

Warm-Up
"I Can Do-Can U?"

LESSON PLAN: U6 COORDINATION

Listening
Coordination
Balance
Creativity

Players are all inside a little area. Coach starts off by saying "I can do something without a ball-can u?". Then the coach performs a simple motion like hopping on one foot, walking and clapping hands in front and behind, walking and clamping hands between legs.

Then the coach says "I can do something with a ball can you?"

The coach then asks the group "Who can show us something we can all try with a ball?"



Can they walk like a crab or a giant?
Can players come up with creativeways to move?

1st Activity
"Shapes"

All players are in a grid. They dribble the ball around inside the grid. A coach will yell a shape. When a shape is called, dribble the ball and "paint" the shape.

So, if circle is called they have to dribble the ball around in a circle. Call triangles, diamonds, McDonald's arch, etc. Let them come up with their own shapes while dribbling a ball.

"What parts of the feet can we use to move the ball?" (outside, inside)



Control of Ball
Control of Body
Coordination
Agility
Balance
Creativity

2nd Activity

3v3 endlime soccer
Set up a 15 yd x 20 yd grid. Divide the players into two teams. Play 3v3 with no goalkeepers on the field. A team scores by dribbling the ball or kicking the ball over their designated end line. Balls are served in one at a time by the coach who is positioned outside the field at midfield. Coaches can serve more than two balls to spread out the groups and abilities.



Coaches can serve more than two balls to spread out the groups and abilities.

Control of Ball
Coordination with ball
Agility with ball
Balance with ball
Creativity

Game
3v3 Game

Set up a 15 yd x 20 yd grid. Divide the players into two teams. Play 3v3 with no goalkeepers on the field. A team scores by dribbling the ball or kicking the ball over their designated goal. Balls are served in one at a time by the coach who is positioned outside the field at midfield. After a bit, tell them that "The boss is taking a break" and have them do their own kick-ins.



Let them play. Tell them to be "smart" with the ball.

US YOUTH SOCCER

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