Author: Rick Meana



National Youth License

Lesson Plan



Topic: Ball Movement

Age: U6

| JUULII [™] | | UUULI | UUUULII™ | |
|---|--|--------------------|---|--|
| Activity Name | Description | Diagram | Purpose/Coaching Points | |
| 1 Space Invaders To start, everyone is hand running in a space Proceed to rolling the hands. Finish with plathe ball or "driving it" space with their feet. | 20x15. ball with your eyers moving | | There is not that much space, where can you go so you don't bump into anyone? Show me how? | |
| 2 Driving my Car Everyone is driving their "car" through the city 25x20 area, making engine noises, coach tells players when to switch into first gear (slow), now second gear (little faster), and third gear (real fast) at first; TURN; HIT THE BRAKES (make tires screeching sounds). | In each corner there is a "town" marked out cones. i.e. Allentown, Vorhees etc. Can you all the towns-get there anyway you want. The spaces between towns are the roads—be care not to crash! Now everyone drive to your "hometown". How fast can you drive to all towns and finish at your town? Now the spathe middle is a lake, you have to go real fast through here or your car will sink—what, yo a boat? To finish, the coach can point in a direction of a town and players must drive the | the ace in bu have | What do you see when you are driving around? How many ways you can stop your car using your feet only? How does a speedboat turn? | |
| 3 "I can do this can y | All the players have a ball and follow what the coach is doing, i.e. roll it around the legs etc. | | | |

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4 Bumper Cars Coach moves a ball around, players each How can you with a ball try to kick their ball and knock hit my car something off the coach's car i.e. one tire, when your car is moving also? fender etc. let them keep going until the car can't go anymore. 5 Game Coach is "Boss of Balls"; play 3v3 no GK How can you in a 25x20 field. Remaining players from score a goal? both teams on each side of coach. If ball goes out or in goal, a player from the outside replaces one player from each team.

Cool down: Body Part Dribble in small space, finish with a drink of water