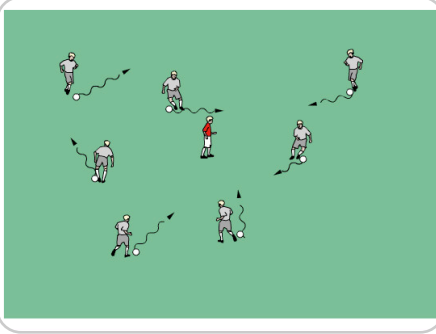
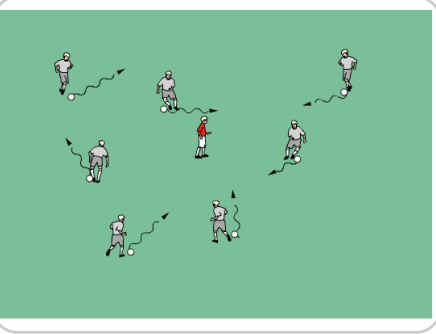
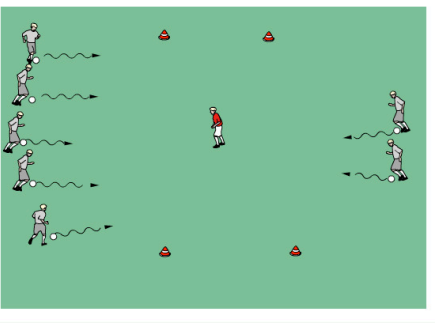
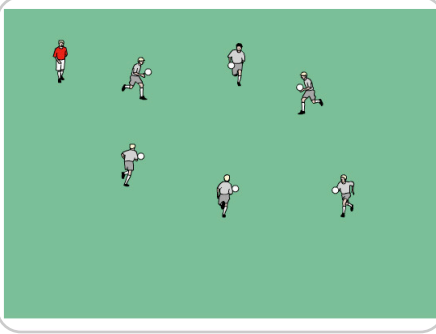
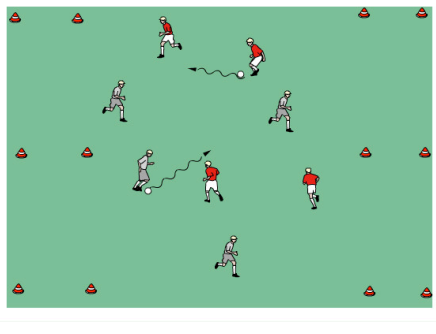



U5/6 Lesson Plans

Week 4

*Note for this age group, do not worry about “defending” but the idea of the other team has the ball, now what do we do? These activities are more geared towards “transitioning” from attack to defense which is a major step in this age of their development.

Theme: Uh-Oh, the other team has the ball!	Character Theme: “110%” (do your best)	Soccer Theme: Best Defender
		
<p>Warm-up: “Change” All players have a ball and dribbles a ball. When coach says “change” then go to a new ball.</p>	<p>1st Activity: Musical Balls Same as the warm up except have one or two fewer balls. When change is called, players try to find a free ball.</p>	<p>2nd Activity: Cross the river! Players try to dribble across the “river” while “alligators” try to steal their ball. Player switches with alligators if their ball gets stolen.</p>
		 <p>3v3 is really 1 against 9 at the U-6 age</p>
<p>Character Activity: “Do your best” Ball over head! Each player has a ball. Coach says a body part. When body part is called players touch that body part (like simon says). When coach says “ball” players reach down and grab their ball and hold it over their head. See who can be the first to do it. Encourage others to do your best even though you didn’t finish first.</p>	<p>4th Activity: Capture the flag! Two teams. Make an endzone for each team to “protect”. For fun, put a “flag” or something to represent a flag in each endzone. Players are trying to dribble a ball into the other team’s endzone and capture the flag! Try using two balls at first then progress to one.</p>	<p>Final Activity: Small Sided Game One ball-no goal keepers.</p>