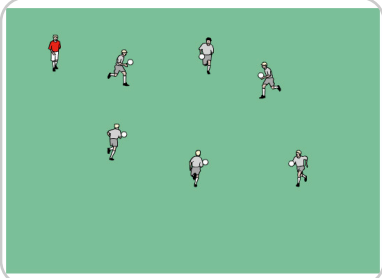
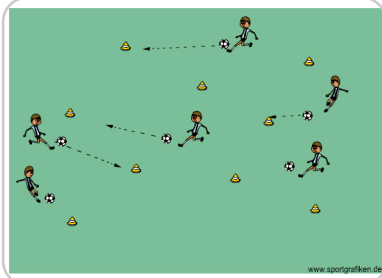
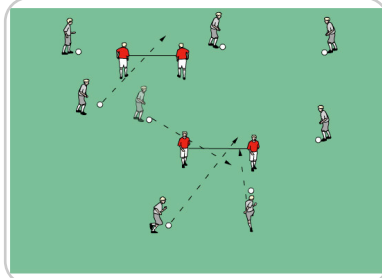





# U5/6 Lessons

## Week 3

Theme: Striking The Ball	Character Theme: Sportsmanship	Soccer Theme: Best Pass
		
<p><b>Warm-up: Ouch!</b></p> <p>Players dribble ball and try to strike ball to hit the coach. When coach gets hit they cry “ouch”</p>	<p><b>1st Activity: Bullseye</b></p> <p>Players dribble ball and try to hit a cone. Option, use old cans (kick the can).</p>	<p><b>2nd Activity: Moving Goals</b></p> <p>Coach and Asst. walk around with pool noodle. Players shoot ball under noodle for a goal!</p>
		
<p><b>Character Activity: Sportsmanship</b></p> <p><b>Boss of Balls:</b> Small sided game but before they play, they shake hands. Discuss sportsmanship and meaning.</p>	<p><b>4th Activity: Goals Galore</b></p> <p>Coach always has more than one ball in play.</p>	<p><b>Final Activity: Small Sided Game</b></p> <p><b>“Super Soccer:</b> goals are worth a million points!</p>

