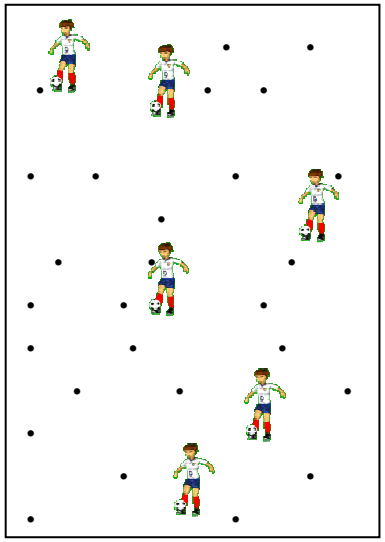
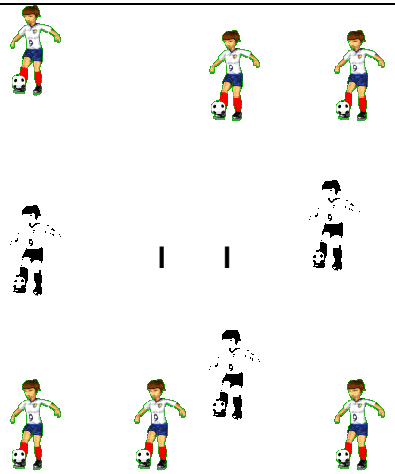
Lesson Plan

2007-10-13

Age: Modified & U6

By Dan Dolan

Activity Name	Description	Diagram	Purpose/Coaching Points
Treasure Coins	Have a big grid with a bunch of cones placed randomly. The object is to dribble around the cones for a short period and then on coach's command of 'Get the Gold' players quickly try to pick up as many cones as they can while dribbling around. The one with the most cones wins. **Variations:** Must dribble with right or left foot only. Have teams of Blue and Red and see who comes out on top. Give them team names like Lucky Charms vs. Irish Gold.		- First touch, dribbling; decision making; change of speed; change of direction; vision. - Look up so you don't run into anyone - Make when they dribble the ball is close to them when going towards a cone. Don't be afraid to jump in and correct technique after a quick game is played.
Pirates Revenge	Mark out a grid about 25 x 15 with a 3 yard two way goal in the middle of playing area. Everyone will have a ball except three people (Pirates). The Pirates try to steal the ball and score. If ball is taken that person then becomes a Pirate. Play until everyone has become a Pirate at least once. **Variations:** First to score five wins. Use a big circle instead of a rectangle. Use a small net instead of cones.		- Dribbling in traffic, defending, vision and awareness.