



HYSA LESSON PLANS

Name: Chris Martin Date: Aug. 28, 2004

Age Group: U6 - U8 Theme: Introductory session

Activity	Coaching Points
1st Activity (warm-up)	1) Begin without a ball 2) Each player will a ball
TAG GAME - Everybody's It	Grid approximately 20 x 20. Each player runs around, staying inside the boundary, trying to tag as many other players while at the same time trying not to get tagged. Play for 30 - 45 seconds.
2nd Activity	1) Each player will a ball
DRIBBLING - Can You Do This?	Grid approximately 20 x 20. Everyone dribbles around in the grid trying to avoid the other players. Stop and demo something new. Continue dribbling. Ask for someone else to show us something.
3rd Activity	1) Each player will a ball, cone gates spread out in grid
MAZE GAME - Gates	Grid approximately 20 x 20. Players dribble through as many of the gates as possible in 60 seconds. Watch for schemers and adjust rules. Go again and beat your own score.
4th Activity	1) Quick movements 2) Deceptive pass 3) Avoid
TAG GAME - Get Them	Grid approximately 20 x 20. Player A has a ball, all others are placed outside the grid. Player A dribbles and tries to hit other players, below knees, with ball. When hit, retrieve a ball and join Player A in trying to get other players. Continue until only 1 left.
5th Activity (the game)	
Boss of the Balls 4-v-4 to two small goals 20 x 30 field	Coach at the midline with all of the balls. Ball is put into play and the game begins. When goal or out of bounds, coach sends in another ball. When coach runs out of balls, players run to collect them and return them to the coach.
Cool Down	In a long line across field, do stretching runs, skips, and hops back and forth across field.