

# 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 AND MASTER

Each player (master) dribbles their ball (dog). The coach calls out various commands: keep him on a short leash, dog runs away - then catch it, master strokes dog, master jogs with dog, masters swap dogs, etc.

**Introduce:** tall cones as trees (stay away from trees); an evil dog catcher who kicks the ball out of the park (players have to see the park ranger (coach) to get back into the park)

## "TIGERS IN THE JUNGLE"



## 3rd Activity

Each child chooses to be a type of animal that lives in the jungle and makes the sound of that animal, only tigers are not allowed. The tiger is most feared and kicks the ball out of the jungle into the swamp. If a ball is kicked into the swamp, the animals must bring it back, but must stand with legs apart and ball in air. When another animal dribbles though their legs, they are free to play again.

**Progressions:** Animals dribble only using left foot, outside of feet, etc.

## 4th Activity

### "DISNEY GAME"



**TWO TEAMS OF EQUAL NUMBER STAND AT EACH END OF A 25 X 18 AREA. GIVE EACH PLAYER A DISNEY CHARACTER NAME (MAKE SURE THERE IS A MATCHING CHARACTER AT EACH END). COACH SENDS IN A BALL AND CALLS OUT A CHARACTER NAME. IF A BALL IS SCORED OR THE BALLS GOES OUT, THE PLAYERS RETURN TO THEIR STARTING SPOTS.**

**Progressions:** Two names for 2 v 2. With older players try calling out two different 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!"

