


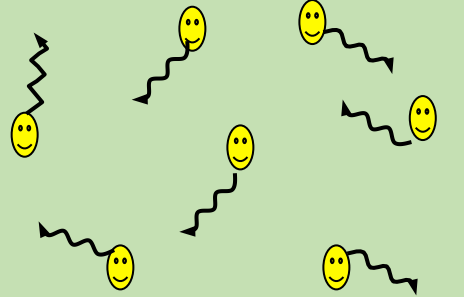
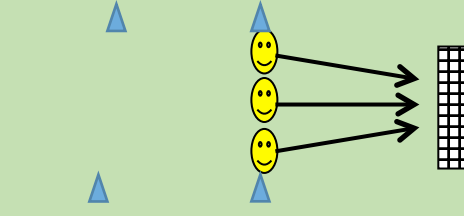
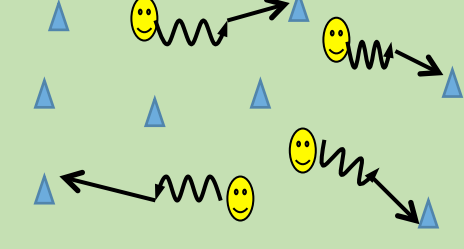
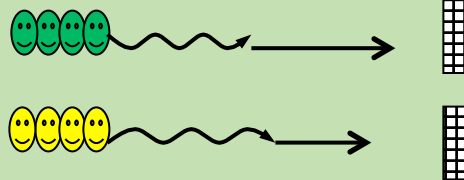
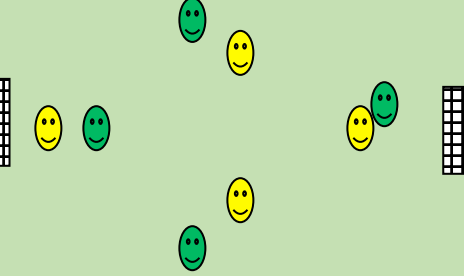




U4 Lesson Plan 1

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<p>Activities</p> <ol style="list-style-type: none"> 1. Animal Dribble 2. Shooting 3. Cut the trees 4. Dribble and shoot 5. Game 	<p>Coaching</p> <ul style="list-style-type: none"> • Is everyone playing the game? • Did everyone learn the game? • Does everyone enjoy the game? • Does every player have success? • Is every player challenged? 	<p>RUN </p> <p>PASS </p> <p>DRIBBLE </p>
<p>1. Animal Dribble</p>		
	<p>Organization</p> <p>Players dribble in 15 x 15 yard grid. When coach yells the name of an animal the players increase or decrease speed.</p> <p>For example; Snail = slow, Cheetah = fast, and so forth.</p> <p>Let the your players come up with the animals</p> <p>Time: 8 minutes</p>	<p>Attacking</p> <ul style="list-style-type: none"> • Dribbling • Stay active <p>Use imagination</p>
<p>2. Shooting</p>		
	<p>Organization</p> <p>Set up two goals with cones 4 and 6 yards from goal</p> <p>Work with two groups</p> <p>Players start 4 yards from goal and shoot.</p> <p>After all players scored 5 goals, the players step 2 yards back and try to score 5 goals again</p> <p>Time: 8 minutes</p>	<p>Attacking</p> <ul style="list-style-type: none"> • Shoot at goal / Aiming • Score!
<p>3. Cut the Trees</p>		
	<p>Organization</p> <p>Coach sets up cones all over the field</p> <p>Players dribble around and knock over the cones with a pass/shot</p> <p>After all cones are knocked over, the players quickly set them up back up and do it again.</p> <p>Time: 8 minutes</p>	<p>Attacking</p> <ul style="list-style-type: none"> • Dribbling • Shoot / Aiming
<p>4. Dribble and Shoot</p>		
	<p>Organization</p> <p>Players dribble quickly towards the goal and score with shot.</p> <p>Players start 12 yards away from goal</p> <p>Time: 8 minutes</p>	<p>Attacking</p> <ul style="list-style-type: none"> • Dribbling • Shoot at goal / Aiming • Score!
<p>5. 4v4</p>		
	<p>Organization</p> <p>4v4 on 25 x 15 yards field</p> <p>Formation</p> <p>Diamond formation;</p> <p>1 defender, 2 wide midfielders, 1 deep center forward</p> <p>Time: 15 minutes</p>	<p>Rules</p> <p>Use kick ins and dribble ins</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Dribble towards goal! • Score! • Win the ball back!