
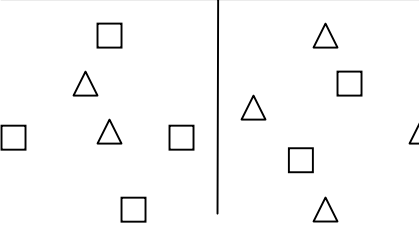


# Lesson Plan

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



# Lesson Plan



3			
<b>Hollywood Squares</b>	<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"> <li>- Groups of 3 score by passing the ball to any player standing in a corner square and having that player control the ball.</li> <li>- Group of 2 score by stealing the ball from any group of three and dribbling out of the space.</li> </ul> <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"> <li>- Don't allow the attacking team to pass to the same square twice in a row.</li> </ul>		<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			
<b>6 v 6 w/ GK</b>	<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"> <li>- + 1 for any goal</li> </ul> <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>