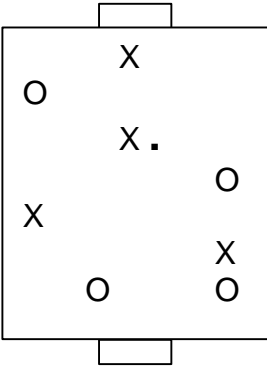



LESSON PLAN



ACTIVITY	DESCRIPTION	DIAGRAM	PURPOSE/COACHING POINTS
<p>1. Help-me Tag</p>	<p>In a 20x20 square, one or two persons are it-all the others are trying to keep away. There is, however, one (or more) soccer ball. The player holding the soccer ball cannot be tagged "it." So, the game becomes one of calling for the ball if you are about to be tagged.</p>		<p>Warm-up Team work, problem solving Coordination</p>
<p>2. Soccer Newcomb (use size 4 ball not too inflated)</p>	<p>20x15 (one yd. "dead space" for net). 2 teams of 2 play toss-receive-catch over the net. If caught point-if hits ground no point-toss it over. Allow 1 bounce. Partner helps catch/control</p>		<ul style="list-style-type: none"> -Move quickly to get behind and in line with flight of ball -Select surface early -"withdraw" on contact
<p>3. Toss-control-catch</p>	<p>4v4 in 40x30 yard area (includes 5 yd. end-zone on each end). Toss-receive-catch to advance ball. If ball drops to ground goes to other team. Score by receiving and catching in your end zone. Opponent cannot block the toss.</p>		<ul style="list-style-type: none"> -Move to the ball -Select surface early -Look, get head up quickly -Move to open space

<p>4.</p> <p>The Game</p>	<p>4v4 in 45x30 with 4 yd wide goals no GK. Coach is boss of Balls. Toss new one to a player after a goal or out of play. 1 pt for goal, 2 pts for volley goal.</p>	 <p>The diagram shows a rectangular field with two goals at the top and bottom center. Player positions are marked with 'X' and 'O'. At the top goal, there is one 'X' player. In the center, there is one 'X' player and one 'O' player. On the left side, there is one 'X' player. On the right side, there is one 'O' player, one 'X' player, and one 'O' player. At the bottom goal, there is one 'O' player.</p>	<ul style="list-style-type: none"> -Move to the ball -Move to open space -Look -Choose surface early
<p>5.</p> <p>The Game (no restrictions)</p>	<p>4v4 in 45x30 with 4 yd wide goals no GK.</p>	 <p>The diagram shows a rectangular field with two goals at the top and bottom center. Player positions are marked with 'X' and 'O'. At the top goal, there is one 'X' player. In the center, there is one 'X' player and one 'O' player. On the left side, there is one 'X' player. On the right side, there is one 'O' player, one 'X' player, and one 'O' player. At the bottom goal, there is one 'O' player.</p>	<ul style="list-style-type: none"> -Move to the ball -Select surface early -Look, get head up quickly -Move to open space