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2003

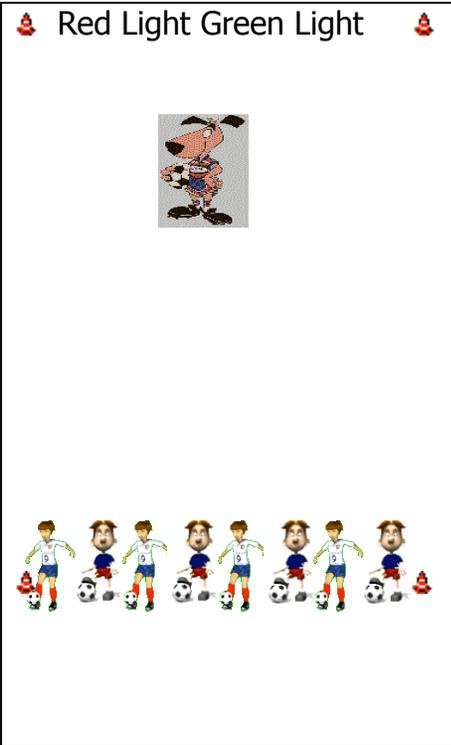
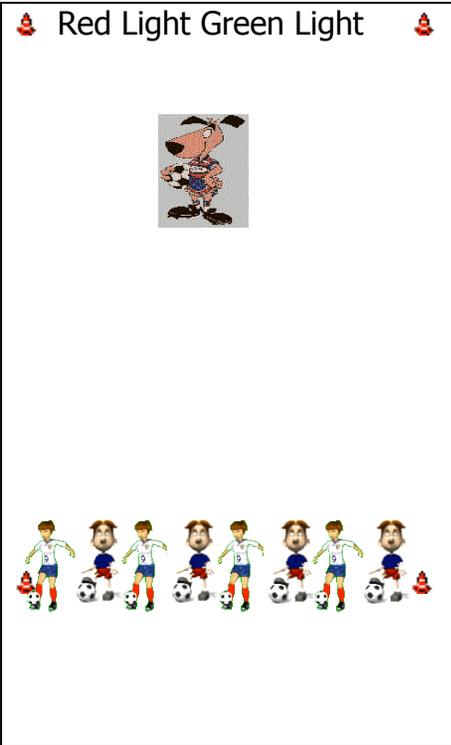
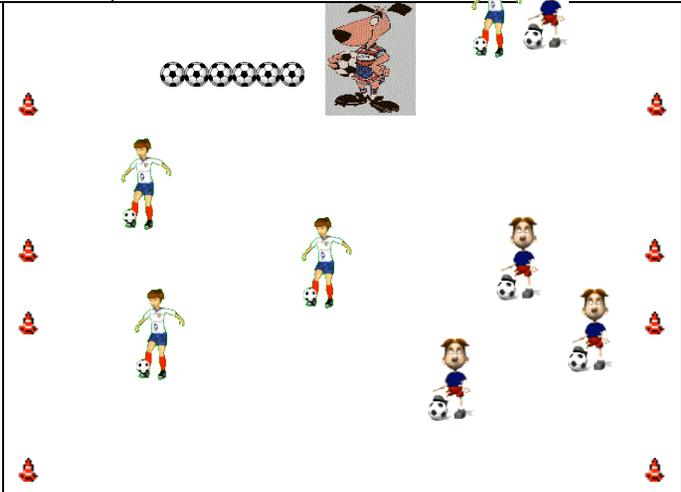


National Youth Certificate Course  
**Lesson Plan**



Topic: Individual activities, relaxation activities, balancing and coordination activities

Activity Name	Description	Diagram	Purpose/Coaching Points
<p><b>1. Zen Master Warm-Up</b></p> <p>Periodic Stretching and Calming Moments</p> <p>Give players a funny team mantra to quietly recite at calming moments</p>	<p><u>Players Stand near a cone</u> – cone serves as point of reference.</p> <p>Coach is the Master. Coach demonstrates skill and on command players perform skill repeatedly (10 sec.) and then move to new cone. Repeat.</p> <p><u>Activities Without Ball</u> 1 foot balance, other foot balance, 1 foot hop, other foot hop, 2 foot hop, bear crawl, crab crawl</p> <p><u>Introduce ball</u> Figure 8's around legs with hands, Round the Waist, Ball Tap on Forehead, Thigh Catch, Throw Catch, Head Catch, Ball Taps, Body Part Dribble, Ask Player to Pick</p> <p><u>Combine Two Activities</u> – Random select two activities to combine which players perform before moving on.</p>		<p>Stretching, Relaxation, Balance, Coordination Fun</p> <p>Field Size: Cones should be 10 yards apart.</p> <p>Extra laughs after team mantra</p> <p>Water Break!</p>
<p><b>2. Zen Master Follow the Master, Grasshopper</b></p> <p>Body Control, Balance Replication Practice</p> <p>Periodic Stretching and Calming Moments - Team Mantra</p>	<p>Groups of Two, one Master, one Student</p> <p>Master leads Student around and through the cones. When Masters reaches an open cone, they choose and perform a soccer skill (the activities we did in the Zen Master Warm-up or new ones) that must be replicated by the Student. Master chants Team or Individual Mantra (players can make up their own new individual chant)</p> <p>20 sec. then switch Master and Student. Repeat.</p> <p>Activities start without ball and then with ball after a few rounds.</p>		<p>Stretching, Relaxation, Balance, Coordination, Enjoy, Fun</p> <p>Encourage creativity of new soccer skills and new chants.</p> <p>Extra laughs for new individual chants</p> <p>Field Size: Cones should be 10 yards apart.</p> <p>Water Break!</p>

<p><b>3. Freeze Games</b></p> <ul style="list-style-type: none"> <li>- <b>Red Light - Green Light</b> Players move across area on command of Green Light. Coach announces Red Light and players must stop. Any players caught moving or with ball far away from them must restart 10 steps back toward starting line. When all players reach end line game is complete. Repeat.</li> <li>- <b>Freeze Tag</b> 45 sec. games Coach is "It." Players move in area. When "It" touches a player, player must freeze in that position. Teammates can unfreeze player by standing next to frozen player and stand on one foot balanced for count of 4.</li> <li>- <b>Freeze Tag w/ ball</b> Players have ball. When player is frozen, teammates must nutmeg frozen player to unfreeze.</li> </ul>	<p> Red Light Green Light</p> 	<p><b>Freeze Tag</b></p> 	<p>Stretching, Relaxation, Balance, Coordination, Enjoy, Fun</p> <p>Extra Laughs for funny frozen forms</p> <p>Field Size: Red Light – Green Light 20 x 40 yards</p> <p>Freeze Tag 25 x 25 yards</p> <p>Water Break!</p>
<p><b>4. 3v3 without keepers</b></p>	<p>Coach serves balls in. If ball goes out of play, have players leave it and coach restarts play with a new ball. Throw-ins can be added. Games to two or three and reshuffle players on teams if teams are lopsided. Celebrate Goals with Team Mantra!</p>		<p>Stretching, Relaxation, Balance, Coordination, Enjoy, Fun</p> <p>Field Size: 20 x 30 yards</p> <p><b>BIG FINISH</b> – Thank you and congratulations to all!</p>