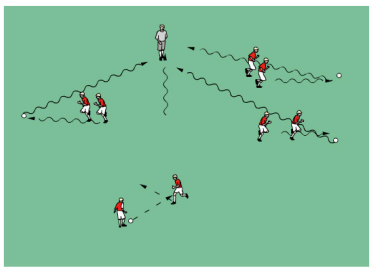
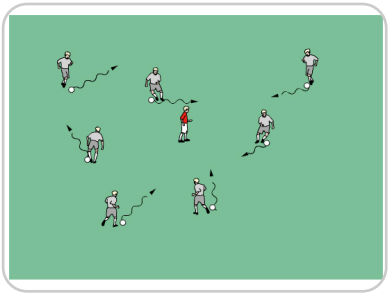
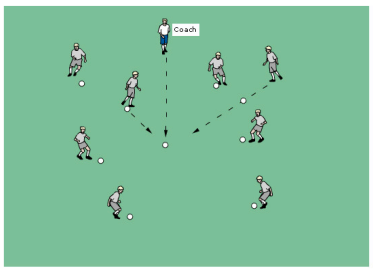
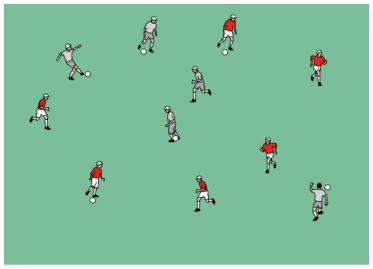
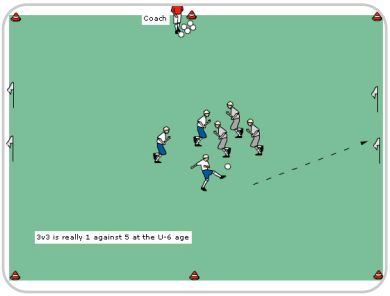
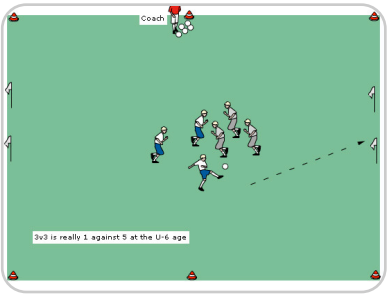
U5/6 Lesson Plans

Week 5

Theme: Push Pass	Character Theme: Teamwork/Teammate	Soccer Theme: Best Shot/Goal
		
Warm-up: Retrieval in pairs Players pair up. Coach tosses ball and has players bring ball back in a variety of methods. (four hands on ball, feet only, passing to each other).	**1st Activity: Pac-Man** Small area is created. One player has a ball and is "it". They try and pass ball and hit someone below the knee. If a player gets hit then they get a ball and join the "it" player.	**2nd Activity: Hit the Marble!** Small area is created. Each player has a ball. Coach rolls out a ball or a "beach" ball. Players try to hit the ball with a pass until it gets out of an area.
		
Character Activity: Teamwork Players share a ball. Players are asked to pass the ball with their teammate but keep it away from the coach. Stop and show them how when you come to someone with a ball that they need someone to come and help them. Note: Make this activity very short. End with a discussion on what a teammate is and why we need them.	**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. They get a point if they pass the ball to a teammate.	**Final Activity:** Small Sided Game **One ball-no goal keepers.**