



U5/U6 Session Plan #3

PRINCIPLE	LEARNING OBJECTIVES	
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	STAGE 1 Organization:	
	Coaching Points (Over the flow of play)	<ul style="list-style-type: none"> - Direction of Play, blue one way red the other, they will get confused. - Find the Ball, they will get distracted -
	Guided Question	<ul style="list-style-type: none"> - Can you go towards goal?

Organization 25x35 grid. Mini goals, balls, pinnies. Let them play stop after 5 minutes to ask guided question. Once guided question is asked let them return to play.

	STAGE 2: simon says		
	REPS:	WORK:	REST:
	Coaching Points (Over the flow of play)	<ul style="list-style-type: none"> - Dribble with the inside of our foot - Dribble with our laces 	
Guided Question	<ul style="list-style-type: none"> - Why do we want to dribble with our laces? To control the ball when we dribble 		

Organization 20x30 first play field. Balls, cones, mini goals. 2 minute rounds.
 "Simon says dribble with your laces"
 "Simon says dribble with the inside of your foot"
 "Simon says dribble fast"
 "Simon says dribble slow"
 End each round by having them go score a goal

	Stage 3: Sharks and minnows		
	REPS: 4	WORK: 3	REST: 20 SECONDS
	Coaching Points (Over the flow of play)	<ul style="list-style-type: none"> - Dribble with our Laces - Big touches to get away from the shark - Small touches when the shark gets close 	
Guided Question	<ul style="list-style-type: none"> • Why would i take small touches when the shark gets close to me? To control the ball and keep it close to me 		

Organization 20width x 30 length box.

PRINCIPLE	Dribbling	LEARNING OBJECTIVES	
	<p>STAGE 1 Organization:</p>	<p>Coaching Points (Over the flow of play)</p> <ul style="list-style-type: none"> - Direction of Play, blue one way red the other, they will get confused. - Find the Ball, they will get distracted <p>Guided Question</p> <ul style="list-style-type: none"> - Can you go towards goal? 	<p>Organization</p> <p>25x35 grid. Mini goals, balls, pinnies. Let them play stop after 5 minutes to ask guided question. Once guided question is asked let them return to play.</p>
	<p>STAGE 2: Relay Race</p> <p>REPS: WORK: REST:</p> <p>Coaching Points (Over the flow of play)</p> <p>Guided Question</p>	<ul style="list-style-type: none"> - Dribble with the inside of our foot - Dribble with the outside of our foot - Small touches through the cones - Big touches to go to goal <ul style="list-style-type: none"> - Why do i want to take small touches when i dribble through the cones? Because i have less space - Why do I take big touches once i go to goal? Because i have a lot of space 	<p>Organization</p> <p>Use full 20x30 field. Have players dribble through the cones using the inside and the outside of their foot. No more than 3 players per line. If there is more than 3 players make another line. The first team to score a goal wins the race.</p>
	<p>Stage 3: Knockout</p> <p>REPS: 4 WORK: 3 REST: 20 SECONDS</p> <p>Coaching Points (Over the flow of play)</p> <p>Guided Question</p>	<ul style="list-style-type: none"> - Dribble using the inside of our foot - Dribble with the outside of our foot - Small touches when the defender gets close - Big touches to dribble away from the defender <ul style="list-style-type: none"> • Why would i take small touches when the defender gets close to me? Because i have no space/ to control the ball • Why do i take bing touches when i am trying to get away from the defender? To dribble away as quick as possible 	<p>Organization</p> <p>Can use full 20x30 grid. Players have to dribble through the cones (the volcanos) without hitting them (because volcanos are hot and they will get burned) in order to go score a goal. Player with the most goa</p>

Play 15: Check for understanding