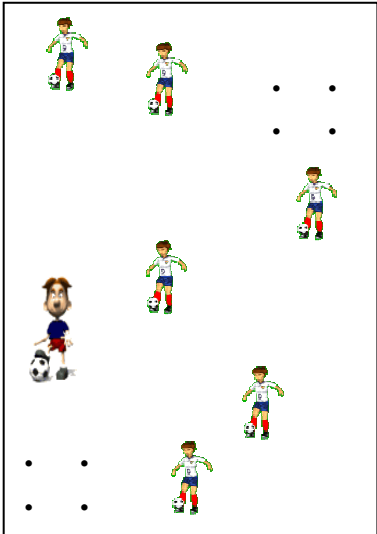
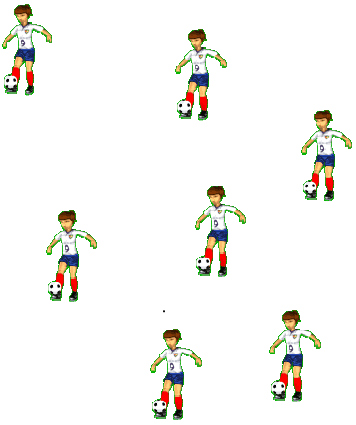


Lesson Plan

2007-09-27

By Dan Dolan

Age: Modified & U6

Activity Name	Description	Diagram	Purpose/Coaching Points
<p>Big Bad Bear</p>	<p>Mark out a grid about 25 x 25. Within the grid you will have four cones at one corner in a square shape and on the opposite side you will have the same. (Caves) Everyone will be inside with a ball. The coach or 'Bear' will try to capture the players by tagging. If players are in the cave they can not be captured. Players can only be in the cave for no more than 10 seconds and once they leave the cave they must go to the other cave. When captured they become a bear.</p> <p>Variations: Think of other ways to capture. Other ways can be kicking the ball out of grid, tag the knee, coach has to crawl on hands and knees to capture players, be creative! All Bears must hold hands when trying to get the others out. Bears must growl while trying to capture!</p>		<ul style="list-style-type: none"> - Dribbling under pressure; decision making; change of speed; change of direction; shielding. - Keep the ball close
<p>Around the World</p>	<p>Create a grid 25 x 20. Each player has a ball and is dribbling the whole time. Each end line will have a Countries name. One side could be Canada, another England, U.S. and Mexico. While they dribble the coach calls out one of the Countries and players must dribble to that end line. (Coach can say 'Go visit England!') Be funny with it. Ask the kids 'Isn't it rainy there'? I bet Mexico is really warm! Go to Mexico and tell me how it is there!</p> <p>Variations: Use colors, soccer teams, states or animal names. Use teams they've heard of like Toronto FC or Rochester Rhinos. Once they understand the game well use States and colors at the same time. It gets them to think little bit, so Texas can also be Red.</p>		<p>Dribbling; decision making; change of direction; vision.</p> <p>More Variations: Be fun with it. Say Blue and while their dribbling that way quickly change to a different color. The last few that dribble into the area have to do 3 juggles. Mark out circles in the grid instead of using the end lines. All players must dribble into the circle.</p>