



HYSA LESSON PLANS

Name: Chris Martin Date: September 25, 2004

Age Group: U6 - U8 Theme: Fourth session

Activity

Coaching Points

1st Activity (warm-up)	Ask how can they position themselves to keep the ball
PENNIE SHIELDING	Pair up the players. One player in each pair has a ball. Each player in each pair holds the end of a pennie. The player without the ball tries to take the ball from the player with the ball while never letting go of the pennie. If the defender wins the ball, he tries to keep it from his partner.
2nd Activity	Two 20 x 20 grids
TWO GRID KNOCKOUT	Half of the players in each grid and each player with a ball. Players are to keep moving at all times while dribbling their ball and trying to kick the others player's balls out of the grid. When a player's ball is kicked out, they retrieve their ball and enter the other grid.
3rd Activity	
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.
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)	SIX small goals on 40 x 30 field, 3 on each endline
Boss of the Balls 6 goal game	Coach at the mid-line with all of the balls. Two teams play. Each team attacks three goals and defends three goals.
Cool Down	In a long line across field, do stretching runs, skips, and hops back and forth across field.