



HYSA LESSON PLANS

Name: Chris Martin Date: October 2, 2004

Age Group: U6 - U8 Theme: Fifth session

Activity

Coaching Points

1st Activity (warm-up)	
BALL WORK - Passing to Partner, Free Movement	Players pair up with one ball for each pair. Pairs move through grid trying to pass the ball back and forth between one another.
2nd Activity	20 x 20 grid
HOSPITAL TAG	Players dribble in grid, control their ball and tag other players below shoulders. When tagged, must hold the part of body that was tagged. After tagged a third time, must go to hospital - juggle at least twice and return to field.
3rd Activity	20 x 20 grid, 6 goals set up around edges
TEAM KNOCKOUT	Two teams. One team enters field, each with a ball. The other team waits anywhere outside the field. One signal from coach, players outside enter the field. Players with balls attempt to keep the ball away from the entering players. Defenders try to steal ball and score through a goal.
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)	FOUR small goals on 40 x 30 field, 2 on each end line at corners
Boss of the Balls 4 goal game	Coach at the mid-line with all of the balls. Two teams play. Each team attacks two goals and defends two goals.
Cool Down	In a long line across field, do stretching runs, skips, and hops back and forth across field.