

US LESSON PLAN: DRIBBLING (GETTING AWAY)

Warm-Up "School of Fish"

All players in the middle without a ball.

Four people that may be coaches and/or parents each go on a side of the square.

The parent, coaches or helpers take turns raising their arms.

The players are instructed to run towards the arm that is up.

"How can you change direction without the ball?"
(plant your feet and turn your body)
"How can you change direction with the ball?"
(same as above)



2nd Activity "Stinger Tag"

Every player has a ball. The coach has a "pool noodle" in his/her hand. The players have to dribble around and avoid a "stinger" (pool noodle) touch their ball.

If their ball gets touched they are frozen. They can be unfrozen when a parent helper touches them on the shoulder.

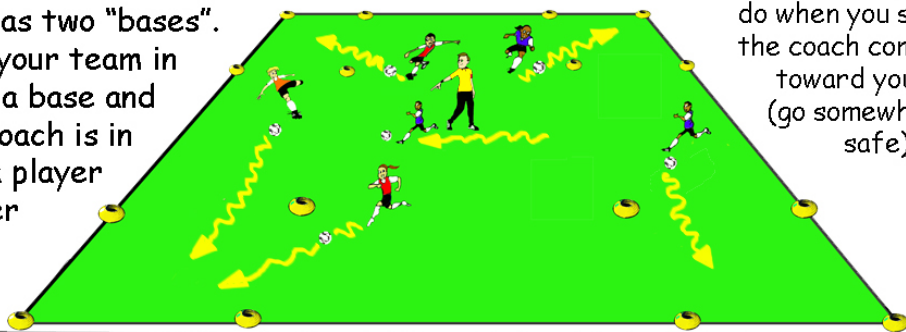
"How do you keep your ball from being stung?"
(turn away from the stinger)
"If your ball is too far away from your foot, can the coach sting your ball too?" (yes)



3rd Activity "Bases"

Each player has a ball. Each team has two "bases". There can only be one player from your team in a base. There is a 5 second limit in a base and then the player has to leave. The coach is in the middle and can either tag a player who is not inside a base with his/her hand or a pool noodle. Teams have designated bases.

"What should you do when you see the coach coming toward you?"
(go somewhere safe)



4th Activity "The Game"

Play 3v3 game with no goalkeepers
LET THEM PLAY!
Tell them to be brave with the ball!

