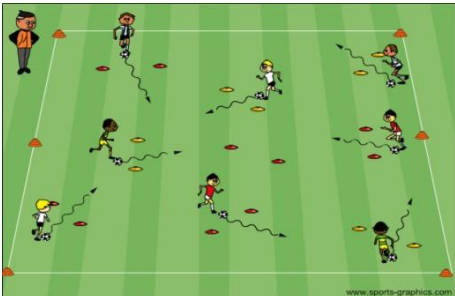
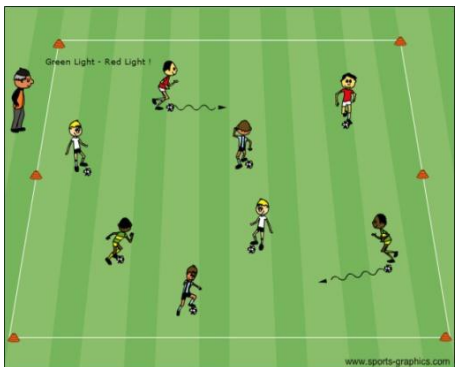
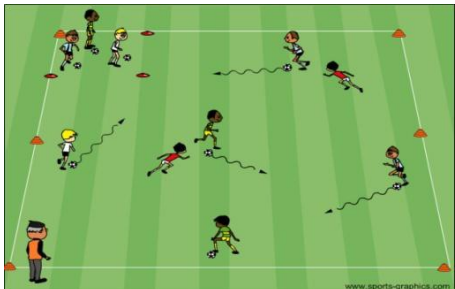
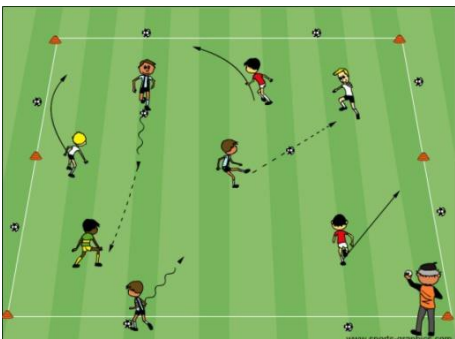


# U6 – Lesson Plan 8

Activity 1	Activity Description	Time
	<p><b><u>Gate Dribbling:</u></b> In a 15x20 yard grid set up as many gates (two cones about 2 yards apart). All players with a ball must dribble through the gate in order to score a point.</p> <p><b>Coach:</b> Have players keep count of how many points they score in 30 seconds or a minute. Repeat asking the players to beat the score by one or more points. You can also ask them to dribble with the left or right foot only.</p>	<p><b>6 minutes</b></p>
	<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><u>Shrek/Spiderman/Sponge Bob:</u></b> All players with a ball (dribblers) with the exception of two players who wear pennies (Shreks) in a 15x20 yard grid. The players with pennies are trying to tag the dribblers. Once tagged, the players must go to the castle/spidernet. Dribblers can only get back if another dribbler tags them or the coach uses his/her magic powers.</p> <p><b>Coach:</b> Make sure all players have a chance to be a Shrek.</p>	<p><b>6 minutes</b></p>
	<p><b><u>Catching Robbers:</u></b> All players are spread around a 15x20 grid; only two players (<b>the cops</b>) have soccer balls. When the coach says “<b>let’s catch some robbers</b>” the cops attempt to catch the robbers who are running around the grid by striking their legs below knee height with their soccer balls. Once a robber is caught he/she goes and gets any ball from the perimeter and becomes a cop.</p> <p><b>Coach:</b> Place the balls that are not being used around the perimeter of the grid.</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>