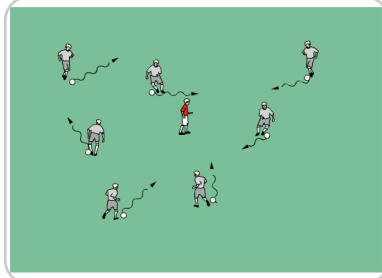

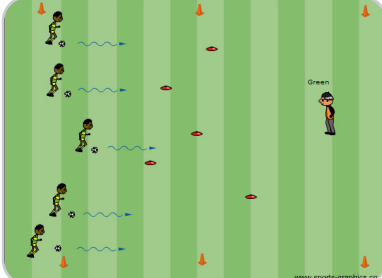



U5/6 Lessons

Week 2

Theme: Dribbling with the head up	Character Theme: Honesty	Soccer Theme: Creative Dribbler
		
<p>Warm up: Red Light-Green Light</p> <p>Without ball. Players run on green and stop on red. Progress to holding up a green or red dish cloth, cone, etc.</p>	<p>1st Activity: Red Light-Green Light</p> <p>With ball. Players run on green and stop on red. Progress to holding up a green or red dish cloth, cone, etc.</p>	<p>2nd Activity: Everyone's It</p> <p>All players have a ball and dribbles to tag the coach.</p>
		
<p>Character Activity: Honesty</p> <p>Everyone's It: Players dribble and keep track of the players they tag. Be honest with answers.</p>	<p>4th Activity: Red Light Green Light</p> <p>Play directionally. Add "Potholes" for players to avoid.</p>	<p>Final Activity-Play Small Sided Game</p> <p>One ball-no goalkeepers.</p>

