



U.S. Soccer Youth Certificate Course
Lesson Plan

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DIRECTOR OF TRAINING - FRYSC
 Age Group: U-5 Site Location (i.e. school or field location, state): BEECHWOOD, FULLERTON
 Theme: MODEL COACHING SESSION UNDER-5

Activity	Coaching Points
1st Activity (warm-up) "I CAN, CAN YOU" / BODY PARTS 	Coach says "I can do something, Can you?" 1 min. - without ball - skip etc. // "Show me" 1 min. - ball in hands - bounce, toss/catch // 1/4 min. - ball at feet Coach says move ball around with feet, yell a body part and kids stop ball with that part of body allow kids to call body parts
2nd Activity Red Light, Green Light / Opposite World 	Coach yells "green light everyone advances to eggch" " " "red " " " Stops // send to beginning allow kids to be traffic light Add twists - earthquake, dead cockroach goofy stops (freeze in a funny position) opposite world - red means go, green stop run backward
3rd Activity (Target) Sharks & Minnows / Laser Beams 	They are fish, you are shark, must swim (move or dribble) across ocean without getting tagged by you. -Can add parents or standees - can only use arms to tag, feet stuck "How did you get across?" Laser Beams - gently toss discs (laser beams) kids must avoid
4th Activity (Maze) Painting / Ouch 	Parents have blank sheet of paper and pen, draw wherever designated player moves ball on canvas (field) "What did you make?" Coach and 2-3 parents walk around field and everytime ball hits them yell "ouch" What part of foot did you use? How did you find me, I was moving?
5th Activity (the game) 3 v 3 no GKs / Add 1-2 balls 	1. Let the kids play! 2. Make your training session fun and positive 3. Focus on direction (which way are we going?) 4. All activities in training should be 1 player to a ball 5. Prepare prior to training - put together a plan See Fullerton Rangers website for lesson plans

X = player V = no dribbling O = ball
 C = coach -> run G = goal