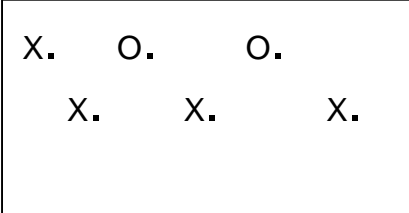
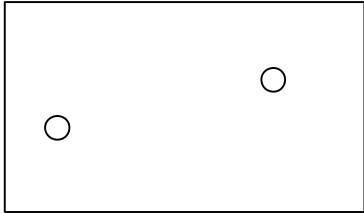
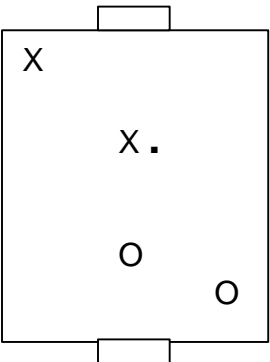


LESSON PLAN



ACTIVITY	DESCRIPTION	DIAGRAM	PURPOSE/COACHING POINTS
<p>1. Cone Tag</p> <p>In a 20x20 square, one or two persons are it--all the others are trying to keep away. Place 8-10 cones in the area they are base.</p>	<p>A player can only stay on base for ten seconds. Your frozen when touched unfrozen by a free player. Add a ball to be carried, unfrozen by rolling ball between legs. Ball to feet, unfrozen by passing ball between legs.</p>		<p>Warm-up Team work, problem solving Coordination</p>
<p>2. Soccer Nastics</p>	<p>Everyone has a ball, legs shoulder width apart. Start by rolling ball around feet in a figure 8. Teach over and under and turn moves. Use moves in conjunction with each other also use opposites.</p>		<p>Some quiet time that includes listening, coordination and stretching.</p>
<p>3. Hurricanes and Ladders</p> <p>Put a cone down in a safe designated area to form hurricane and a cone where ladders are to return.</p>	<p>Form one ladder team and one hurricane team. Throw ball approximately 50 feet, ladders must run as a team to collect ball, form a line, hand the ball back over head to player behind who then hands ball under his/her legs to the player behind him/her, this repeats until ball is in last players hand. When the</p>		<p>Forces players to work as a team, be creative, communicate and make decisions</p>

	<p>task is done the group runs back as a team to the dedicated cone and stops the hurricanes. The hurricane run to their designated cone. All hurricanes but one lock arms or hand and rotate while the player out side runs in the opposite direction of the rotating players and counts how many complete revolutions they can accomplish before the ladders return. Reverse rolls.</p>		
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4.			
<p>2v2 "Get Outta Here"</p> <p>X & O = players</p> <p>C = coach</p> <p>. = ball</p>	<ol style="list-style-type: none"> 1. coach as boss of the balls 2. coach passes ball onto field to start play 3. two players from each team play until a goal is scored or the ball goes out of bounds 4. 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 	<p>XX XX</p> <p>C</p>  <p>OO OO</p>	<ol style="list-style-type: none"> 1. see ball through bottom of eyes 2. keep ball rolling first try to solve game by dribbling player w/o ball find big, easy spot to receive a pass

5.			
<p>The Game (no restrictions)</p>	<p>4v4 in 45x30 with 4 yd wide goals no GK. Depending on your help you may want to go to ?V? depending on the number of players.</p>		<ul style="list-style-type: none"> -Move to the ball -Select surface early -Look, get head up quickly -Move to open space