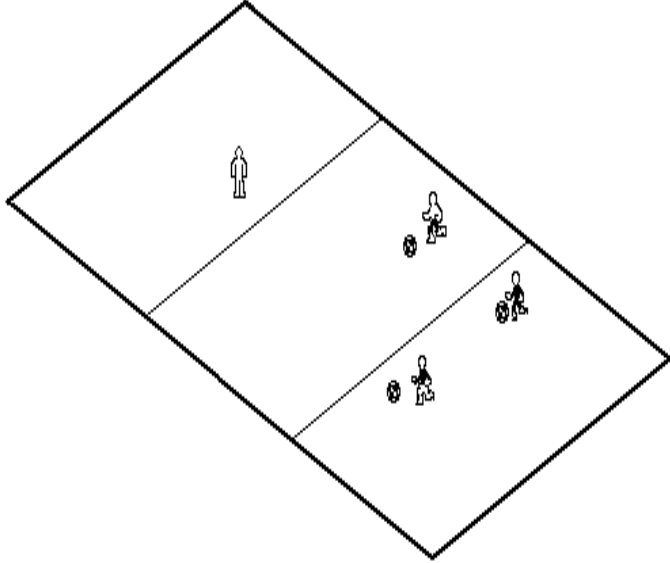
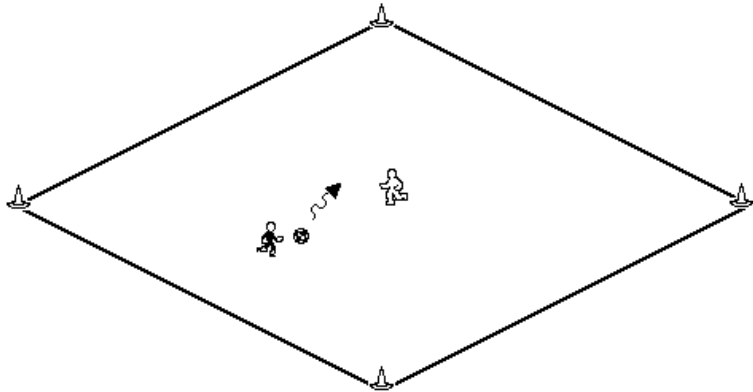
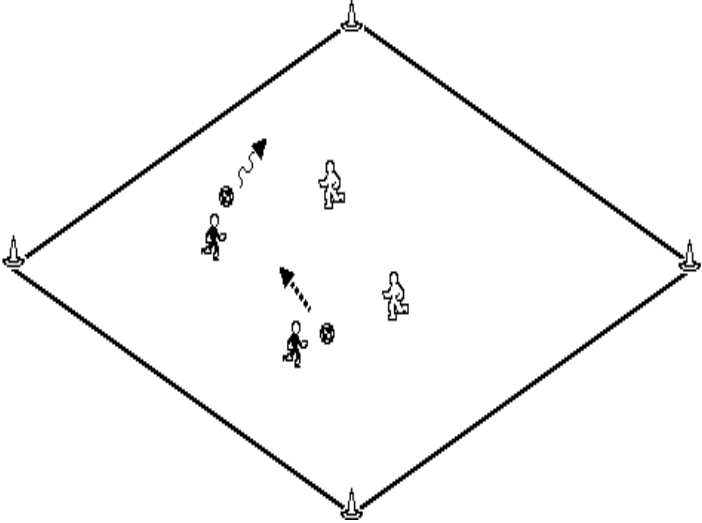
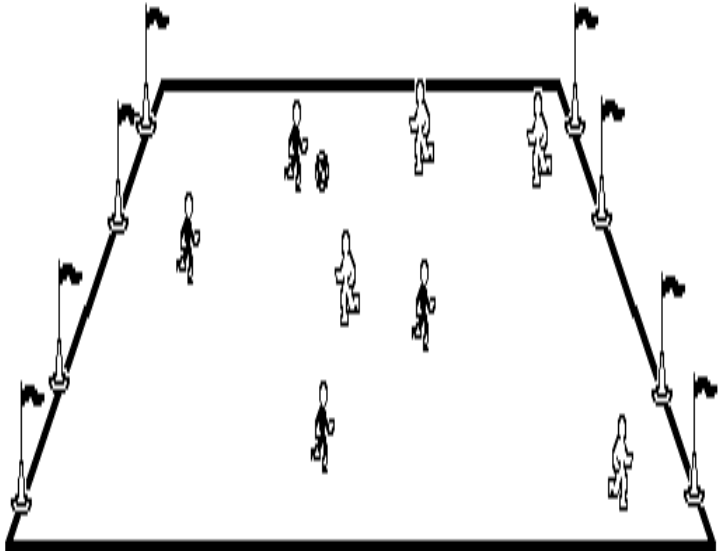


Activity Name	Description	Diagram	Purpose/Coaching Points
<p><b>1. Red light, Green light</b></p> <ol style="list-style-type: none"> <li>1. Stop &amp; go per command.</li> <li>2. Teach a penetration move.</li> <li>3. Add yellow light</li> </ol>	<ol style="list-style-type: none"> <li>1. On green light – go. Encourage free movement throughout grid. On red light – stop as quickly as possible.</li> <li>2. Show move(s) (e.g. step-over, faint)</li> <li>3. On yellow light, have player perform move (change direction) and explode into open space (change speed).</li> </ol>	<p>RED LIGHT GREEN LIGHT</p> 	<ul style="list-style-type: none"> <li>• Use different surfaces of foot</li> <li>• Maintain vision of field</li> <li>• Body in athletic position (low center of gravity, etc.)</li> <li>• Change of direction</li> <li>• Change of speed</li> </ul>
<p><b>2. 1v1 Ladder, Competition</b></p> <p>1v1 to line</p> <p>* Field – 15 x 12 yd. (length) x (width)</p>	<ul style="list-style-type: none"> <li>• 45-60 second games</li> <li>• Stop on line to score</li> <li>• Winner moves up, loser stays (loser on top field goes all the way to bottom)</li> <li>• If tied, Rock, paper, scissors.</li> </ul>		<ul style="list-style-type: none"> <li>• Set up opponent</li> <li>• Make move</li> <li>• Finish move (cut off defender's recovery)</li> </ul>

<p><b>3. 2v2 Cooperative, Competitive</b></p>			
<p>2v2 to line</p> <p>* Field – 15 x 24 yd.</p>	<ul style="list-style-type: none"> <li>• Play is initiated with pass from one team to other.</li> <li>• To score, dribble through end line.</li> <li>• Players switch teammates.</li> </ul>		<ul style="list-style-type: none"> <li>• Face defenders</li> <li>• Dribble at defenders</li> <li>• See space behind defenders (no cover)</li> </ul>
<p><b>4. 4v4-1</b></p>			
<p>4v4-1 through gates (4v3)</p> <p>* Field – 35 x 25 yd.</p>	<ul style="list-style-type: none"> <li>• Each team defends two 6-yard gates placed on the end line, five yards from touchline.</li> <li>• To score, dribble through gate.</li> <li>• One player on team without ball takes a knee so the team defends with three. When team wins possession, said player becomes live and a player from opposing team takes a knee.</li> </ul>		<ul style="list-style-type: none"> <li>• Spatial awareness</li> <li>• Dribble at defenders</li> <li>• Teammates stay out of the way when 1v1 isolated.</li> </ul>

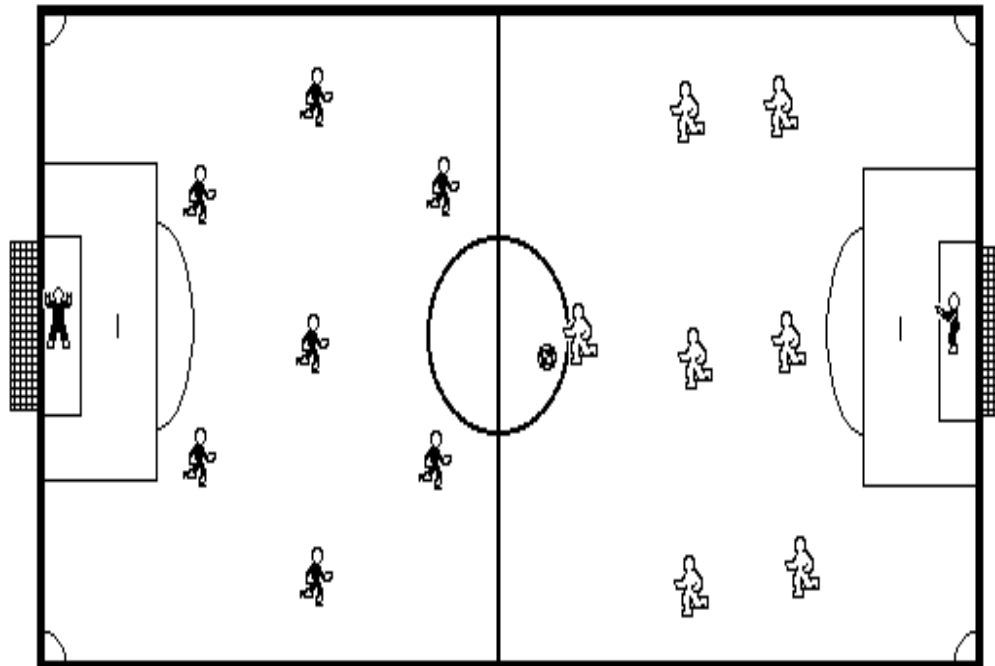
# Lesson Plan

## 5. The GAME

8v8 to big goals  
(7v7 + GK)

\* Field – 75 x 50 yd.

Organize each team in a 2-3-2 formation to ensure 1v1 throughout the field.



- Play hard
- Have FUN!