



# Lesson Plan



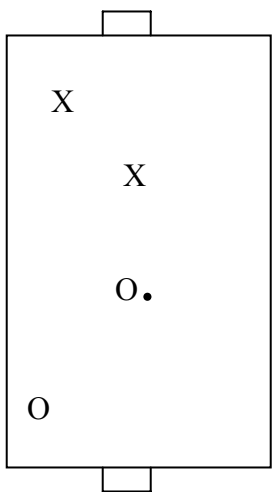
| Activity Name         | Description   | Diagram | Purpose/Coaching Points   |
|-----------------------|---|---------|---|
| 1                     |   |         |   |
| <p>Gate Dribbling</p> | <ul style="list-style-type: none"> <li>a. every player with a ball</li> <li>b. one more gate than the number 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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|  |  |   |   |
|--|--|---|---|
| 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> |