



Hudson Soccer Association

Practice Plan

Author: Lewis L. Atkinson, Ed.D.

U6 - Session #5

Activity: I Can Do Something, Can You?

The coach begins the activity by saying, "I can do something, can you?" and demonstrating a physical activity such as jumping jacks. The children then do the same. The coach demonstrates several other physical activities such as: skips, one-legged bounces; star jumps, rolls, etc. After demonstrating several times the coach asks the children, "what can you do?" and takes their suggestions.

Diagram



Coaching Points:

- ◆ Body movement from skipping to balancing on one leg.
- ◆ The important thing is to allow the children to explore how their body moves.

Activity: Snake in the Grass

In an area 15x15 yards, two children begin by being "snakes" by lying on their stomachs. The other children's starting position is with their hands touching the "snakes". On the command "snake in the grass" the children try to stay away from the snake while the snake slithers around trying to catch a child. When any child is caught he/she becomes an additional snake. The activity continues until everyone is a snake.

Diagram



Coaching Points:

- ◆ The children move in all directions trying to avoid the snakes. Once snakes, the children try to work together to create more snakes.

Activity: Find the Coach

The coach has all the children close their eyes and while their eyes are closed, the coach moves. On the command, "find the coach", the children open their eyes and run to tag the coach. This progresses from the coach staying still to the coach moving, even after the children have opened their eyes.

Diagram



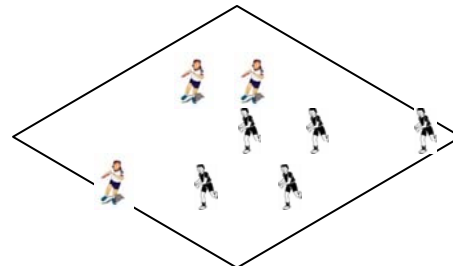
Coaching Points:

- ◆ This activity becomes "chase and flee" quickly. The children begin to run in a direction and for a purpose. Later, they will do the same with a soccer ball, but first they learn to run to a target.

Activity: Everyone Is It

In an area 20x20 yards, each child runs around trying to tag as many other children as possible, while not being tagged themselves. Each bout lasts for 30 to 45 seconds.

Diagram



Coaching Points:

- ◆ The children must be aware of their surroundings and make decisions about where to go and where to avoid.



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Activity: 3v3	Diagram
The activity ends playing 3v3	
Coaching Points: ◆ This is free play.	