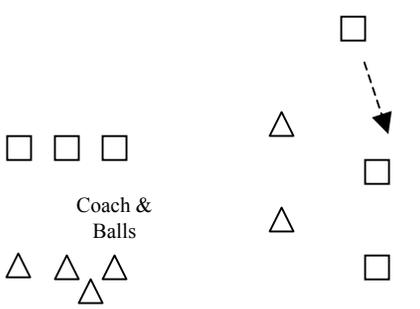


Lesson Plan

Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1</p> <p>Sequence Order Passing</p>	<p>1). Divide group into 3 groups of 4 players. 2). Have each group number themselves 1 through 4 3). Object is for the groups to pass through the sequence while moving through out the field Variations: - Race through the sequence. 1st team to complete order sits down - Go backwards through the order. 4 ..3..2..1</p>		<p>1). Instant Activity. 2). Stimulate the players for the practice to come – both mentally and physically. 3). Work on moving off the ball. 4). Passing Technique</p>
<p>2</p> <p>COMBAT</p>	<p>1). Divide the group into two teams of 6 each team wearing a different color. 2). Organize all the balls in one area and have the players form. Two lines on either side of the balls. 3). Coach will toss out a ball and say a color. - If the coach says nothing – both teams send out 3 players. - If the coach calls out a specific team color – that team sends out 3 players while the other team only send out 2 4). Object once the ball is tossed out is to get the ball back to the coach. Variations: - Change the number of players who go out to play - Coach can change their position. There by changing the location of the target</p>		<p>1). Having the players build (pass) the ball toward a target and being rewarded for doing this under control 2). Players off the ball - working on making the field bigger when your team has the ball. 3). Players off the ball – working on moving into a place where the person on the ball can see them and there is a clear path for the ball to travel to them. 4). Player on the ball making good decisions on where the ball should go – toward the target/objective and away from the defenders 5). Quality of passing – making your teammate look good with your pass</p>



Lesson Plan

3			
4 v 4 to targets	<p>1). Divide the group into two teams of 6 each team wearing a different color.</p> <p>2). Set-up a field that is wider than it is long with three small goals on each end line.</p> <p>3). Play 4 v 4 on the field with two players from each team standing behind the end line that their team is attacking.</p> <p>4). Scoring:</p> <ul style="list-style-type: none"> - +1 point for any ball passed through small goal - +5 points for any ball passed through small and received by your teammate. <p>Hints: Players behind the end line can move and cover behind any of the 3 goals that the chose.</p>		<p>Same as Above – except now the learning environment is looking more like the game.</p>
4			
6 v 6 w/ GK	<p>1). Divide the group into two teams of 6 each team wearing a different color.</p> <p>2). Play 6 v 6. 5 Field Players and 1 Goalkeeper for each team.</p> <p>3). Scoring:</p> <ul style="list-style-type: none"> - + 1 for any goal <p>4). All regular rules apply</p>	<p>Field size: 45 yards long by 35 yards wide with appropriate size goal on the end line (6 by 12).</p>	<p>Final part of practice. MUST look like the game.</p>