

Sample Lesson Plans

(6 week plan)

Week 1-

Theme: Dribbling

Warm Up: "Superhero"

Players Dribble and make a "super-hero" pose when the coach says stop. Instruct the athletes to stop the ball with the bottom of their foot.



2nd Activity

"Partner Cones"

Partners/buddies and players are paired together with a ball. The athletes will then dribble around as many cones as possible. Progression can be made by using only one foot (L, R), dribble entirely around the cone, etc.



3rd Activity

"TAG"

Partners/buddies and players have a ball. The space is set up with cones spread throughout a grid. The coach will instruct players to dribble at will. The coach say "BASE" and the players will go to a cone and try to not get "tagged" by the coach.



4th Activity

"Game Time"

Let them play! Partners/Buddies can assist if necessary or make sure that the ball does not leave the field. (4v4 to 11 v11)

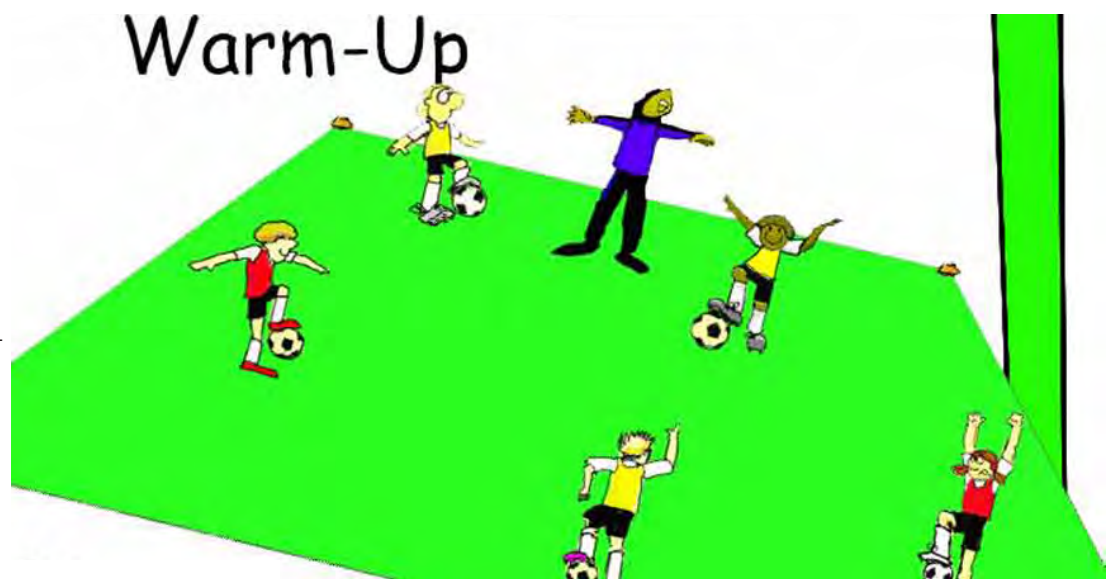


Week 2-Theme: Dribbling With A Purpose

Warm Up:

“Simon Says”

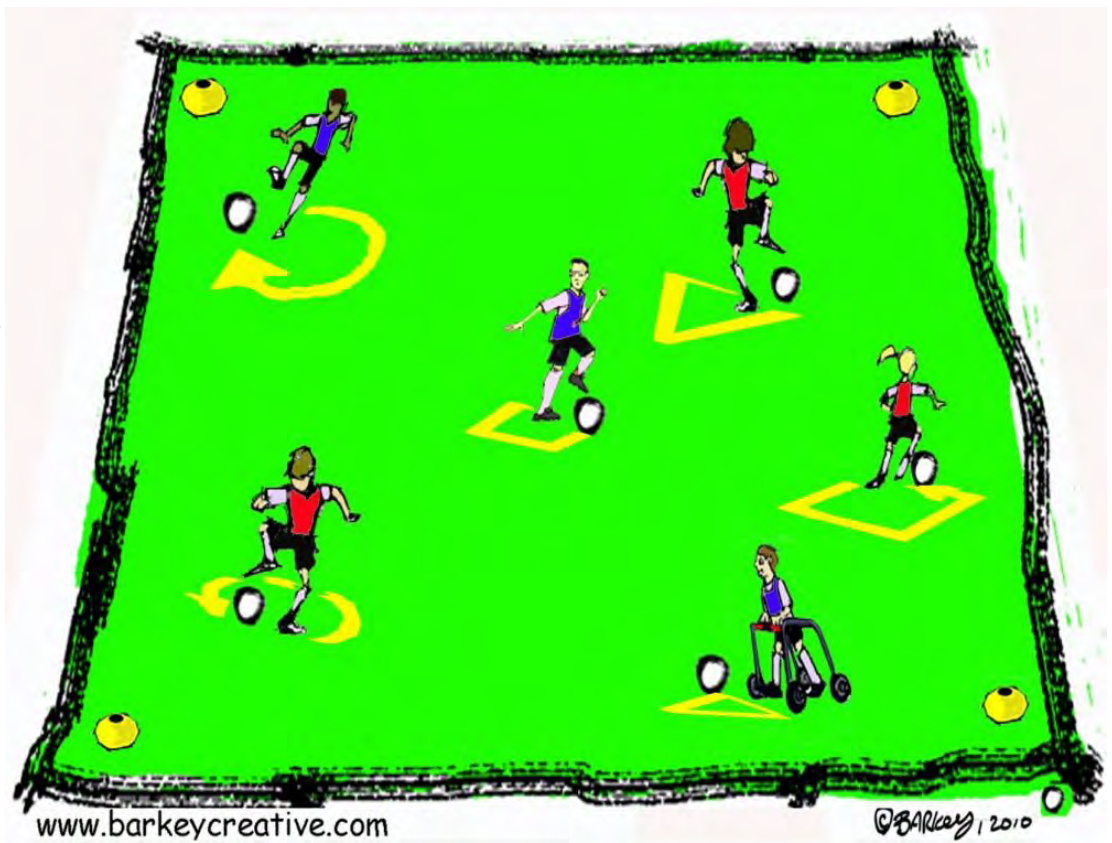
The coach will instruct players and partners/buddies to follow directions. For example, the coach can say “Simon says hop on one foot”. You can progress through different skills such as dribbling with feet, one foot, etc.



2nd Activity

“SHAPES”

Players are located in a grid. They dribble the ball around inside the grid. Coach will yell a shape. The players will “dribble” that shape. Dribble a “circle” if a circle is called and repeat for multiple shapes.



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3rd Activity

3 v 3 End-line Soccer

Divide players and partners/buddies into two teams of 3. A point is scored whenever the ball is dribbled across a line. A second or third ball can also be used in addition to adding another player.



4th Activity

“Game Time”

Let them play! Partners/buddies can assist if necessary or make sure that the ball does not leave the field. (4v4 to 11 v11)



Week 3 Theme

Dribbling and Turning

Warm Up: School of Fish

Each player and partner/buddy has a ball. There are four adult volunteers on the outside. When one of the four volunteers raises their hand, the player and partner/buddy is to dribble their ball in that direction. At any given time, the volunteer will lower their arm and another volunteer raises theirs.



2nd Activity

Stinger Tag

Each player has a ball. The coach/volunteers have a pool noodle or something soft like a rolled up towel in their hand(s). The object the coach/volunteers have in their hands is called a “stinger”. The players dribble their soccer balls and try to not get their ball tagged by a “stinger”.

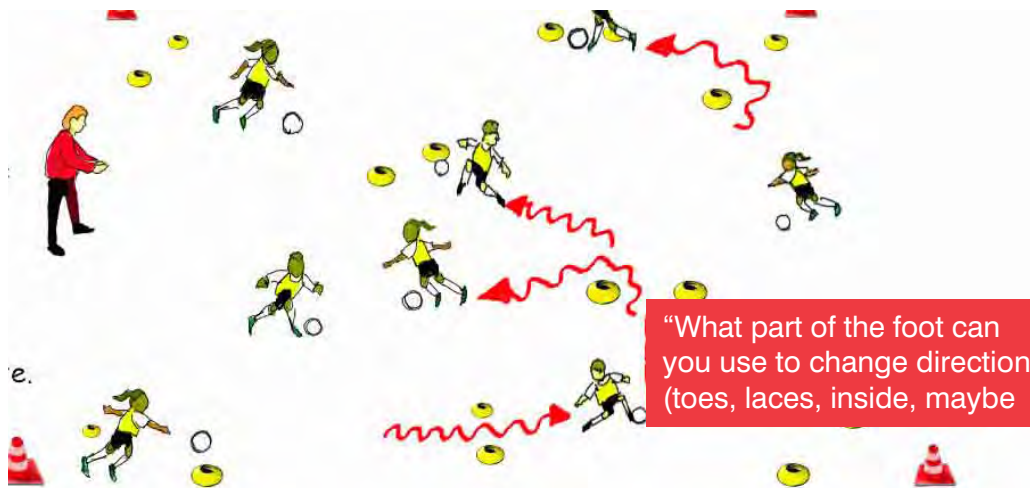


3rd Activity

Gate Activity

Make small gates inside the playing area approximately 5 yards apart. Make one more gate than the number of players.

Players and partners/buddies are instructed to dribble their ball through each gate and see how many they can get in a specified amount of time. Progress to having a volunteer or two walk around and “block” a gate. The players/partners cannot go through a gate that is “blocked”.



4th Activity

“Game Time”

Let them play! Partners/buddies can assist if necessary or make sure that the ball does not leave the field. (4v4 to 11 v11)



Week 4 Theme:

Striking The Ball

Warm Up: Network

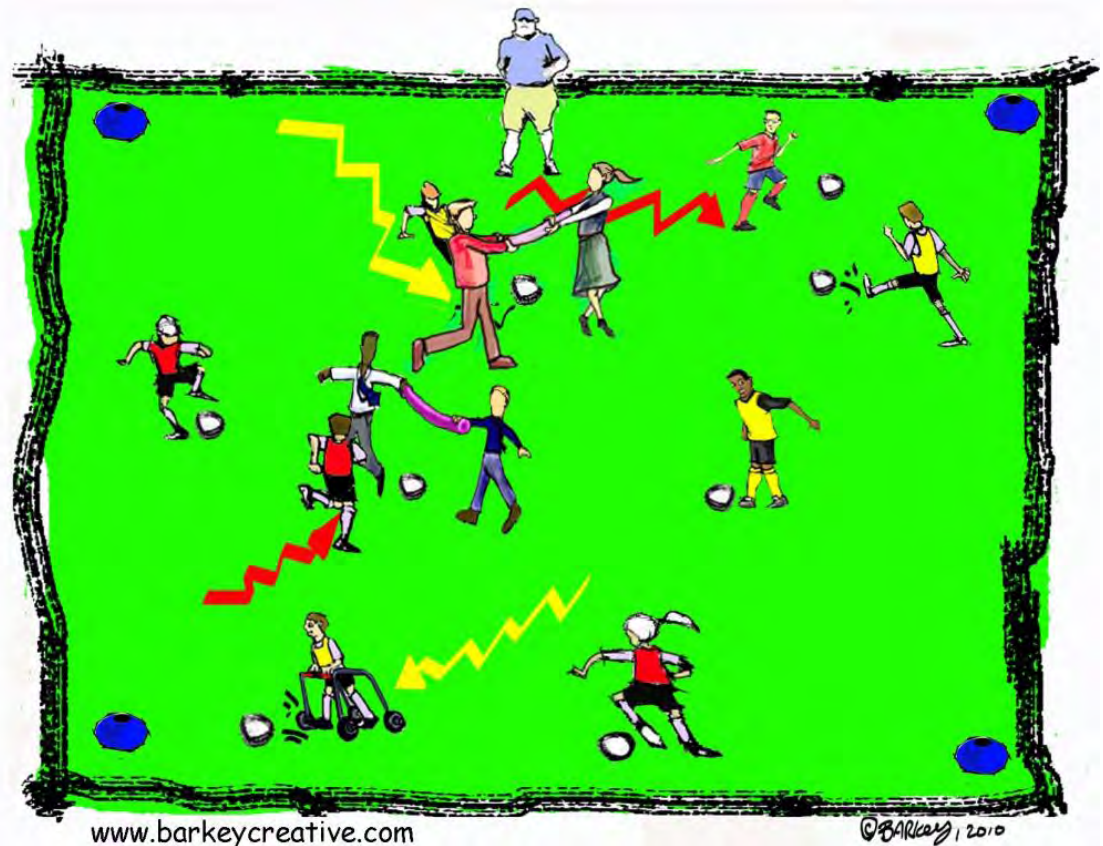
Place cones randomly across the field. Players and partners/buddies are instructed to dribble and then try to “pass or kick” the ball into a cone. Every time this is achieved, they score a point.



2nd Activity:

“Moving Goal”

Each player has a ball. The coach/volunteers have a pool noodle between them. This pool noodle represents a “goal”. The volunteers will walk around while holding a pool noodle between them. The object is to have each player score a “goal” by striking the ball under each



3rd Activity:

3v3 Goals Galore

Play 3v3 with no goal keepers.
Coaches roll out as many balls but then eventually just play with one ball. Each team keeps track of how many goals they score.

4th Activity “Game Time”-Use Buddies/Partners as goalkeepers.



4th Activity

“Game Time”

Use Buddies/Partners as goalkeepers.



Week 5-Theme:

Passing and Receiving

Warm Up: Body Part Dribbling

Players dribble around. Coach/volunteer yells a body part. The players have to stop the ball with that body part. Examples: “Stop the ball with your foot”, “Stop the ball with your knee”, “Stop the ball with your head”, etc.

Note: A partner/buddy can also participate with their partner and do the body parts that may be challenging to some individuals.



2nd Activity:

Partner Passing

Players pass with their partner/buddy around the grid. Each pair counts the number of passes they completed. See who the first one is to get 5, 10, etc.

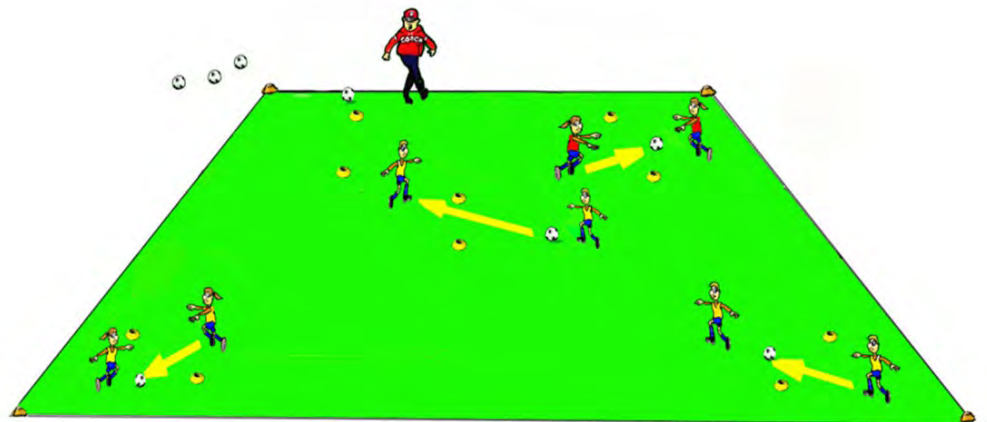
Variation: Tell them to “paint” the square with the soccer ball. They do this by passing the ball to their partner/buddy. The object is to “paint” the entire



3rd Activity:

Gate Activity:

Have to pass to your Partner through a gate. Progress to passing to other gates.



4th Activity

“Game Time”

Use Buddies/Partners as goal-keepers.



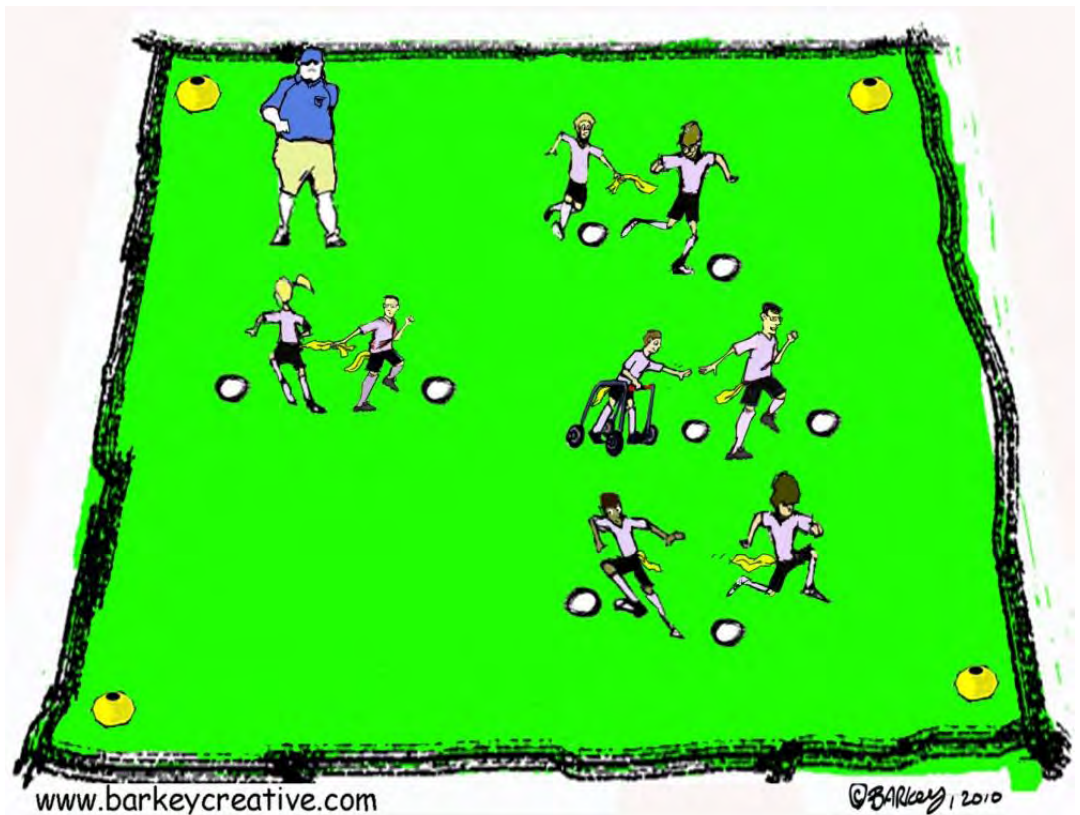
Week 6-Theme:

Dribbling, Passing, Striking the ball

Warm Up-“TAG”

The coach picks two people who must chase everyone else and tag them. Tagged players can't move until you allow them. The taggers don't have a ball; all others do. The taggers can keep score of how many tags they get or not depending on how competitive the coach wants the activity to be. The coach could also put conditions on the taggers such as only a tag on the shoulder counts.

An alternative format is tail tag. Each player has a ball. Each player has a training bib tucked into the back of the shorts' waistband. Players dribble and try to collect 'tails' from the other players. The activity is over when no one has a 'tail' left. To add a competitive edge to the activity a winner can be declared for the player who has collected the most 'tails'.



2nd Activity:

Pac Man

The coach plays the role of Pac Man while all of the players run freely in the grid. While dribbling the Pac Man tries to hit the players in the legs by passing at them. Players try to avoid getting hit with the

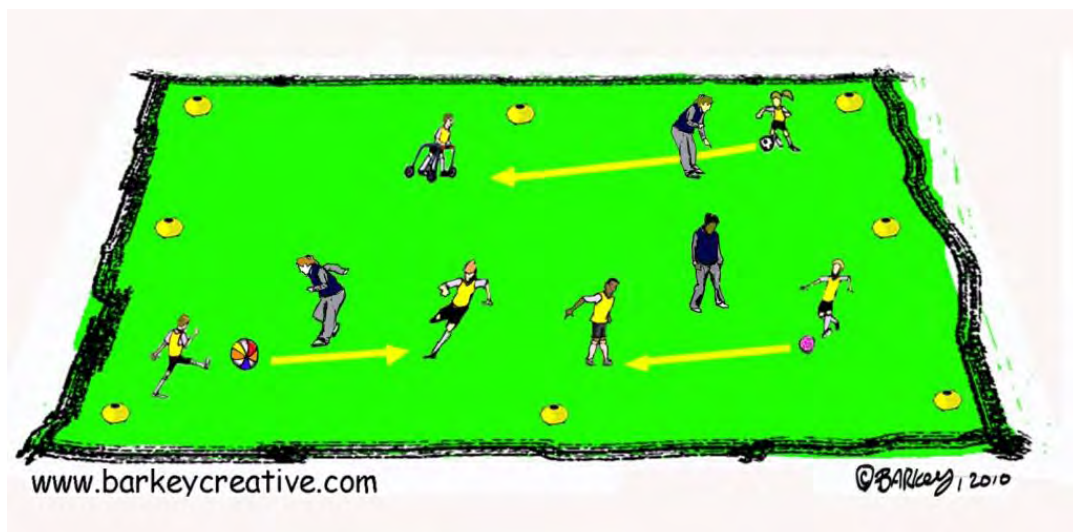
ball. Once a player is hit he/she gets a ball and becomes a second Pac Man. The activity continues until all of the players have been hit. In some cases the coach may want to be the only Pac Man and in this case players who get hit must go off the field, do ten jumping jacks or five touchups on the ball and then come back into the game.



3rd Activity

Keep away

Players try to keep the ball away from the coach/buddy/volunteers. At first have a ball for every 2-3 players. Then reduce the number of balls as the activity continues eventually getting it down to one ball. The players play for a period of time or for a number of passes. Different types of balls can be used such as a beach ball, nerf ball, etc.



4th Activity

"Game Time"

Use Buddies/Partners as goalkeepers.

