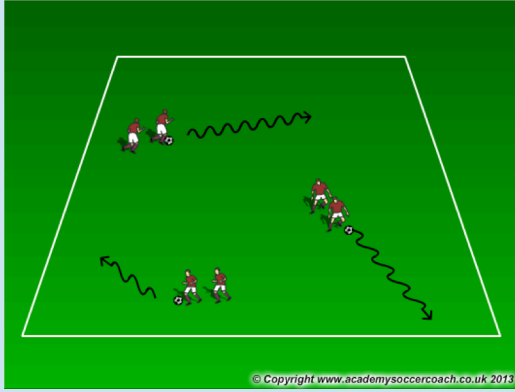


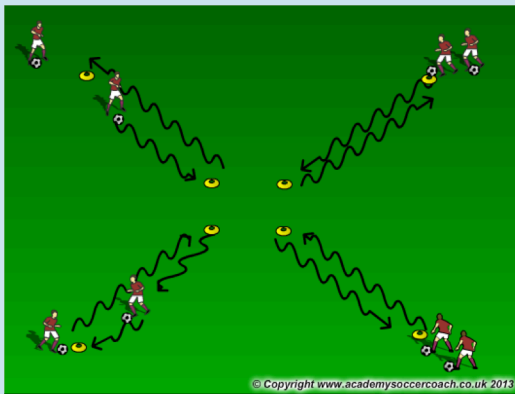
BYC u6 Lesson Plan #6



WARM-UP – Follow the leader

Player are in pairs with one ball between two. First player dribbles and partner follows. On command “change” from coach they change over. Have players:

- Double change, partner gets new ball
- Drag back to partner for change
- Tunnel, turn and pass through partners legs for change



ACTIVITY – Turning with the ball

Players dribble to center cone and perform turn then back to outside cone.

- Drag back, player use sole of foot to drag the ball back towards outside cone
- Outside hook. Players use outside of foot to “hook” ball backwards
- Inside hook, players use inside of foot to “hook” ball backwards



SMALL-SIDED ACTIVITY – Number Soccer

Two Teams, each player has a number. When their number is called they run around goal and towards ball, trying to score in other goal. Call one or two numbers at a time.



GAME – 4 v 4

LET THEM PLAY !!