
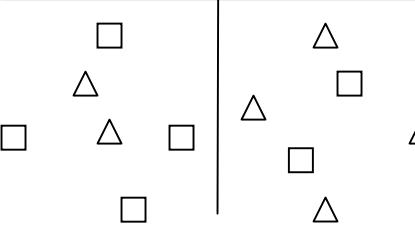


Lesson Plan

Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1</p> <p>Caterpillar Tag</p>	<ol style="list-style-type: none"> 1). Select three players to be taggers. 2). These players tag the other players on their arms and backs. 3). Once tagged, the players join one hand with the tagger, forming a caterpillar. This caterpillar works together to try and tag the remaining players. 4). Caterpillars only get as big as three links. Once a fourth player is tagged. The caterpillar breaks into two smaller caterpillars. 		<ol style="list-style-type: none"> 1). Instant Activity. 2). Stimulate the players for the practice to come – both mentally and physically. 3). Working together with your teammates. – Cooperative activity
<p>2</p> <p>Bulldog</p>	<ol style="list-style-type: none"> 1). Divide the group into two teams of 6 each team wearing a different color. 2). Set up two 15 by 20 yard fields 3). Play 4 v 2 on each field. 4). 4 – players has one ball on the ground and score by completing 3 passes in a row. 5). 2 – players have one ball in their hands and score by throwing and hitting their ball against the group of 4's ball. 6). Play for several minutes and then switch player roles. <p>Hints: 2 – players can toss the back and forth to each other .</p>		<ol style="list-style-type: none"> 1). Having the players keep the ball (pass) away from defenders being rewarded for doing this under control 2). Players off the ball - working on making the field bigger when your team has the ball. 3). Players off the ball – working on moving into a place where the person on the ball can see them and there is a clear path for the ball to travel to them. ‘WINDOW’ 4). Player on the ball making good decisions on where the ball should go 5). Quality of passing – making your teammate look good with your pass



Lesson Plan



3			
Hollywood Squares	<p>1). Set-up a 30 by 40 field Put a small square in each corner.</p> <p>2). Place one player in each corner. Then divide remaining players into 2 – group of 3 and 1 – group of 2.</p> <p>3). Scoring:</p> <ul style="list-style-type: none"> - Groups of 3 score by passing the ball to any player standing in a corner square and having that player control the ball. - Group of 2 score by stealing the ball from any group of three and dribbling out of the space. <p>4). Players in the squares pass the ball back to the same team.</p> <p>5). Play for several minutes and then change players roles.</p> <p>Variations:</p> <ul style="list-style-type: none"> - Don't allow the attacking team to pass to the same square twice in a row. 		<p>Same as Above plus –</p> <p>1). Having the players build (pass) the ball toward a target and being rewarded for doing this under control.</p>
4			
6 v 6 w/ GK	<p>1). Divide the group into two teams of 6 each team wearing a different color.</p> <p>2). Play 6 v 6. 5 Field Players and 1 Goalkeeper for each team.</p> <p>3). Scoring:</p> <ul style="list-style-type: none"> - + 1 for any goal <p>4). All regular rules apply</p>	<p>Field size: 45 yards long by 35 yards wide with appropriate sized goal on the end line (6 by 12)</p>	<p>Final part of practice. MUST look like the game.</p>