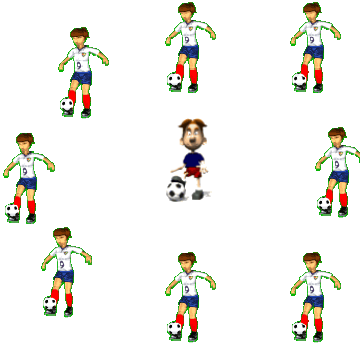
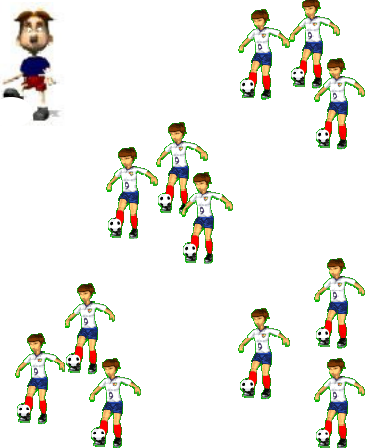


Lesson Plan

2007-09-15

By Dan Dolan

Age: Modified & U6

Activity Name	Description	Diagram	Purpose/Coaching Points
<p>Funny Bones (Body part dribble)</p>	<p>Players dribble their own ball and on the coaches command they stop the ball using the body part coach calls out. If the coach calls out "knee" then they stop the ball with the top of their foot and put their knee down.</p> <p>Variation: Coach does not call out the body part but just performs the "stop" and the players must watch and respond accordingly.</p> <p>Variation: Do 5 toe touches for the person who does it last.</p>		<p>Dribbling, change of speed and listening skills</p> <p>Make sure ball stays close to them so they can stop the ball quickly.</p> <p>Correct technique of dribbling if players are having trouble with first touch.</p>
<p>Fetch-a-Bone (Ball Retrieval)</p>	<p>Coach plays a ball out and the players must dribble it back as fast as they can.</p> <p>Variations: 1v1 to get the ball back to coach.</p> <p>Group play - 3 or 4 to a group and bring it back on your command of a body part. Ex. 4 touches -- 2 knees and 2 heads, or elbow, hand, knee, and head. Or, players must complete four passes and then dribble to coach as fast as they can.</p>		<p>Dribbling under pressure; decision making; change of speed; listening, change of direction and competition.</p>