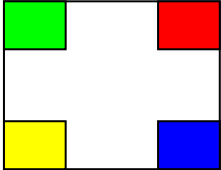
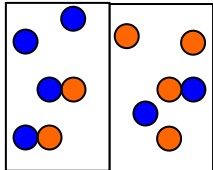



LESSON PLAN

Theme: Dribbling / Working with Partners

Activity Name	Description /Diagram	Coaching Points
1st Activity (warm-up)		
Partner Ball Master (with moving target)	In pairs players must complete the task Ball Master sets. Ball master may move to another location. Example: “Bring this ball back in five touches” “Bring it back with two Backs”... “Three feet” etc. Don’t care too much about the logistics of what they do. Try changing your location after a try or two so they must think and work together to get the right number of touches.	<ul style="list-style-type: none"> ▪ Working together.
2nd Activity		
Running Bases 	3 or 4 bases are "safe zones" Everyone has a ball but the 1 or 2 "it" people holding bibs in their hand. The "its" must try to tag the ball dribblers (or steal their ball for variation). If they do, the ball and pinnie switch owners. If a dribbler is in a safe zone or Base, he/she can only be in there until another person dribbles in... NO MORE THAN ONE PERSON PER SAFE ZONE or BASE **experiment with # of taggers and bases to keep players engaged.	<ul style="list-style-type: none"> ▪ Listening skills ▪ Problem solving ▪ Dynamic dribbling <p>To make this game a “Partner” game simply play the same except each pair has one ball. Only one pair can be in a safe zone or base. Both players switch with the pair of taggers if their ball is stolen.</p>
3rd Activity		
Knock Ball 	Two teams of 6 each, wearing a different color. Two 15x20 fields. Two players from each team go to the other field to start. Play 4v2 on each field. The four players must complete 3 passes on the ground for a point each succession of passes. The two players have a ball amongst them in their hands and must work together (throwing to each other, too) to knock the ball of the four players. Switch roles by sending two new players over to the other field.	<ul style="list-style-type: none"> ▪ Fitness. ▪ Vision ▪ Passing ▪ Working together
4th Activity		
Team Sharks 	Two teams. One team has all players stand with a ball in their own goal. The other team does not have any balls and stand in their goal. Any ball that scores is done or finished. If the ball goes out of bounds, players may pass the ball in to their team to get the ball in play.. Let the game progress until it is natural to just go to the full match. Try not to make a distinction between the games. (example: when one ball is left...it looks just like a soccer match. It is fun to see the transition to the full game as all players are engaged from the start. The last couple balls take a while to score and they start really working together!)	<ul style="list-style-type: none"> ▪ All techniques for the age occur ▪ Vision ▪ Some Team work ▪ Lots of 1v1, 2v1, 2v2, 2v3 etc combinations. ▪ Problem solving <p>What things can you do when you don’t have a ball?</p>
5th Activity (the game)		
2 goals 1 ball No GK	Play match as it grows from Team Sharks. Depending on numbers.	Stay out of the way and let them play!!!