

LESSON PLAN

Session: 08172005

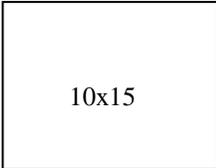
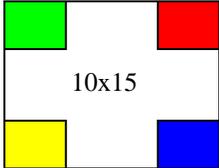
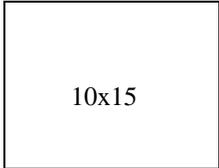
Grassroots Program: Fundamentals

Age 5 & 6



Sioux Falls, SD

Theme: Ball Work/Coordination/ Dribbling

Activity Name	Description /Diagram	Coaching Points
1st Activity (warm-up)		
Glue 	Players dribble in a square 10x15, but when they hear a body part called out by coach, they must “Glue” or Stick the ball (hold it) on the body part. For example “Knee!!” players hold the ball on their knee and play tag by touching the other player’s Glued Soccer Balls. “Dribble” gets them moving around again. “Shoe!!” players put the ball on his or her shoe and play tag.	How can you tag others but avoid getting tagged?
2nd Activity		
Islands 	All kids land on an island. Let them name the islands if they wish. Islands are safe to be on, but there is a big wave coming! Coach is the wave that wipes the island away. Kids must take their ball to a new island. (Sometimes the wave changes course in the middle of the ocean.) What could be in the water to make it harder to get to an island? Add a shark that steals players balls if the players want. Let’s try it!	<ul style="list-style-type: none"> ▪ Fitness. ▪ Dribbling ▪ Vision. How did you know where your ball , the islands, and the Big Wave(and maybe even a shark) were all the time?
3rd Activity		
Bonk ball 	In a 10x15 grid. Each player with a ball. Coach tries to throw his or her ball at the player’s balls as they try to hide or protect theirs. If Coach hits the ball, (a bonk) the player gets the ball they had and joins the coach being one of the “Bonkers”. Last one still dribbling is the winner.	<ul style="list-style-type: none"> ▪ Fitness. ▪ Dribbling and shielding ▪ Vision. What kinds of things can you do so your ball won’t be hit?
4th Activity		
Ball Over the Head (Fun Foot work)	Players lay down on backs. Players hold the ball between their feet and bring the ball over their head and put it on the ground in front of their head. They can bring it back too. Whatever is fine. Idea: See who can do this and stand up with the ball still between the feet.	<ul style="list-style-type: none"> ▪ Problem solving ▪ Ball/ Body coordination Can you think of other ways to stand up with the bal after putting it over your head? Laugh and have fun with the somersaults, rolls, and other movements the players will try!)
5th Activity (the game)		
2 goals 1 ball No GK	Play 3v3 match	Stay out of the way and let them play!!!