

## 2013 - U6 - Fall Losson Plan - Wook 2



Stage	Activity De	scription	Diagram	Guide	d Questions	
Activity 1	Freeze Tag: The coach or coaches start as the ball. The players are dribbling the monster tags a player, he/she is froughly your head with legs opened). To use the soccer ball between the frozen part The Coach starts as the freeze month two players to be the monster.	eir soccer ball. When a freeze zen (hold a soccer ball on top of infreeze, any dribbler must pass blayer's legs.	www.SportSessionPlanner.com	<ul> <li>How far should the ball be from the dribbler?</li> <li>What surfaces to use?</li> <li>When and how to run with the ball and change directions</li> <li>How to stop the soccer ball?</li> <li>When and how to unfreeze a player?</li> <li>How far should the ball be?</li> <li>How far should the first touch be?</li> <li>What surface to use when running straight with the ball?</li> <li>Where should the eyes be looking?</li> <li>How to stop the ball?</li> <li>How and when to protect the soccer ball?</li> <li>When and how to run with the ball and change directions?</li> <li>How to stop the soccer ball?</li> <li>After getting the ball what should the dribbler do?</li> </ul>		
Activity 2	Cross the River: Get the players in pairs and place the grid. At coach's command, the play the other side of the grid. They will t can. When they arrive to the other ball within the end zone in order to their name when they have full Foundation moves then running with	ers will dribble the soccer ball to ry to cross the river as fast as they side they must control the soccer get a point. Players must call out control of the ball. Start with	www.SportSessionPlanner.com			
Activity 3	Combat 1:  The coach makes two teams of 3-lined up next to the coach. When the playing area, the first players next soccer ball and retrieve it by drift team's goal for a point.  The coach can make the games 1v several groups of players playing in the coach.	the coach serves the ball on to the to the coach will go after the obling and kicking it into their 1, 2v2 and 3v3's. You can have	\$ www.sportSesSiomPlanner.com			
Activity 4	Get "Outta" There with Numbers:  The players are divided into two teams, with each player given a number from 1-4 or 5 (depending on total amount of players). Players are positioned at either side of the coach, with multiple soccer balls, outside a 10x15 yard grid with two (one) small goals on each end line. The coach calls out a number (s), serves a ball into the grid and 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".  Coach: Can make the games 1v1, 2v2,		www.SportSessionPlanner.com	<ul> <li>How far should the ball be from the dribbler?</li> <li>When and how to run with the ball and change directions?</li> <li>When to dribble when to shoot?</li> </ul>		
Match	3v3 - Dual Field Scrimmage	Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.			25 minutes	