



# HYSA LESSON PLANS

Name: Chris Martin Date: September 18, 2004

Age Group: U6 - U8 Theme: Third session

## Activity

## Coaching Points

<b>1st Activity (warm-up)</b>	Variations: 1) coach moves 2) discuss how to win
RED LIGHT / GREEN LIGHT	All the players start on one side of the grid. With back to players the coach yells green light and the players dribble to the coach. When the coach yells "red light" he waits a moment then turns to face players. Anyone who is not stopped moving and has his foot on the ball must go back 4 giant steps.
<b>2nd Activity</b>	Variations: 1) remove gates 2) teams of 4-v-4 + 1 ball/team
GATES IN PAIRS	Set up numerous cone gates within grid. Split players up into pairs. Teams try to pass the ball through as many gates as possible within a short time period. Count gates. Next time try to improve. Watch for schemers and adjust rules as needed.
<b>3rd Activity</b>	
GAELIC FOOTBALL (Hand-ball)	8-v-8. Toss ball to teammates to advance down the field. Once caught player may only take two steps before he must toss the ball to another player. Teams try to make a catch in the end zone to score. If the ball is dropped, it becomes the other teams and they can only begin with a pass.
<b>4th Activity</b>	
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.
<b>5th Activity (the game)</b>	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.
<b>Cool Down</b>	In a long line across field, do stretching runs, skips, and hops back and forth across field.