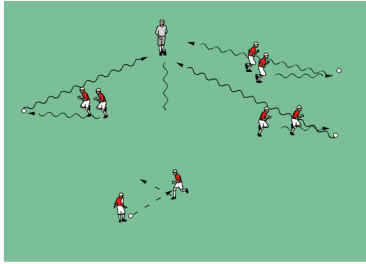
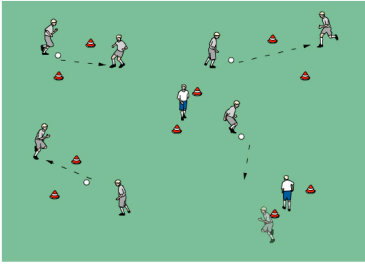
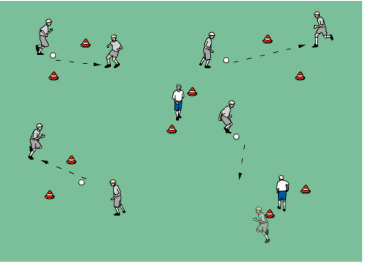





U5/6 Lessons

Week 6

“Coaches Choice” this last week, the coach selects a player or two that has yet to be recognized.

Theme: Playing with a teammate	Character Theme: Anti-Bullying (Be Nice)	Soccer Theme: Coaches Choice
		
<p>Warm-up: Retrieval in pairs</p> <p>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).</p>	<p>1st Activity: Gates</p> <p>Players get with a teammate. Each pair try to pass the ball between as many gates as possible. Make it a competition but also stress working together.</p>	<p>2nd Activity: Troll in Gates</p> <p>Same as 1st activity except the coach and assistant coach are “trolls”. The “trolls” walk around and periodically stand in a gate. If a troll is in a gate, the two players have to go to a new gate.</p>
		
<p>Character Activity: Be Nice!</p> <p>2v2 Game-Two teams. Play until ball goes out. When ball goes out, a new pair comes on the field. The idea is for players to say nice things and encouragement for their teammates and opponent.</p>	<p>4th Activity: Boss of Balls</p> <p>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.</p>	<p>Final Activity: Small Sided Game</p> <p>One ball-no goal keepers.</p>

