

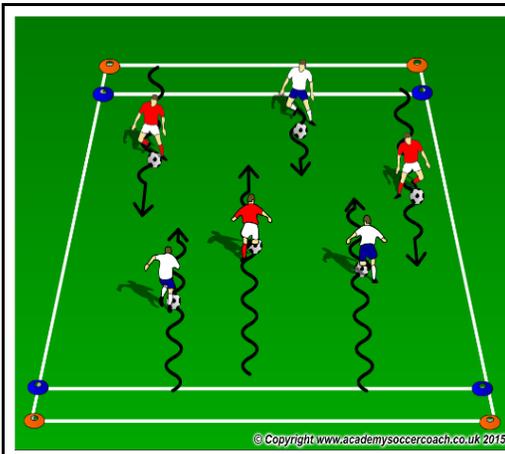


Interactive Lesson Plan



SEASON Fall 2015 AGE GROUP U6 WEEK 1

Let's Learn the Rules - Let's Play



ACTIVITY 1		Intensity:	Med	Activity Time:	2 min
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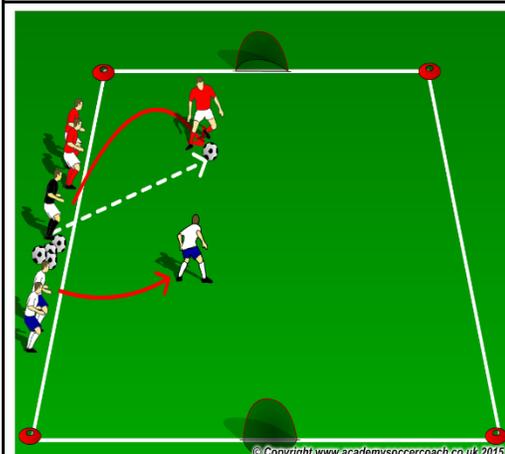
Duration:	7 min.	Intervals:	3	Recovery Time:	30 sec
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ORGANIZATION (Physical Environment / Equipment / Players)

CROSS THE RIVER:
 In a 15Wx20L yard grid. Get the players in pairs and place them on opposite sides of the soccer grid. At coach's command, the players will dribble their soccer ball to the other side of the grid. They will try to cross the river as fast as they can. When they arrive to the other side they must control the soccer ball within the end zone in order to get a point. Players must call out their name when they have full control of the ball.

ACTIVITY VARIATIONS

Round 1: Players use the laces to go forward and the sole to stop the ball
 Round 2: Players use the inside/outside of the foot to go forward and the sole to stop it
 Round 3: The players use either surface to go forward and the sole to stop it



ACTIVITY 2		Intensity:	Med	Activity Time:	2 min
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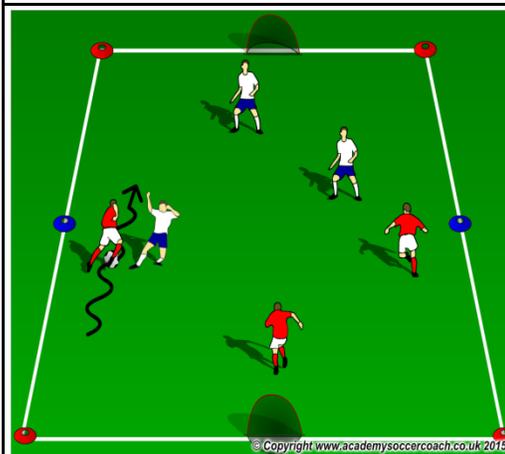
Duration:	7 min	Intervals:	3	Recovery Time:	30sec
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ORGANIZATION (Physical Environment / Equipment / Players)

GET "OUTTA" THERE with NUMBERS:
 In a 15Wx20L yard grid with one small goal on each end line, the players are divided into two teams, with each player given a number depending on total amount of players. Players are positioned at either side of the coach. Coach has all of the soccer balls, calls out a number(s) and serves a ball into the grid on the ground, 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 there" making the players go back to their lines.

ACTIVITY VARIATIONS

Round 1: Only one pair playing
 Round 2: Two pairs playing at the same time (two soccer balls)
 Round 3: Three pairs playing at the same time (three soccer balls)



ACTIVITY 3 – Let's Play the Game

Recommended Rules – Your local rules may differ

Field Dimensions in Yards				
Width	Minimum: 15 Yards		Length	Minimum: 20 Yards
	Maximum: 25 Yards			Maximum: 30 Yards
Number of Players		3 Players per team on the field - No Goalkeepers needed		
Referee		No Referee needed		
Duration		No more than 30 minutes max – Can play in quarters		
Fouls and Misconduct		No cards (Yellow or Red) If a child misbehaves you must sub him/her out of the game		
Free Kicks		All free kicks shall be direct		
Substitutions		At any time		

Out of bounds - Side Line	<ol style="list-style-type: none"> When the ball goes out bounds, please say RED LIGHT (all the players shall stop) Place the soccer ball on the side line and allow the player to kick it in or dribble it into the field
Out of Bounds – End Line	<ol style="list-style-type: none"> When the ball goes out of bound, Please say RED LIGHT (opposite team will regroup by the mid-line) The Kicking team will place the soccer ball about 1-2 yards in front of the goal and kick it to a teammate
Corners (optional)	When the defending team kicks the ball over the end line the other team will place the ball on the corner and kick it in. The defending team must be at least 4-5 yards away from the ball.