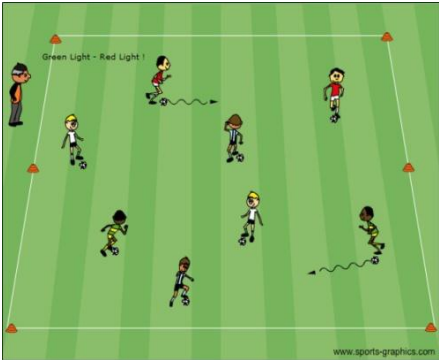

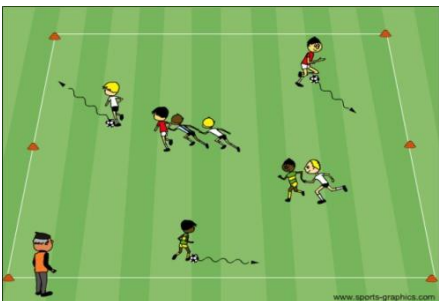
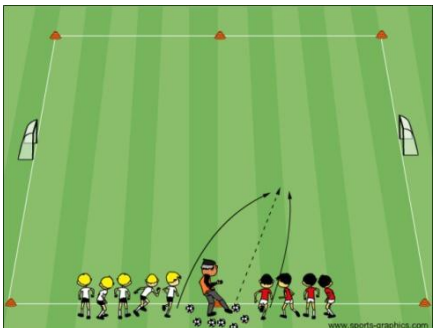


# U6 – Lesson Plan 7

Activity 1	Activity Description	Time
	<p><b><u>Red Light/Green Light:</u></b> All players are dribbling freely in a 15x20 yard grid. When the coach says “<b>red light</b>” the players must stop and put their foot on the ball. When the coach says “<b>yellow light</b>” the players must dribble slowly, and when the coach says “<b>green light</b>” the players must dribble fast.</p> <p><b>Coach:</b> Control the frequency of light changes. You can also add other light colors (i.e.: “<b>purple light</b>” = hop back and forth over the ball, “<b>orange light</b>” = run around the ball, “<b>black light</b>” = dance, and “<b>blue light</b>” = hide behind the ball.</p>	<p><b>6 minutes</b></p>
<p><b>Activity 2</b></p> 	<p><b><u>Sharks and Minnows:</u></b> In a 15x20 yard grid have 3-4 players acting as the sharks. The minnows are in one end of the grid with their soccer balls. When the coach says “<b>GO</b>” the minnows try to dribble to the other end of the grid and the sharks are trying to kick the ball out. When the dribbler’s ball goes out, he/she becomes a shark. If the minnows reach the other end, they will wait for the coach’s command to play again. The game continues until all players turn into sharks.</p>	<p><b>6 minutes</b></p>
<p><b>Activity 3</b></p> 	<p><b><u>Snake:</u></b> All players are dribbling a soccer ball in a 15x20 yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts.</p> <p><b>Coach:</b> Encourage the snake players to hiss.</p>	<p><b>6 minutes</b></p>
<p><b>Activity 4</b></p> 	<p><b><u>Get “O ut ta” Th ere:</u></b> The players are divided into two teams, and positioned at either side of the coach with multiple soccer balls outside a 10x15 yard grid with two small goals on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells “Get outta here”.</p> <p><b>Coach:</b> Can make the games 1v1, 2v2, or 3v3. They should vary the service.</p>	<p><b>6 minutes</b></p>
<p><b>Scrimmage</b></p>	<p><b>Activity Description</b></p>	<p><b>Time</b></p>
<p><b>3v3 - Dual Field Scrimmage</b></p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p><b>25 minutes</b></p>