



SYC SOCCER U6 LESSON PLANS



DAY 1	THEME: Star Wars OBJECTIVE: Provide enjoyable, age-appropriate activities that promote movement, learning, and greater comfort on and with the ball for each player. It is extremely important that each player have the ball in most activities so they can maximize touches in each session and become comfortable dribbling the ball in a variety of situations. Each session at this age should not exceed 45-60 minutes, including 3v3 at the end. *** Try to engage the kids' imagination by taking the time to create an entire world revolving around the theme of the day. If the players imaginations' are engaged, they will have more fun, and thus work harder and stay involved for longer periods of time.		
	DIAGRAM	ACTIVITY DESCRIPTION	COACHING POINTS
STAGE 1		Spaceship Systems Check: The children stand around you with their soccer ball close to their feet. They will not yet touch the ball in any way. You will say a body/spaceship part and they will put their hands on that part of the body. Experiment with different body parts to make it fun such as the nose, ears and mouth. Relate different parts of the body to different parts of a spaceship (foot - turbo boosters; head - rocket; bum - waste dump; belly - frustum; hand - probe; etc.) Progression: (1) When you shout 'May the Force be with you' the kids do a drag-back turn and dribble to the outside of the area as quickly as possible. (2) Shout 'Skywalker' and the kids have to find another soccer ball that wasn't the one they were just using. (3) Have the kids change directions using drag back turn.	<ol style="list-style-type: none"> 1. Think fast! 2. Make spaceship noises 3. Try to stay well balanced
STAGE 2		SPACESHIP BATTLE: The kids will be split into two teams. Each team stands either side of the marked out line (Divide them into two boxes). Tell the kids that they have to launch their missiles onto the other side and at the end of time the side with less balls is the team that wins. When you shout GO! the kids have to pass a soccer ball into the other teams area. Once a ball comes back into their area they should once again kick it back. Make sure the kids use the correct passing technique. If the ball is kicked past the player they should chase after it and do a drag-back turn to face the other direction. After one minute stop the kids and see who has the least balls in their area and therefore the least missiles.	<ol style="list-style-type: none"> 1. Use different parts of the foot to dribble 2. Strike the ball with the inside of the foot and laces. 3. Keep the head up in order to scan for stray balls 4. Try to turn with the ball using the drag back turn
STAGE 3		EMPIRE STRIKES BACK: The kids will need a soccer ball each and will stand in a line at one end of the square. You will begin in the middle of the area without a ball. The kids will be the rebels and you are the Evil Emperor in the middle of the area. To make this game fun the kids will have to act like rebels before dribbling their soccer ball toward the other end. You will shout out "Rebels are you ready?" The kids will jump sideways and move like a spaceship and shout "May the Force be with you!" to their fellow rebels. As the evil emperor, you need to be make movements, sounds, and gestures to sell the role of the Emperor or Darth Vader. Shout out 3,2,1 GO! and the kids have to dribble their soccer ball toward the other end of the area. If you catch a Rebel they will become a storm trooper with you for the next round. Make sure you do the Star Wars theme song every round.	<ol style="list-style-type: none"> 1. Keep the ball close 2. Keep the head to avoid evil emperor 3. Use all the different parts of the foot to turn and cut away from the emperor
STAGE 4		REBELS vs EMPIRE: Divide the kids you have available into two groups both starting furthest end away from where the cones are. The cones will be down on the end of the area where cones are stood upright. Design cones in the shape of the Star Wars Death Star. One group of kids will be Rebels who will knock down cones by kicking their soccer ball at them. The other group will be the Empire who will have to 'fix' the cones by picking them up and standing them upright again. Progression: Empire group pick up the knocked over cone and instead of placing it back where they found it they could move it (whilst dribbling their soccer ball) to another place inside the grid. This will mean the Rebels will have to change direction and dribble their soccer ball further.	<ol style="list-style-type: none"> 1. Keep the ball close. 2. Dribble the ball using every part of the foot (inside, outside, laces, and sole) 3. Keep the head up in order to scan for opponents 4. Time and aim the ball accurately
STAGE 5		3v3 SCRIMMAGE: Separate the players into two teams, and play 3v3 without goalkeepers using pugg goals. Let the kids play with minimal coaching. Try to be as positive and encouraging as possible. Reinforce and praise when they use the basic moves they have learnt. Rotate additional players into the game every 1 or 2 minutes. Don't discourage selfish and individualistic play. At this age, the players are egotistical and want to keep the ball for themselves. Thus the coach must use these attributes to develop ball mastery and dribbling skills. Passing and team concepts come later!	Positive reinforcement only such as... <ol style="list-style-type: none"> 1. Good move 2. Great shot 3. Amazing turn 4. Tremendous pass (if they happen to)