
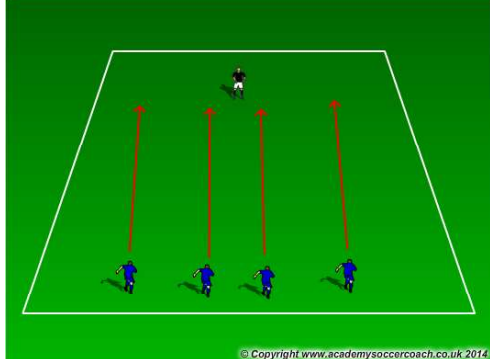
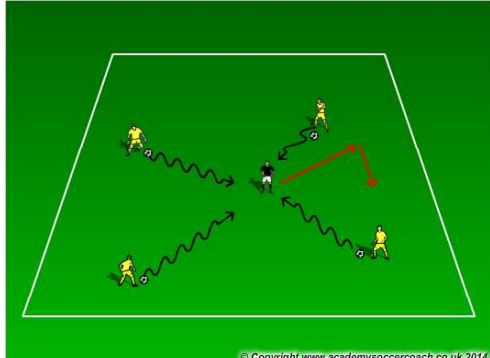





Lesson Plan Form

Coach: Session date: Team/Age: U6s

Theme: Session 1: Body Movement

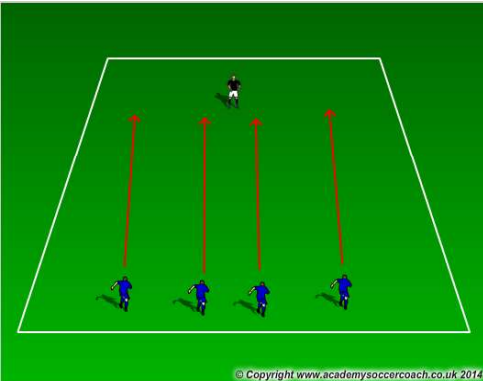
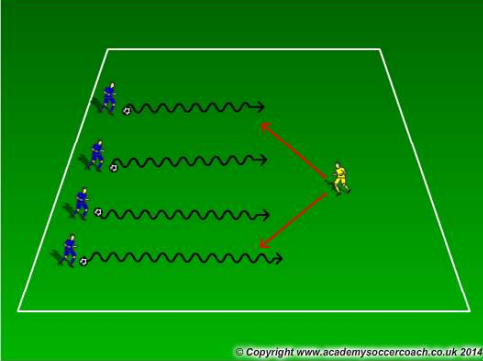

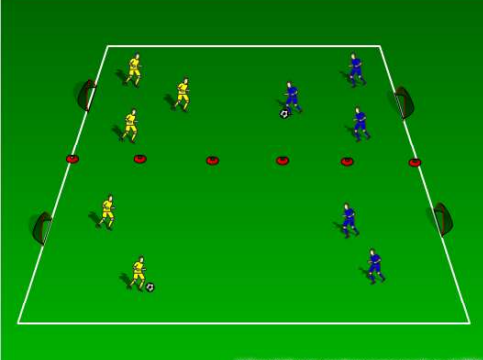
Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> GREETING GAME (5-10min) All the players run around randomly inside a rectangle. The coach calls out various types of greetings, which each players then has to carry out with others: shake hands, high fives (one hand), high fives (other hand), shoulder to shoulder, back to back, etc.</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Players get to know one another -Players move in various directions and at various speeds <p>Progressions: Add dribbling.</p>	<ul style="list-style-type: none"> -Keep the ball close when dribbling -Change direction - Stop ball when interacting. Use bottom of foot, inside or outside of foot.
<p><u>Activity 2</u> RED LIGHT GREEN LIGHT (5-10min) Start at line & coach about 15 yards away w/ back to players. Coach yells green light & players run to the coach. Coach yells red light & then turns to face the players. Anyone not stopped has to go back to where the person farthest away from the coach is.</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> - Ball control and dribbling - Listening and reacting to direction - Strategy in movement <p>Progressions: Add a ball. The coach can move around to make the game more challenging.</p>	<ul style="list-style-type: none"> -Using all parts of both feet to move ball. -Kicking the ball hard or soft -Keeping ball close to yourself <p>DISCOVERY QUESTIONS: -What part of the foot did you use to kick the ball? -What did you need to do when you were dribbling?</p>
<p><u>Activity 3</u> OUCH! (5-10min) Each player has a ball. The coach jogs around in a rectangle and the players try to kick their ball so that it hits the coach. The players get a point each time they hit the coach. The coach should yell "ouch" each time they are hit to make the game more exciting.</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> Ball control and dribbling - Keeping head up - Changing direction - Decision making regarding when to kick the ball - Thinking ahead to where coach will be <p>Progressions: The coach can stop for three seconds or vary how fast they are moving depending on the level of the players. Specify how the players must strike the ball (laces, one foot, other foot)</p>	<ul style="list-style-type: none"> -Using all parts of both feet to move ball. -Kicking the ball hard or soft -Keeping head and eyes up <p>DISCOVERY QUESTION: -When was a good time to kick the ball at me (coach)? -What part of the foot did you use to kick the ball at me?</p>
<p><u>Final Game</u> (15-20min) 3v3 small sided game: Have all the kids playing so set up additional fields if needed. Adjust some games to 2v2 or 3v2 if needed based on numbers</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> - Have fun - Point out any of the above objectives to kids as they are playing 	<ul style="list-style-type: none"> - Limit comments to one or two of the above coaching points -Using various parts of the both feet to kick the ball <p>COACHING REMINDER: The number one reason kids play sports is because it's fun.</p> <p>HOMEWORK: Dribble and stop ball 20 times</p>



Lesson Plan Form

Coach: Session date: Team/Age:

Theme:

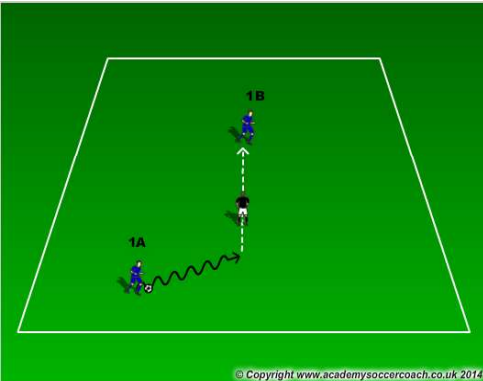
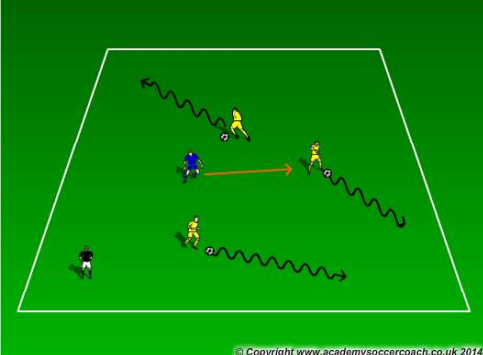
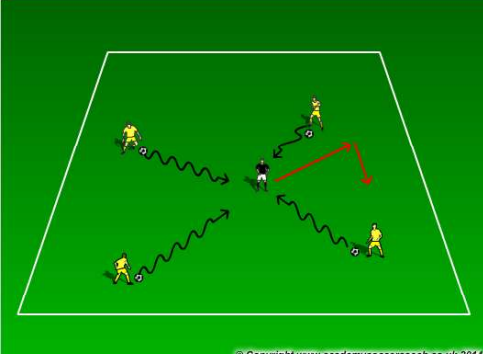
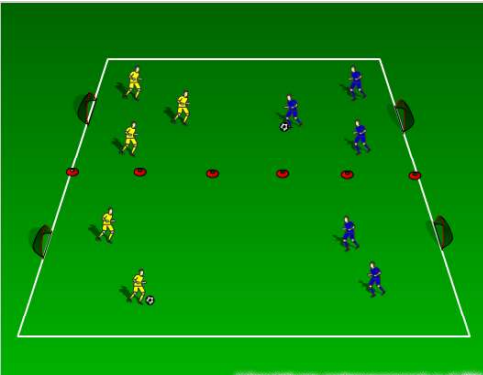
Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> RED LIGHT GREEN LIGHT (5-10min) Players start at line & coach about 15 yards away w/ his back to the players the coach yells green light and the players run to the coach. Coach yells red light & then turns to face the players. Anyone not stopped has to go back to where the person farthest away from the coach is.</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> - Ball control and dribbling - Listening and reacting to direction - Strategy in movement <p>*Progressions: Add a ball. The coach can move around to make the game more challenging</p>	<ul style="list-style-type: none"> -Using all parts of both feet to move ball. -Kicking the ball hard or soft -Keeping ball close to yourself <p>DISCOVERY QUESTIONS: -What part of the foot did you use to kick the ball? -What did you need to do when you were dribbling?</p>
<p><u>Activity 2</u> FROG ATTACK: (5-10min) All the players start off on one side & try to get to the other side. Two players who are frogs hop & try to tag the other players as they try to get to the other line. When a player is tagged they become a frog as well.</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> - Movement: Change direction, change speed, moving side to side -Decision making -Being aware of other players - Ball control <p>*Progressions: Add a ball (for the players, not the frogs)</p>	<ul style="list-style-type: none"> -Using all parts of both feet to move ball. -Kicking the ball hard or soft -Keeping ball close to yourself <p>DISCOVERY QUESTIONS: -How did you get past the frog? -What did you need to do when trying to get to the other side?</p>
<p><u>Activity 3</u> TUNNEL SOCCER:(5-10min) Each player has a ball. The coach moves about & from time to time stops and spreads his legs to form a tunnel. Players dribble after him and try to shoot through the tunnel. After three shots or so the coach moves on again.</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> - Movement: Change direction, change speed, moving side to side -Decision making -Being aware of other players - Ball control <p>*Progressions: Coach specifies how the players must kick the ball (laces, inside of foot). *Progression: kids keep track of the number of times they get the ball through the tunnel in 1 min. Then challenge them to get one more in the next min.</p>	<ul style="list-style-type: none"> -Using all parts of both feet to move ball. -Kicking the ball hard or soft -Keeping ball close to yourself -Keeping head up <p>DISCOVERY QUESTIONS: -What part of the foot did you use to get the ball through the tunnel? -What part of the foot did you use to dribble? -What did you have to look for when you were dribbling?</p>
<p><u>Final Game</u> (15-20min) 3v3 small sided game: Have all the kids playing so set up additional fields if needed. Adjust some games to 2v2 or 3v2 if needed based on numbers</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> - Have fun - Point out any of the above objectives to kids as they are playing 	<ul style="list-style-type: none"> - Limit comments to one or two of the above coaching points <p>COACHING TIP: The same discovery questions can be used multiple times during training and during future weeks as some kids don't hear questions the first time and repeating the same points is important at this age.</p> <p>HOMEWORK: Dribble and change direction 20 times.</p>



Lesson Plan Form

Coach: Session date: Team/Age:

Theme:

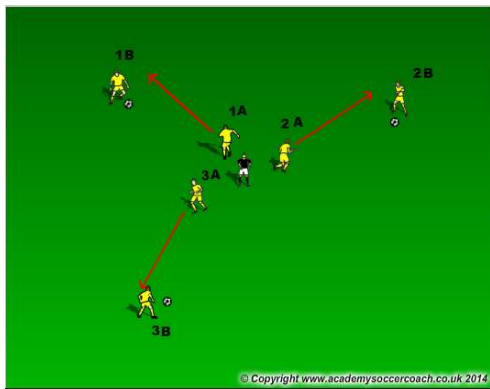

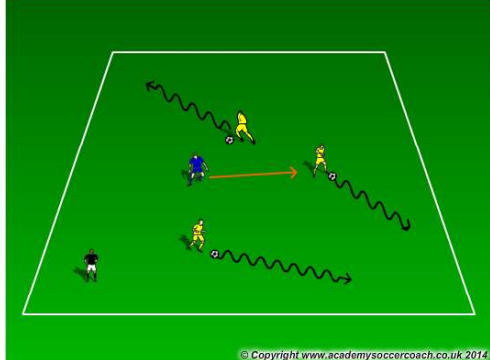
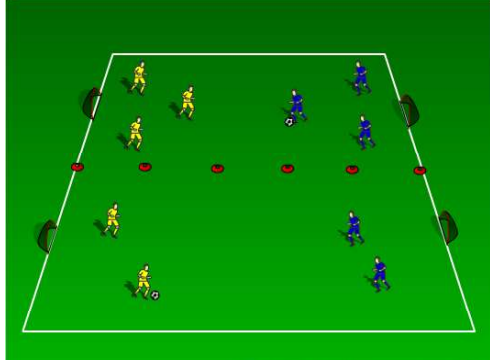
Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> TUNNEL SOCCER: (5-10min) Each player has a ball. The coach moves about & from time to time stops and spreads his legs to form a tunnel. Players dribble after him and try to shoot through the tunnel. After three shots or so the coach moves on again</p>	 <p>© Copyright www.academyfootballcoach.co.uk 2014</p>	<p>Movement: Change direction, change speed, moving side to side -Decision making -Being aware of other players - Ball control</p> <p>*Progressions: Coach specifies how the players must kick the ball (laces, inside of foot). *Progression: kids keep track of the number of times they get the ball through the tunnel in 1 min. Then challenge them to get one more in the next min.</p>	<p>Using all parts of both feet to move ball. -Kicking the ball hard or soft -Keeping ball close to yourself -Keeping head up</p> <p>DISCOVERY QUESTIONS: -What part of the foot did you use to get the ball through the tunnel? -What part of the foot did you use to dribble? -What did you have to look for when you were dribbling?</p>
<p><u>Activity 2</u> IDENTIFIERS: (5-10min) players run around at random. coach calls out identifier who become hunters. The hunters see who they can tag within a set amount of time. identifiers could be: color of the players' vests, hair color, T-shirt color, first letter of the players' names, etc.</p>	 <p>© Copyright www.academyfootballcoach.co.uk 2014</p>	<p>- Listening -Movement: cutting, change of speed, faking -position within grid "field position" -Changing from "offense" to "defense"</p> <p>Progressions: Everyone has a ball.</p>	<p>-Watching for "hunter" -Keeping control of ball -Use of space</p> <p>DISCOVERY QUESTIONS: -How did you decide what player you were going to try and catch? -How did you get away from the hunter -When did you go fast? When did you go slow?</p>
<p><u>Activity 3</u> OUCH! (5-10min) Each player has a ball. The coach jogs around in a rectangle and the players try to kick their ball so that it hits the coach. The players get a point each time they hit the coach. The coach should yell "ouch" each time they are hit to make the game more exciting.</p>	 <p>© Copyright www.academyfootballcoach.co.uk 2014</p>	<p>-Ball control and dribbling - Keeping head up - Changing direction - Decision making regarding when to kick the ball - Thinking ahead to where coach will be</p> <p>Progressions: The coach can stop for three seconds or vary how fast they are moving depending on the level of the players. Specify how the players must strike the ball (laces, one foot, other foot)</p>	<p>-Using all parts of both feet to move ball. -Kicking the ball hard or soft -Keeping head and eyes up</p> <p>DISCOVERY QUESTION: -When was a good time to kick the ball at me (coach)? -What part of the foot did you use to kick the ball at me?</p>
<p><u>Final Game</u> (15-20min) 3v3 small sided game: Have all the kids playing so set up additional fields if needed. Adjust some games to 2v2 or 3v2 if needed based on numbers</p>	 <p>© Copyright www.academyfootballcoach.co.uk 2014</p>	<p>- Have fun - Point out any of the above objectives to kids as they are playing</p>	<p>- Limit comments to one or two of the above coaching points COACHING REMINDER: Kids are learning about the qualities of the ball (bounce, roll, speed) through their play. Many things we take for granted</p> <p>HOMEWORK: Dribble and touch 20 objects each time going a different direction.</p>



Lesson Plan Form

Coach: Session date: Team/Age:

Theme:


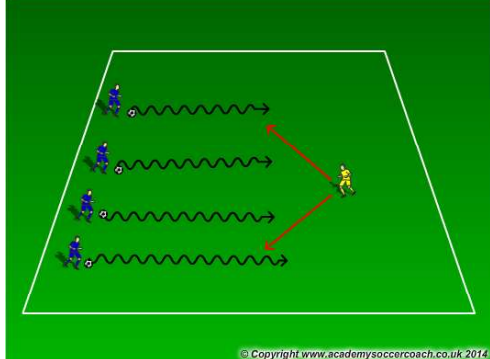


Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> FETCH (5-10min) Coach tosses the ball & each player brings back w/ there hands, elbow, forehead, etc. Have all players gather closely but not in a line. Each one hands you their ball, toss randomly into open area where they go retrieve it and bring it back to you in the manner that you specify</p>	 <p>© Copyright www.academysoccercoach.co.uk 2014</p>	<ul style="list-style-type: none"> -Creative thinking -Listening -Body awareness <p>Progressions: Bring the ball back with two hands, one hand and one forehead, right foot only, etc. The coach should move around the area.</p>	<ul style="list-style-type: none"> - There may be different ways kids execute the task emphasize the creativity and thinking - Our whole bodies are used to move and control the ball. <p>DISCOVERY QUESTIONS: -What did you do to bring the ball to me? -What did you have to think about?</p>
<p><u>Activity 2</u> I CAN CAN YOU? (5-10min) "I can do something w/out the ball, can you?" Coach does some sort of physical movement (skip, walk, clap hands through legs, etc). Players repeat.</p>	 <p>© Copyright www.academysoccercoach.co.uk 2014</p>	<ul style="list-style-type: none"> -Watching -Body movement -Balance and coordination <p>Progression: ask the players if they have any suggestions and allow them to demonstrate. Introduce the ball and have them move it with their hands, then have them play with the ball on the ground.</p>	<ul style="list-style-type: none"> - Using all types of movement in soccer -Being quick and reactive -Keeping balance <p>DISCOVERY QUESTIONS: -What did your hands and arms help you do? -What did the ball do when you did ___?</p>
<p><u>Activity 3</u> IDENTIFIERS: (5-10min) players run around at random. coach calls out identifier who become hunters. The hunters see who they can tag within a set amount of time. identifiers could be: color of the players' vests, hair color, T-shirt color, first letter of the players' names, etc.</p>	 <p>© Copyright www.academysoccercoach.co.uk 2014</p>	<ul style="list-style-type: none"> - Listening -Movement: cutting, change of speed, faking -position within grid "field position" -Changing from "offense" to "defense" <p>Progressions: Everyone has a ball.</p>	<ul style="list-style-type: none"> -Watching for "hunter" -Keeping control of ball -Use of space <p>DISCOVERY QUESTIONS: -How did you decide what player you were going to try and catch? -How did you get away from the hunter -When did you go fast? When did you go slow?</p>
<p><u>Final Game</u> (15-20min) 3v3 small sided game: Have all the kids playing so set up additional fields if needed. Adjust some games to 2v2 or 3v2 if needed based on numbers</p>	 <p>© Copyright www.academysoccercoach.co.uk 2014</p>	<ul style="list-style-type: none"> - Have fun - Point out any of the above objectives to kids as they are playing 	<ul style="list-style-type: none"> - Limit comments to one or two of the above coaching points <p>COACHING REMINDER: You are teach the kids the ABC's of sports: Agility, Balance, Coordination.</p> <p>HOMEWORK: Dribble and touch all the trees in the yard</p>



Lesson Plan Form

Coach: Session date: Team/Age:

Theme:

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> TARGET BALL: (5-10min) create two imaginary lines with cones lines about 20 yards. Put a unique colored soccer ball(target ball)in the middle.</p> <p>Players on each side try make the target ball cross the opposing teams line by kicking(push passing) their soccer ball at the target ball.</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<p>Ball control and dribbling - Controlling ball when receiving and dribbling to line - Accuracy -Using all parts of both feet</p> <p>Progressions: More than one ball in the middle. -Make a square and have kids kicking from any side -Use cones as targets</p>	<p>-Using all parts of both feet to move ball. -Kicking the ball hard or soft -Keeping head and eyes up</p> <p>DISCOVERY QUESTION: -What did you do after you kicked a ball? -What part of the foot did you use to kick the ball at me?</p>
<p><u>Activity 2</u> FROG ATTACK: (5-10min) All the players start off on one side & try to get to the other side. Two players who are frogs hop & try to tag the other players as they try to get to the other line. When a player is tagged they become a frog as well.</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<p>Movement: Change direction, change speed, moving side to side -Decision making -Being aware of other players - Ball control</p> <p>*Progressions: Add a ball (for the players, not the frogs)</p>	<p>-Using all parts of both feet to move ball. -Kicking the ball hard or soft -Keeping ball close to yourself</p> <p>DISCOVERY QUESTIONS: -How did you get past the frog? -What did you need to do when trying to get to the other side?</p>
<p><u>Activity 3</u> TUNNEL SOCCER: (5-10min) Each player has a ball. The coach moves about & from time to time stops and spreads his legs to form a tunnel. Players dribble after him and try to shoot through the tunnel. After three shots or so the coach moves on again.</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<p>-Movement: Change direction, change speed, moving side to side -Decision making -Being aware of other players - Ball control</p> <p>*Progressions: Coach specifies how the players must kick the ball (laces, inside of foot). *Progression: kids keep track of the number of times they get the ball through the tunnel in 1 min. Then challenge them to get one more in the next min.</p>	<p>-Using all parts of both feet to move ball. -Kicking the ball hard or soft -Keeping ball close to yourself -Keeping head up</p> <p>DISCOVERY QUESTIONS: -What part of the foot did you use to get the ball through the tunnel? -What part of the foot did you use to dribble? -What did you have to look for when you were dribbling?</p>
<p><u>Final Game</u> (15-20min) 3v3 small sided game: Have all the kids playing so set up additional fields if needed. Adjust some games to 2v2 or 3v2 if needed based on numbers</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<p>- Have fun - Point out any of the above objectives to kids as they are playing</p>	<p>- Limit comments to one or two of the above coaching points</p> <p>COACHING REMINDER: Introduce terms such as; Offense, Defense, end-line, side-line. Give definitions and say these terms throughout the season.</p> <p>HOMEWORK: Dribble and kick the ball to hit a tree 20 times. Pick a different tree each time</p>



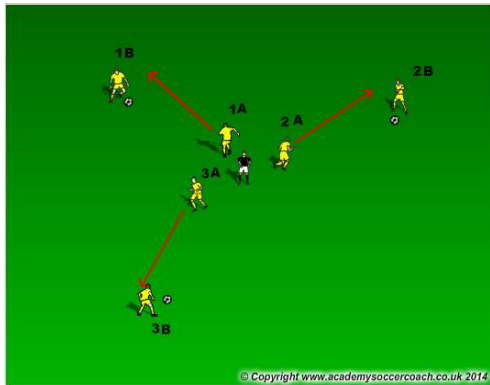
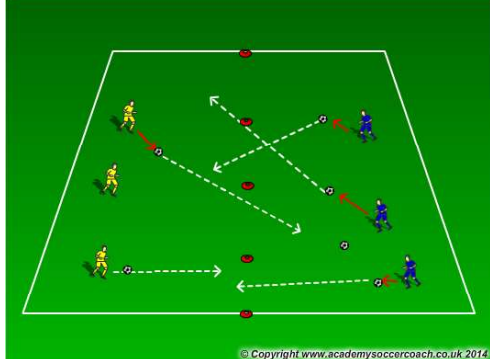


South East Soccer Club



Lesson Plan Form

Coach: Session date: Team/Age: U6s

Theme: Session 6: Movement and Balance



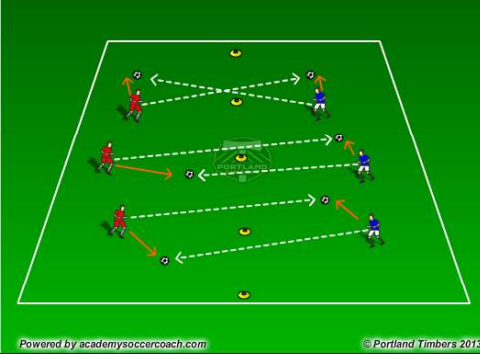
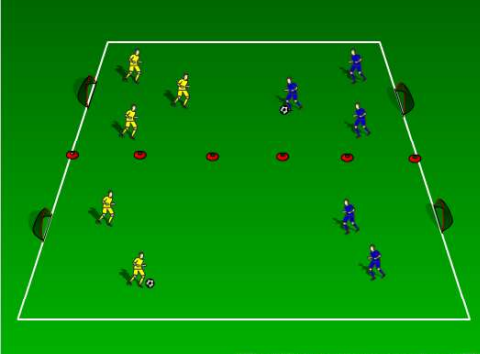
Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> FETCH (5-10min) Coach tosses the ball & each player brings back w/ there hands, elbow, forehead, etc. Have all players gather closely but not in a line. Each one hands you their ball, toss randomly into open area where they go retrieve it and bring it back to you in the manner that you specify</p>	 <p>© Copyright www.academysoccercoach.co.uk 2014</p>	<ul style="list-style-type: none"> -Creative thinking -Listening -Body awareness <p>Progressions: Bring the ball back with two hands, one hand and one forehead, right foot only, etc. The coach should move around the area.</p>	<ul style="list-style-type: none"> - There may be different ways kids execute the task emphasize the creativity and thinking - Our whole bodies are used to move and control the ball. <p>DISCOVERY QUESTIONS: -What did you do to bring the ball to me? -What did you have to think about?</p>
<p><u>Activity 2</u> CLEAN YOUR ROOM (5-10min) The coach makes a halfway line dividing the field. As many balls as possible on the field but even number on each side. Kids on two teams and they start at the back lines. On "go" kids try to kick their "dirty clothes" into the other teams half.</p>	 <p>© Copyright www.academysoccercoach.co.uk 2014</p>	<ul style="list-style-type: none"> - Changing direction of ball -Receiving -Kicking power <p>Progression: Have them kick with certain parts of the foot or only right or left foot</p>	<ul style="list-style-type: none"> -Getting in front of ball -Controlling touch <p>DISCOVERY QUESTIONS: -How did you control the ball when it was coming to your side. -What did you do to get it across - What did you do after kicking a ball across.</p>
<p><u>Activity 3</u> I CAN CAN YOU? (5-10min) "I can do something w/out the ball, can you?" Coach does some sort of physical movement (skip, walk, clap hands through legs, etc). Players repeat.</p>	 <p>© Copyright www.academysoccercoach.co.uk 2014</p>	<ul style="list-style-type: none"> -Watching -Body movement -Balance and coordination <p>Progression: ask the players if they have any suggestions and allow them to demonstrate. Introduce the ball and have them move it with their hands, then have them play with the ball on the ground.</p>	<ul style="list-style-type: none"> - Using all types of movement in soccer -Being quick and reactive -Keeping balance <p>DISCOVERY QUESTIONS: -What did your hands and arms help you do? -What did the ball do when you did ___?</p>
<p><u>Final Game</u> (15-20min) 3v3 small sided game: Have all the kids playing so set up additional fields if needed. Adjust some games to 2v2 or 3v2 if needed based on numbers</p>	 <p>© Copyright www.academysoccercoach.co.uk 2014</p>	<ul style="list-style-type: none"> - Have fun - Point out any of the above objectives to kids as they are playing 	<ul style="list-style-type: none"> - Limit comments to one or two of the above coaching points <p>COACHING REMINDER: The basis of enjoyment for the kids is proportional to the amount of touches they get with the ball</p> <p>HOMEWORK: Dribble and pick up 20 objects (grass blades, rock etc).</p>



Lesson Plan Form

Coach: Session date: Team/Age: U6s

Theme: Session 7 Reaction and Speed


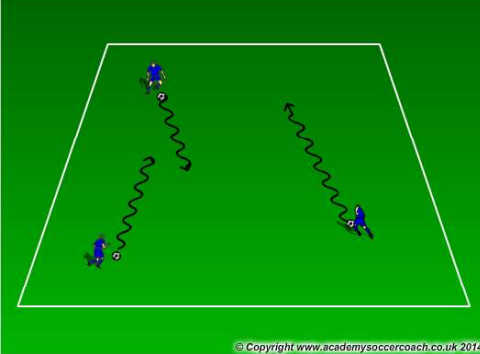


Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p>Activity 1 AROUND (5-10min) Use or set up various objects (tree, water bottle, jacket, parent etc...) all over the field. Kids start in middle and coach yells out an object. Kids dribble around object and come back to you.</p>	 <p>Powered by academysoccercoach.com © Portland Timbers 2013</p>	<ul style="list-style-type: none"> -Short and longer dribbling -Using various parts of the foot - Changing pace (running fast and slow). <p>Progression: -Don't hit other players or other balls</p>	<ul style="list-style-type: none"> -Using different parts of the foot when going around obstacles. -Moving to space <p>DISCOVERY QUESTION: -When did you kick the ball hard? soft? -When did you keep the ball close? far away?</p>
<p>Activity 2 FROG ATTACK: (5-10min) All the players start off on one side & try to get to the other side. Two players who are frogs hop & try to tag the other players as they try to get to the other line. When a player is tagged they become a frog as well.</p>	 <p>Powered by academysoccercoach.com © Portland Timbers 2013</p>	<ul style="list-style-type: none"> Movement: Change direction, change speed, moving side to side -Decision making -Being aware of other players - Ball control <p>*Progressions: Add a ball (for the players, not the frogs)</p>	<ul style="list-style-type: none"> -Using all parts of both feet to move ball. -Kicking the ball hard or soft -Keeping ball close to yourself <p>DISCOVERY QUESTIONS: -How did you get past the frog? -What did you need to do when trying to get to the other side?</p>
<p>Activity 3 CLEAN YOUR ROOM (5-10min) The coach makes a halfway line dividing the field. As many balls as possible on the field but even number on each side. Kids on two teams and they start at the back lines. On "go" kids try to kick their "dirty clothes" into the other teams half.</p>	 <p>Powered by academysoccercoach.com © Portland Timbers 2013</p>	<ul style="list-style-type: none"> - Changing direction of ball -Receiving -Kicking power <p>Progression: Have them kick with certain parts of the foot or only right or left foot</p>	<ul style="list-style-type: none"> -Getting in front of ball -Controlling touch <p>DISCOVERY QUESTIONS: -How did you control the ball when it was coming to your side. -What did you do to get it across - What did you do after kicking a ball across.</p>
<p>Final Game (15-20min) 3v3 small sided game: Have all the kids playing so set up additional fields if needed. Adjust some games to 2v2 or 3v2 if needed based on numbers</p>	 <p>© Copyright www.academysoccercoach.co.uk 2014</p>	<ul style="list-style-type: none"> - Have fun - Point out any of the above objectives to kids as they are playing 	<ul style="list-style-type: none"> - Limit comments to one or two of the above coaching points <p>COACHING REMINDER: Give clear, concise, and correct instruction.</p> <p>HOMEWORK: Dribble and go fast to one object after touching it dribble slow to another object. 20 times.</p>



Lesson Plan Form

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Theme:


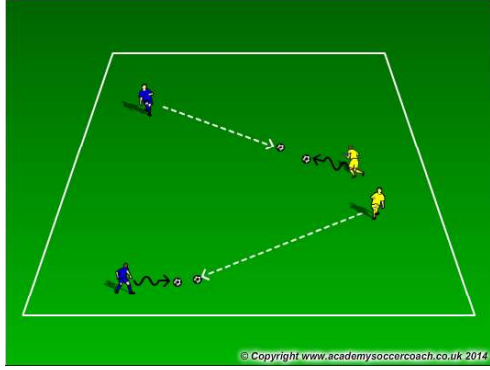
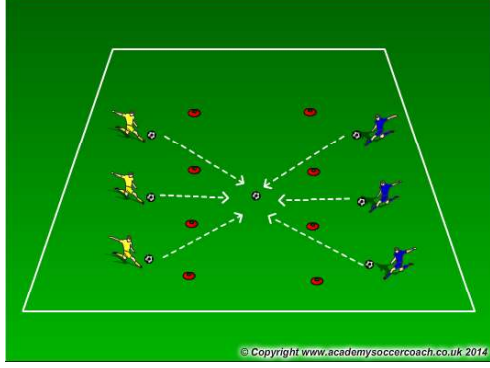

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> AROUND (5-10min) Use or set up various objects (tree, water bottle, jacket, parent etc...) all over the field. Kids start in middle and coach yells out an object. Kids dribble around object and come back to you.</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Short and longer dribbling -Using various parts of the foot - Changing pace (running fast and slow). <p>Progression: -Don't hit other players or other balls</p>	<ul style="list-style-type: none"> -Using different parts of the foot when going around obstacles. -Moving to space <p>DISCOVERY QUESTION: -When did you kick the ball hard? soft? -When did you keep the ball close? far away?</p>
<p><u>Activity 2</u> BODY PART DRIBBLE (5-10min) Each player has a ball in an area. The coach yells out a body part and the players must move the ball with that body part. Examples include: hands, elbows, shoulders, feet, buttocks, patella (see what they do, it should be the knee).</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Using all parts of our body to control the ball -Balance and coordination -Body awareness <p>Progressions: Introduce tick-tock (passing the ball between the inside of the left foot and the inside of the right foot back and forth) and tap dance (lightly touch the ball with the bottom of the right foot and then the bottom of the left foot, the ball should not move).</p>	<ul style="list-style-type: none"> -All body parts can be used to control the ball -Move body in different and/or uncomfortable positions to get the ball <p>DISCOVERY QUESTIONS: -What did you have to do when using ___ to dribble the ball?</p>
<p><u>Activity 3</u> FETCH (5-10min) Coach tosses the ball & each player brings back w/ there hands, elbow, forehead, etc. Have all players gather closely but not in a line. Each one hands you their ball, toss randomly into open area where they go retrieve it and bring it back to you in the manner that you specify</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Creative thinking -Listening -Body awareness <p>Progressions: Bring the ball back with two hands, one hand and one forehead, right foot only, etc. The coach should move around the area.</p>	<ul style="list-style-type: none"> - There may be different ways kids execute the task emphasize the creativity and thinking - Our whole bodies are used to move and control the ball. <p>DISCOVERY QUESTIONS: -What did you do to bring the ball to me? -What did you have to think about</p>
<p><u>Final Game</u> (15-20min) 3v3 small sided game: Have all the kids playing so set up additional fields if needed. Adjust some games to 2v2 or 3v2 if needed based on numbers</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> - Have fun - Point out any of the above objectives to kids as they are playing 	<ul style="list-style-type: none"> - Limit comments to one or two of the above coaching points -Using various parts of the both feet to kick the ball <p>COACHING REMINDER: Help kids to think about how these activities relate to the game</p> <p>HOMEWORK: Dribble, stop ball, sit down, get up and dribble again. 20 times</p>



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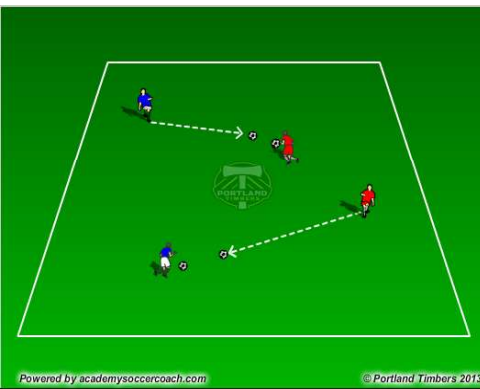



Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> I CAN CAN YOU? (5-10min) "I can do something w/out the ball, can you?" Coach does some sort of physical movement (skip, walk, clap hands through legs, etc). Players repeat.</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Watching -Body movement -Balance and coordination <p>Progression: ask the players if they have any suggestions and allow them to demonstrate. Introduce the ball and have them move it with their hands, then have them play with the ball on the ground.</p>	<ul style="list-style-type: none"> - Using all types of movement in soccer -Being quick and reactive -Keeping balance <p>DISCOVERY QUESTIONS: -What did your hands and arms help you do? -What did the ball do when you did ___?</p>
<p><u>Activity 2</u> BUMPER CARS (5-10min) All players dribble a ball around in an area. Each player tries to kick his or her ball and have it hit another player's ball. If they hit someone else's ball they get a point.</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Head up and watching -Being aware of others -Shielding ball <p>Progressions: Specify how players must kick the ball (laces, inside of foot).</p>	<ul style="list-style-type: none"> -Be aware of what is around you -Using feet and body to shield ball <p>DISCOVERY QUESTIONS: -When did you kick at another ball? -What did you do to protect your ball?</p>
<p><u>Activity 3</u> TARGET BALL: (5-10min) create two imaginary lines with cones lines about 20 yards. Put a unique colored soccer ball(target ball)in the middle. Players on each side try make the target ball cross the opposing teams line by kicking(push passing) their soccer ball at the target ball</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<p>Ball control and dribbling</p> <ul style="list-style-type: none"> - Controlling ball when receiving and dribbling to line - Accuracy -Using all parts of both feet <p>Progressions: More than one ball in the middle. -Make a square and have kids kicking from any side -Use cones as targets</p>	<ul style="list-style-type: none"> -Using all parts of both feet to move ball. -Kicking the ball hard or soft -Keeping head and eyes up <p>DISCOVERY QUESTION: -What did you do after you kicked a ball? -What part of the foot did you use to kick the ball at me?</p>
<p><u>Final Game</u> (15-20min) 3v3 small sided game: Have all the kids playing so set up additional fields if needed. Adjust some games to 2v2 or 3v2 if needed based on numbers</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> - Have fun - Point out any of the above objectives to kids as they are playing 	<ul style="list-style-type: none"> - Limit comments to one or two of the above coaching points <p>COACHING REMINDER: Continue to teach terms such as; Offense, Defense, Offensive half, Defensive half. Kids will need to hear these terms over and over before they sink in.</p> <p>HOMEWORK: Set out objects in the yard and kick the ball at them. 20 times.</p>



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Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> BUMPER CARS (5-10min) All players dribble a ball around in an area. Each player tries to kick his or her ball and have it hit another player's ball. If they hit someone else's ball they get a point.</p>	 <p><small>Powered by acadmysoccercoach.com © Portland Timbers 2013</small></p>	<ul style="list-style-type: none"> -Head up and watching -Being aware of others -Shielding ball <p>Progressions: Specify how players must kick the ball (laces, inside of foot).</p>	<ul style="list-style-type: none"> -Be aware of what is around you -Using feet and body to shield ball <p>DISCOVERY QUESTIONS: -When did you kick at another ball? -What did you do to protect your ball?</p>
<p><u>Activity 2</u> CLEAN YOUR ROOM (5-10min) The coach makes a halfway line dividing the field. As many balls as possible on the field but even number on each side. Kids on two teams and they start at the back lines. On "go" kids try to kick their "dirty clothes" into the other teams half.</p>	 <p><small>Powered by acadmysoccercoach.com © Portland Timbers 2013</small></p>	<ul style="list-style-type: none"> - Changing direction of ball -Receiving -Kicking power <p>Progression: Have them kick with certain parts of the foot or only right or left foot</p>	<ul style="list-style-type: none"> -Getting in front of ball -Controlling touch <p>DISCOVERY QUESTIONS: -How did you control the ball when it was coming to your side. -What did you do to get it across - What did you do after kicking a ball across.</p>
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<p><u>Final Game</u> (15-20min) 3v3 small sided game: Have all the kids playing so set up additional fields if needed. Adjust some games to 2v2 or 3v2 if needed based on numbers</p>	 <p><small>© Copyright www.acadmysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> - Have fun - Point out any of the above objectives to kids as they are playing 	<ul style="list-style-type: none"> - Limit comments to one or two of the above coaching points -Using various parts of the both feet to kick the ball <p>COACHING REMINDER: Most top athletes played multiple sports through their high school years. Encourage you kids and families to play a different sport in the off season.</p> <p>HOMEWORK: Kick the ball 20 times with your right foot and 20 times with your left.</p>