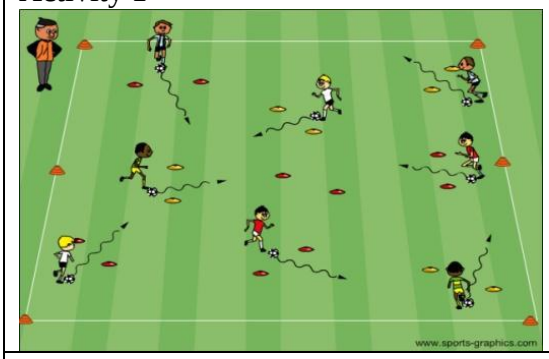
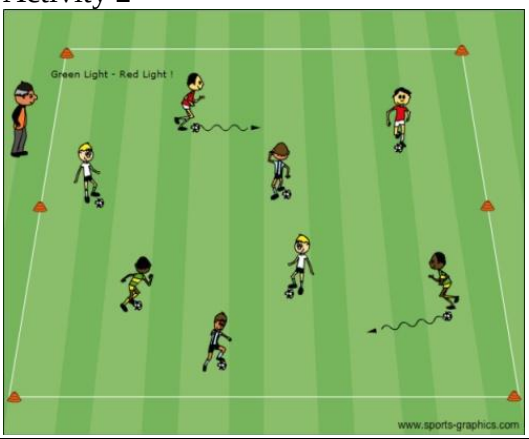
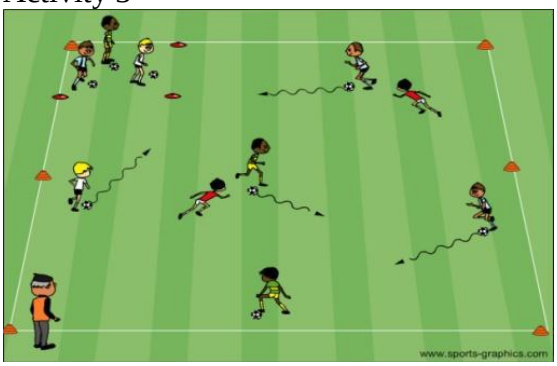
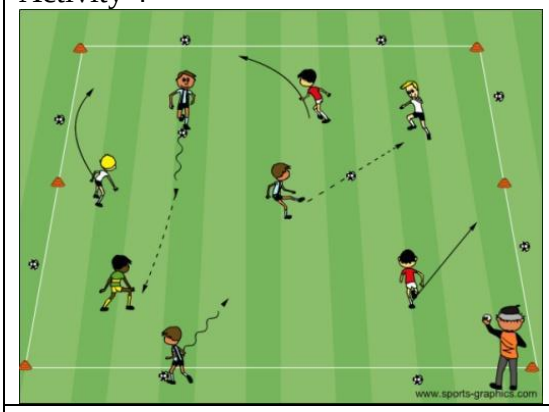
U6 - Lesson Plan #8

Activity Diagram	Activity Description	Time
Activity 1 	**Gate Dribbling:** In a 15x20 yard grid set up as many gates (two cones about 2 yards apart). All players with a ball must dribble through the gate in order to score a point. **Coach:** Have players keep count of how many points they score in 30 seconds or a minute. Repeat asking the players to beat the score by one or more points. You can also ask them to dribble with the left or right foot only.	5 minutes
Activity 2 	**Red Light/Green Light:** All players are dribbling freely in a 15x20 yard grid. When the coach says **"red light"** the players must stop and put their foot on the ball. When the coach says **"yellow light"** the players must dribble slowly, and when the coach says **"green light"** the players must dribble fast **Coach:** Control the frequency of light changes. **Variation 2:** Add other light colors and actions **"purple light"** = hop back and forth over the ball, **"orange light"** = run around the ball, **"black light"** = dance **"blue light"** = hide behind the ball.	5 minutes
Activity 3 	**Shrek/Spiderman/Sponge Bob:** All players with a ball (dribblers) with the exception of two players who wear pennies (Shreks) in a 15x20 yard grid. The players with pennies are trying to tag the dribblers. Once tagged, the players must go to the castle/spidernet. Dribblers can only get back if another dribbler tags them or the coach uses his/her magic powers. **Coach:** Make sure all players have a chance to be a Shrek.	5 minutes
Activity 4 	**Catching Robbers:** All players are spread around a 15x20 grid; only two players **(the cops)** have soccer balls. When the coach says **"let's catch some robbers"** the cops attempt to catch the robbers who are running around the grid by striking their legs below knee height with their soccer balls. Once a robber is caught he/she goes and gets any ball from the perimeter and becomes a cop. **Coach:** Place the balls that are not being used around the perimeter of the grid.	5 minutes
Field Scrimmage	Scrimmage against team identified on the schedule.	20 minutes