



LESSON PLAN



ACTIVITY	DESCRIPTION	DIAGRAM	PURPOSE/COACHING POINTS
<p>1.</p> <p>Grid Dribble</p>	<p>All players, with a ball each, dribbling in confined space. Brief demonstrations of a move or two (pull back, step over, etc.)</p>		<p>Warm-up Keeping ball close, using various surfaces</p>
<p>2.</p> <p>Everybody is "it" tag game</p>	<p>As in activity #1, but players try to tag others (below neck!). When tagged for 3rd time, dribble to boundary, do 10 ball touches & rejoin game</p>		<p>Vision (head up), using moves</p>
<p>3.</p> <p>Perimeter Goals</p>	<p>2 players to a ball, interpassing, when coach yells "go", one tries to beat other & dribble through a mini-goal. Only 1 goal can be scored at each goal.</p>		<p>Taking players on Deceptive moves Sealing defender once by him</p>

4.			
4 v 4 Match condition	4 v 4 strict man to man, no forward passes in front half, score by drilling over end line		Encouraging dribbling in front half, recognizing 1 v 1's
5.			
6 v 6 to goal	Free play, reward successfully taking a defender on with a point as well as points for goals		To encourage implementation of days' focus in the game.