

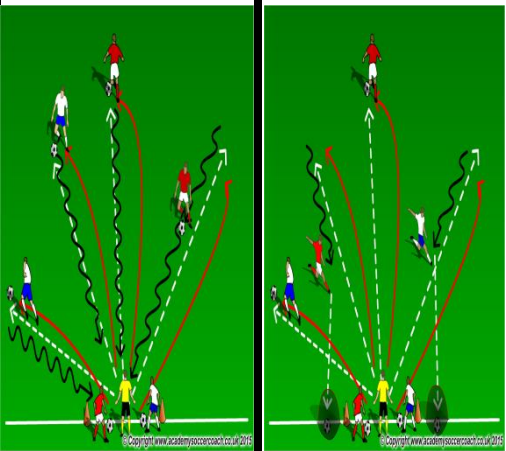


# Interactive Lesson Plan



SEASON Fall 2015 AGE GROUP U6 WEEK 10

## Soccer Festival

	<b>ACTIVITY 1</b>		Intensity:	<b>Med</b>	Activity Time:	<b>2 min</b>
	Duration:	<b>12 min</b>	Intervals:	<b>5</b>	Recovery Time:	<b>30 sec</b>
<b>ORGANIZATION (Physical Environment / Equipment / Players)</b>						
<b>BALL RETRIEVE:</b> In an open space (usually your game field,) coach divides the players into 2 groups. 1 by 1, each player hands their soccer ball to the coach. The coach rolls or passes the ball out into open space and the player must retrieve it and bring it back to the coach. Coach now serves the ball out again. All players and their soccer ball can be in action at the same time.						
<b>ACTIVITY VARIATIONS</b>						
Round 1: Play as stated above Round 2-3: Players can bring the ball back with specific surfaces Round 4-5: Players can bring the ball back and score in their goal						

## 3v3 Festival Organization

Game Duration	<i>4 X 8 minute games</i>
Field Change Time	<i>Teams will have 2-3 minutes to change fields</i>
Substitutions	<i>Coaches will sub on the fly</i>
Team Rotation	<i>As shown below by the Red and Blue Arrows</i>

