



# Lesson Plan



Activity Name	Description	Diagram	Purpose/Coaching Points
1			
<p>Gate Dribbling</p>	<ul style="list-style-type: none"> <li>a. every player with a ball</li> <li>b. one more gate than the number of players</li> <li>c. must dribble through free gate</li> <li>d. 1 point for each gate</li> <li>e. play again, improve by 1 point</li> </ul>		<ul style="list-style-type: none"> <li>a. see ball through bottom of eyes</li> <li>b. keep ball rolling</li> <li>c. use foot brake</li> <li>d. different surfaces</li> </ul>
2			
<p>Stop &amp; Go</p>	<ul style="list-style-type: none"> <li>a. every player dribbling a ball</li> <li>b. on whistle, players stop ball and then go with speed</li> <li>c. coach demonstrates stop &amp; go, and players try to copy</li> <li>d. players invent their own stop &amp; go</li> <li>e. coach observes, and choose players to demonstrate their stop &amp; go for others to copy</li> </ul>		<ul style="list-style-type: none"> <li>a. see ball through bottom of eyes</li> <li>b. speed up after stop</li> <li>c. change of direction</li> <li>d. different surfaces</li> </ul>

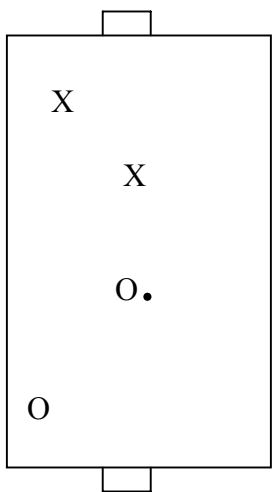


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3			
Pac-Man	<ul style="list-style-type: none"> <li>a. two or three players are “it” to start, and have balls</li> <li>b. if you are “it”, try to dribble and hit others with passes below the knees</li> <li>c. players who are not “it” may run and jump to avoid being hit</li> <li>d. if you are hit with a pass, you become “it” too</li> </ul>	<pre> X                               X                                 IT.       X                           X X                               X                                 X IT.      X                       X                                 X                                 IT.                     </pre>	<ul style="list-style-type: none"> <li>a. keep ball rolling</li> <li>b. eyes up to find space and who is “it”</li> <li>c. change direction and speed</li> <li>d. fake passes</li> </ul>
4			
Knockout	<ul style="list-style-type: none"> <li>a. every player dribbling a ball</li> <li>b. try to kick other players’ balls off the field</li> <li>c. if your ball is stops rolling or is kicked out, then you must do two juggles before you return to the game</li> </ul>	<pre>                                 X. X.      X.      X.                                 X.                     </pre>	<ul style="list-style-type: none"> <li>a. keep ball rolling</li> <li>b. body between ball and other players</li> <li>c. see ball through the bottom of your eyes</li> </ul>



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5			
<p>2v2 “Get Outta There”</p> <p>X &amp; O = players</p> <p>C = coach</p> <p>• = ball</p>	<ol style="list-style-type: none"> <li>a. coach as boss of the balls</li> <li>b. coach passes ball onto field to start play</li> <li>c. two players from each team play until a goal is scored or the ball goes out of bounds</li> <li>d. out of bounds, coach yells “get outta there,” and two new players from each team go on with the next ball</li> <li>e. goal is scored, 2 who scored stay on, and two new players from the other team play against them</li> </ol>	<p>X X</p> <p>X X</p> <p>• • •</p> <p>C</p> <p>O O</p> <p>O O</p> 	<ol style="list-style-type: none"> <li>a. see ball through bottom of eyes</li> <li>b. keep ball rolling</li> <li>c. first try to solve game by dribbling</li> <li>d. player w/o ball find big, easy spot to receive a pass</li> </ol>