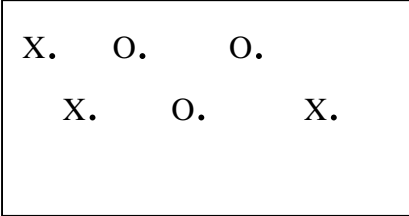
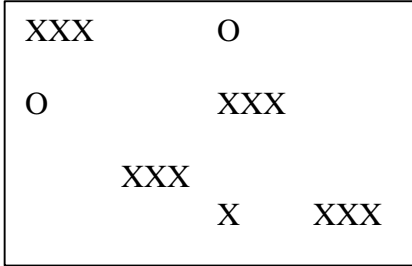

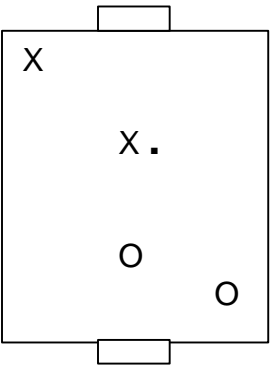
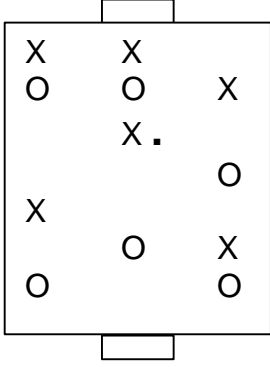




# LESSON PLAN



ACTIVITY	DESCRIPTION	DIAGRAM	PURPOSE/COACHING POINTS
1. Warm-up			
School Zone	All players with a ball dribbling in a confined space. Brief demonstrations of how fast in a school zone, freeway and some moves. End with musical balls.		Warm-up Keeping ball close, using various surfaces Vision (head up), using moves
2.			
Player Base Tag	Players in groups of 3 stand or lay shoulder to shoulder they are base. 2 players are it and 1 or 2 are being chased. You can use base by standing or laying next to a player on the end the other end player now becomes one of the chased.		The purpose of this activity is to encourage players to use speed, change of direction and vision to move toward a target.
3.			
Steal the Balls	In a 20X30 grid use cones to make a small box in each corner. Put 2 balls in each corner and 4 in the middle of the grid. Players are in groups of at least 2 and have their own corner. Players steal the balls from anywhere, take them back to their corner and can't be stopped by other players. At the end of time players count the balls in their corner.		The purpose of this activity is to encourage players to use problem solving and teamwork to accomplish the goals the coach sets.

<p>4.</p> <p>2v2 "Get Outta Here"</p> <p>X &amp; O = players</p> <p>C = coach</p> <p>. = ball</p>	<ol style="list-style-type: none"> <li>1. coach as boss of the balls</li> <li>2. coach passes ball onto field to start play</li> <li>3. two players from each team play until a goal is scored or the ball goes out of bounds, coach yells "get outta there," and two new players from each team go on with the next ball goal is scored, 2 who scored stay on, and two new players from the other team play against them</li> </ol>	<p>XX XX</p> <p>C ....</p>  <p>OO OO</p>	<ol style="list-style-type: none"> <li>1. see ball through bottom of eyes</li> <li>2. keep ball rolling</li> <li>3. first try to solve game by dribbling player w/o ball find big, easy spot to receive a pass</li> </ol>
<p>5.</p> <p>Boss of the Balls-6V6</p>	<ol style="list-style-type: none"> <li>1. coach as boss of the balls</li> <li>2. coach passes ball onto field to start play</li> <li>3. players from each team play until a goal is scored or the ball goes out of bounds</li> <li>4. coach passes ball back into play when the ball goes out of bounds or a goal is scored.</li> </ol>		<p>Directional play. Dribbling under pressure; kicking; receiving; shooting; decision making; change of speed; change of direction; defending.</p>

6V6 No Restrictions with Keepers