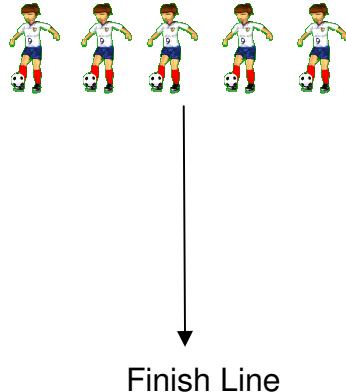
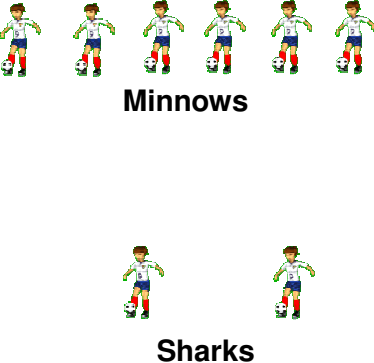


Lesson Plan

2007-10-06

By Dan Dolan

Age: Modified & U6

Activity Name	Description	Diagram	Purpose/Coaching Points
<p>Red Light Green Light</p>	<p>Set up grid about 20 x 25 yards. Players dribble from one end line to the opponent's end line on command of Green light. When coach uses command of Red light, all players must stop ball as quick as possible. Any players caught moving or ball strays away they must restart 10 steps back toward the starting end line. When all players reach end line game is complete. Repeat.</p> <p>Variations: Have players do 3 jumping jacks or 3 juggles instead of going back to end line.</p>		<p>Dribbling under pressure; decision making; ball control, stopping ball with front of foot, listening skills.</p>
<p>Sharks and Minnows</p>	<p>Keep same size grid. Players with a ball (Minnows) line up shoulder to shoulder on one end line of grid. Two players are designated as sharks and are positioned about midway of grid without soccer balls. On the coach's command, the Minnows must dribble their ball through the grid and try to get to other side without getting their ball stolen or kicked away by the Sharks. If a player loses their ball while crossing the grid, he/she becomes a shark.</p> <p>Variations: All Sharks must hold hands. Last two Minnows become Sharks for next game. Give points to those who make it to other side of grid. After 5 games see who has most points.</p>		<p>Dribbling under pressure; vision; decision making; change of speed and direction; defending.</p>