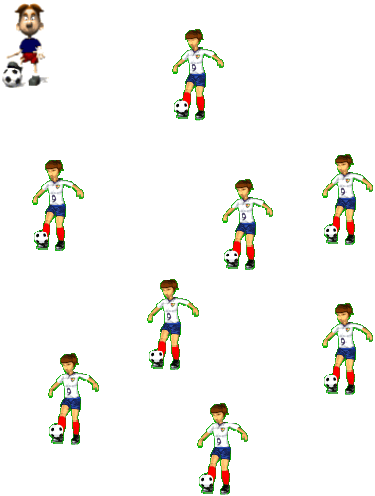
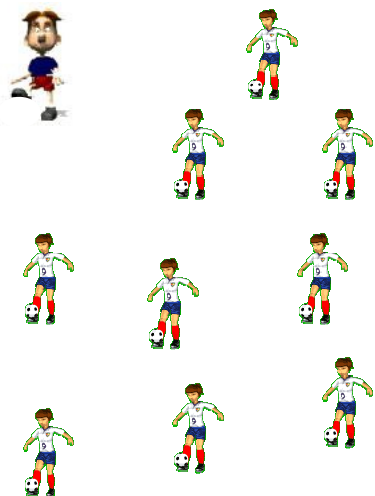


Lesson Plan

2007-09-22

By Dan Dolan

Age: Modified & U6

Activity Name	Description	Diagram	Purpose/Coaching Points
<p>Sherriff Says</p>	<p>Set up grid approximately 20 x 30 with cones. Each player has a ball. Coach comes up with a command after saying 'Sherriff Says' When a player does something they are not supposed to, issue them a 'Gotcha' or 'Caught ya'. See who gets the least number of 'Gotcha's'. Commands could be, change direction, stop the ball, stop the ball and put your head on it etc. Try to throw in a trick in like: Kick your ball as far away as you can.</p> <p>Variations: With/without ball, ball in hand.</p>		<p>Have players do actions like clapping in between their legs and skipping to increase body awareness.</p> <p>Focus on their dribbling. Can they keep the ball close and under control?</p> <p>Focus on turning. Inside and outside of their feet.</p> <p>Working on players listening skills.</p>
<p>NYS Thruway</p>	<p>Mark out a grid 15 x 15 with cones. Each player has a ball. Everyone dribbles around the grid and reacts to the following directions given by the coach (NYPD). 'Green' is go, 'Yellow' slow down and 'Red' is stop. 'Crash' everyone must fall to the ground on their front. 'Runaway Speeder' is the coach who runs in the grid and kicks the balls out.</p> <p>Variations: Players must only use right or left foot at a time. Have them fall on their back instead of front. Try to come up with your own!</p>		<p>Dribbling, turning, listening skills, and vision.</p> <p>Focus how they turn and find open areas in the grid so they don't crash into anyone. Encourage them to accelerate into the open space.</p>