



HYSA LESSON PLANS

Name: Chris Martin Date: September 11, 2004

Age Group: U6 - U8 Theme: Second session

Activity	Coaching Points
1st Activity (warm-up)	Variations: 1) spread cones out 2) carry ball 3) dribble balls
FREEZE TAG	Half of players place a cone out. Two to four players are IT. Cones are SAFE ZONES, but must touch w/ hand. Only stay at SAFE ZONE for fast count to 10 or until someone else comes to cone. If not on cone and tagged, you are frozen. Can be unfrozen by being tagged by a non-IT player.
2nd Activity	
SOCCER-NASTICS (Pass the ball)	Back-to-back -> over head and thru legs Side-to-side -> both turn right, both turn left Opposite of what coach says
3rd Activity	
KEEP YOUR YARD CLEAN	Divide into two teams and put each in their own half-field. Make a neutral area in the middle of the field where no player is allowed - up to 10 yds wide. Each player with a ball. On command, each team tries to keep their side free of balls by kicking to other side. At end, team with most balls loses.
4th Activity	
GET OUTTA HERE	Grid approximately 20 x 20. Small cones goals on each end. Two teams line up single file on side of field, on either side of coach. Coach sends a ball out and teams send players out (1-v-1 or 2-v-2). If goal or ball out - "Get Outta Here" and new ball is sent in with new players. Penalty if players enter before ball.
5th Activity (the game)	4-v-4 to two small goals on 20 x 30 field OR 6 goal game
Boss of the Balls Small-sided game if extra coach Otherwise, all play 6 goal game	Coach at the midline with all of the balls. Coach directs re-start by sending ball to different places on the field.
Cool Down	In a long line across field, do stretching runs, skips, and hops back and forth across field.