



Sparks Lesson Plan - Week 6



Coach's (Team Leader) Qualities: Facilitator, Friendly Helper, Organizer, Motivator, Patient, Enthusiastic, Imaginative

Characteristics of Players: Short attention span, individually oriented, Sensitive, Constantly in Motion

What to Teach:

Technique: Dribbling, Kicking, Catching, turning

Psychology: Sharing, Fair Play, "How to Play"

Fitness: Balance, Running, Jumping, Rolling, Hopping, Skipping

Tactics: Boundaries of Field, Moving in Correct Direction

Rules: Kick Off, Goal Kick, Ball in/out of Play, Handball, Physical Fouls

Length of Session: 60 Minutes

Activity #1 (6 – 8 minutes) **River Bank!** – This elimination game teaches players to quickly respond to commands. Coaching (Team Leader) Tip – Make it fun and challenging. Give players an opportunity to hold the ball with hands. Excellent warm up game. Make it fun.

<https://www.youtube.com/watch?v=HgaaZBR-7jU&index=11&list=PLbJLi1Cscgivo2tz-UleOOcCDipLf8Uf>

Activity #2 (6 – 8 minutes) **The Reflex Game** – A variation of Simon Says - players listen to the coaches demands and finish by grabbing the prize. Coaching (Team Leader) Tip – Excellent game to begin to introduce competition. Make it fun and challenging.

<https://www.youtube.com/watch?v=Us8ISH1BtDI&index=1&list=PLbJLi1Cscgivo2tz-UleOOcCDipLf8Uf>

WATER BREAK – 45 SECONDS

Activity #3 (6 – 8 minutes) **Lord of the Soccer Rings** – Orcs and Hobbits compete against each other for soccer rings. Coaching (Team leader) Tip – Playing grid must be narrow so players can accomplish successful passing. Utilize good dribblers at first to show others how it is done. Be creative, make sure you put story behind it, make it fun.

<https://www.youtube.com/watch?v=w7PaowBIDIA&list=PLbJLi1Cscgivo2tz-UleOOcCDipLf8Uf&index=12>

Activity #4 (6 – 8 minutes) **Hit the Apple** – Players try to hit the target. Excellent game to begin to introduce the art of striking the ball. Coaching (Team Leader) Tip – Use the video as a guided reference. Do not utilize lines. Have all players practice hitting the apple (target) at the same time. Playing grid must be narrow so players can have success. Teach proper technique for striking the ball (non-kicking foot next to the ball, knee slightly bent, lock the ankle of kicking foot, toes pointed down). Be creative, challenge the players, make it fun.

<https://www.youtube.com/watch?v=T2IPQ1k4XZA&list=PLbJLi1Cscgivo2tz-UleOOcCDipLf8Uf&index=13>

WATER BREAK – 45 SECONDS

Activity #5 (6 – 8 minutes) **Hit the Coach!** – Players dribble around trying to hit coach with the ball. Coaching (Team Leader) Tip – Be creative (first to two wins), goofy (fall when you get hit) energetic and have fun.

<https://www.youtube.com/watch?v=BilrRgwXqqA>

WATER BREAK – 45 SECONDS

Activity #6 (15 – 18 minutes) **3v3 Small Sided Games** - Break up your team into four teams of equal numbers. Set up two fields of equal size and play 3v3 or 4v4 (based on attendance). If number of teams is unequal, make sure players are not sitting out for more than 90 seconds at a time. Coaching (Team Leader) Tip – Let the game be the teacher, focus on teaching fundamentals, e.g., which direction to go, how to score, what is out of bounds, what is a foul. UTILIZE assistant team leaders in this activity as much as possible.

<https://www.youtube.com/watch?v=p0G5i3ga6g>