

Indiana

YOUTH SOCCER



NOW WILL YOU LET US PLAY???



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1st Activity "Goofy St

All players have a ball. They all dribble around and when the coach says stop, they have to stop ball with the bottom of foot and make a funny/g



LESSON PLAN: "US DRIBBLING WITH HEAD UP"

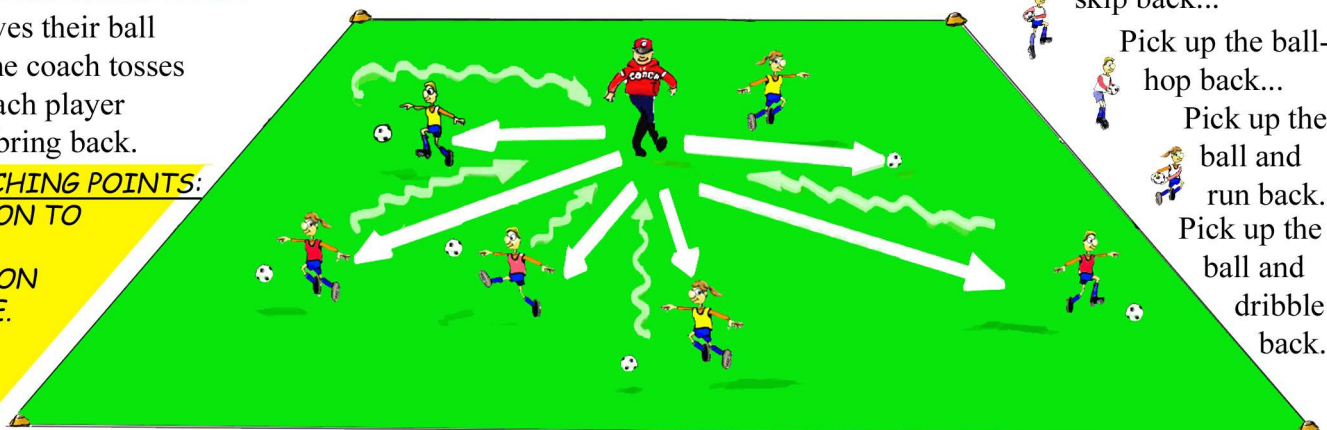
WARM UP: RETREIVAL ACTIVITY

Each player gives their ball to the coach. The coach tosses a ball out for each player to collect and bring back.

PURPOSE/COACHING POINTS:

- *INTRODUCTION TO DRIBBLING.
- *COORDINATION AND BALANCE.

PLAYERS MUST DRIBBLE WITH HEAD UP!!!



Pick up the ball-skip back...

Pick up the ball-hop back...

Pick up the ball and run back..

Pick up the ball and dribble back.

2ND ACTIVITY: MAZE GAME/RED LIGHT-GREEN LIGHT

All players are in a grid. When the coach says, "Green", players dribble their ball. When the coach says, "Red", players stop the ball with the bottom of their foot.

GUIDED DISCOVERY QUESTIONS:

- *WHAT PARTS OF YOUR FOOT CAN YOU USE TO DRIBBLE?
- *WHERE SHOULD YOUR HEAD BE WHEN NO ONE IS TRYING TO TAKE THE BALL FROM YOU???



Progress to a coach holding a colored cone or t-shirt. The coach now doesn't say anything, simply raises the item up for the players to see...

COACHING POINT: KEEP THE BALL CLOSE...

3RD ACTIVITY: DIRECTION GAME

"Traffic" All players on the goal line. They must dribble from one line to the other. The coach calls, "Red" or "Green". Players dribble on "Green" and stop on "Red". If the ball is not stopped, then that player goes back even with the last player. Cones are spread around the area as "Pot-holes"

GUIDED DISCOVERY QUESTIONS:

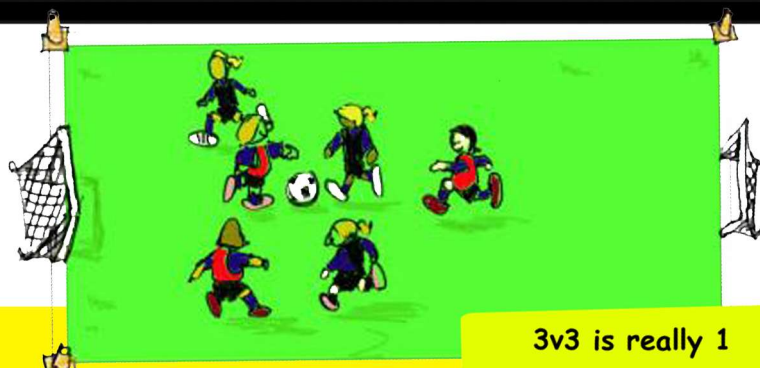
- HOW FAR SHOULD THE BALL BE AWAY FROM YOU?
- WHY DO YOU WANT TO AVOID A POT-HOLE???



Again, progress to a coach holding a colored cone or t-shirt. The players now look up and react to the coach's instruction and avoid pot-holes.

4TH ACTIVITY: 3V3 GAME-NO GK'S

Encourage players to be brave with the ball!



3v3 is really 1 against 5 at U6

LESSON

Warm-Up

"I Can Do-Can U?"

Players are all inside a little area. Coach starts off by saying "I can do something without a ball-can u?". Then the coach performs a simple motion like hopping on one foot, walking and clapping hands in front and behind, walking and clamping hands between legs.

Then the coach says, "I can do something with a ball can you?"

The coach then asks the group "Who can show us something we can all try with a ball?"



Can the
Can play

1st Activity

"Shapes"

All players are in a grid. They dribble the ball around inside the grid. A coach will yell a shape. When a shape is

"What parts of
can we use to m
ball?" (outside,

LESSON PLAN; UE

All players in the middle without a ball. For
ents each go on a side of the square.



“SCHOOL OF FISH”

“GATES”

Make gates inside the grid 3 yards apart.
You can even let the players do it for you.
Make at least one more gate than the amount
players.

Players are instructed to dribble through
as many gates as possible.

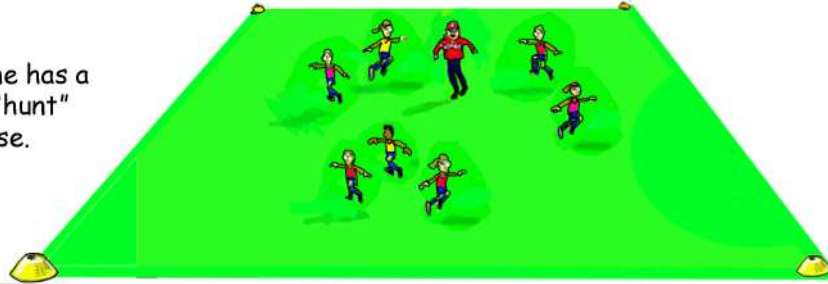
After several rounds-add gate blockers in
which players/coaches run and simply block

U6 LESSON PLAN

1st Activity (warm-up)

Players run around area at random, coach calls out of a group of players, or a player, who then become hunters. Who can tag the most players in a minute? Identifiers can be: hair color, t-shirt color, sock colors, letter of name, etc.

Progressions: Everyone has a ball; players dribble and "hunt" while keeping the ball close.



2nd Activity DOG A

Each player (master) drags a ball (dog). The coach calls out commands: keep him on the dog runs away - then call strokes dog, master jog masters swap dogs, etc.

Introduce: tall cones as away from trees); an ev who kicks the ball out o (players have to see the (coach) to get back into

"TIGERS IN THE JUNGLE"



3rd Activity

Each child chooses to be a tiger that lives in the jungle and m of that animal, only tigers are The tiger is most feared and out of the jungle into the swa kicked into the swamp, the ar bring it back, but must stand and ball in air. When another though their legs, they are fr again.

Progressions: Animals dribble foot, outside of feet, etc.

4th Activity

"DISNEY GAME"



TWO TEAMS OF EQUAL NUMBER STAND AT E OF A 25 X 18 AREA. GIVE EACH PLAYER A DIS CHARACTER NAME (MAKE SURE THERE IS A ING CHARACTER AT EACH END). COACH SEND BALL AND CALLS OUT A CHARACTER NAME. the balls goes out, the players return to their starting sp

Progressions: Two names for 2 v 2. With older players try calling out names. (First name from one end, second name from other

Don't be afraid to play more than one 1 v1 at a time!

5th Activity (the game)

"LET THE PLAYERS PLAY!"

