



CSC Practice Lesson Plan Form

Coaches Name: Ben Wilder Division: U6 Team: All Date: 07 Sept 16

Warm-up: Body Parts Dribble- players dribble with a ball while coach calls out (head, knee, elbow, butt, etc) player contacts the ball with that part

Key Coaching Points

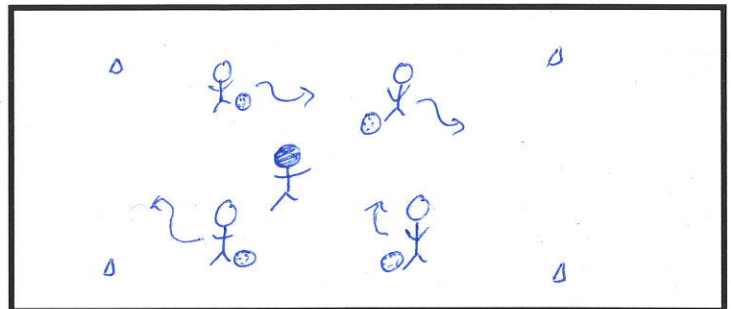
Activity

Activity #1: Pirate

Players dribble in a confined area with a defender (pirate) trying to kick their ball out. Players who lose a ball must do 5 Jumping Jacks to return.

For added challenge, (a) players do 5 jumping jacks if they or their ball hits another player; (b) add a second pirate

Coaching Points: 1. Keep ball close to feet during the dribble (<2ft away). 2. Keep head up to see where they are going. 3. Shielding!

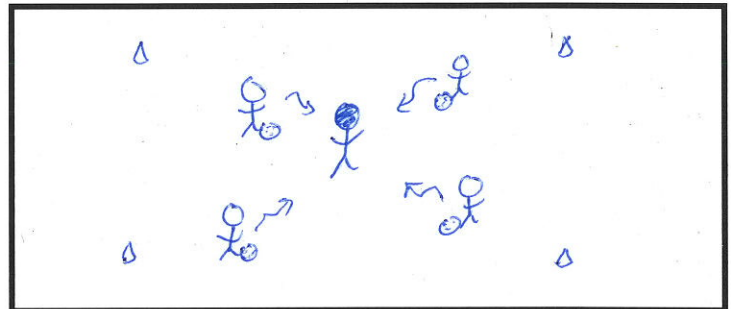


Activity #2: Godzilla!!!!

Coach (Godzilla) is the target for players as they dribble in a confined area. coach adjust speed/direction for difficulty.

For added challenge, (a) players do 5 jumping jacks if they or their ball hits another player; (b) passes/shots must be taken with non-dominant foot.

Coaching Points: 1. Players should keep their head up as they dribble. 2. Passes/shots should be made in front of the coach (i.e. where he is going/not where he is).

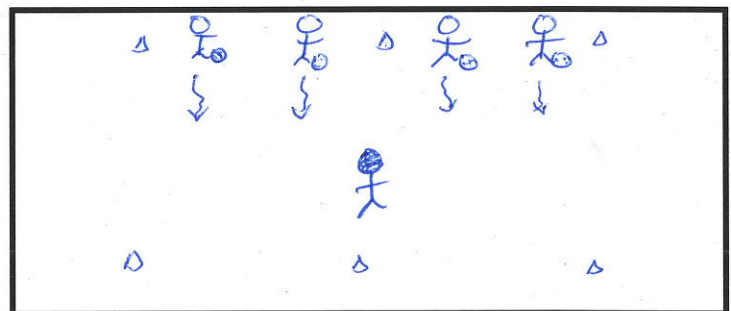


Activity #3: Sharks & Minnows

Players (Minnows) line up on one touch-line with their balls. One player (the Shark) starts in the middle of the field. Minnows attempt to dribble across the field to the opposing touch-line. Shark tries to steal and clear balls off the field.

For added challenge, (a) add 2 sharks (b) dribble with non-dominant foot. Late in the season this activity should focus on Shielding & Body Positioning

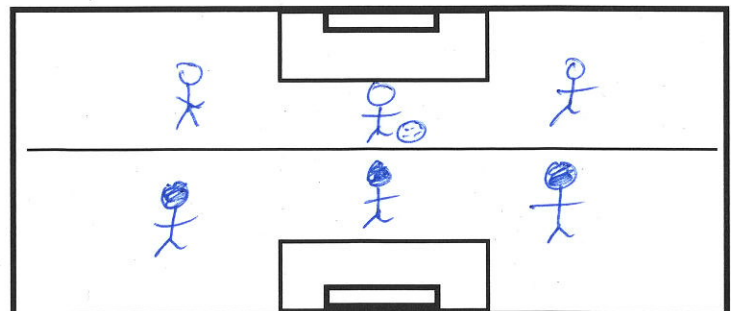
Coaching Points: 1. Players should keep their head up as they dribble. 2. The ball should stay close enough to the dribbler for quick turns (about one body length or less).



Scrimmage 3 versus 3 game- no goalie

Coach in the flow and Teach rules and Laws of the game.

Coaching Points: 1. Focus on restarts- where to put the ball; who gets to kick it; when can they play again.





CSC Practice Lesson Plan Form

Coaches Name: Ben Wilder Division: U8 Team: All Date: 07 Sept 16

Warm-up: Body Parts Dribble- players dribble with a ball while coach calls out (head, knee, elbow, butt, etc) player contacts the ball with that part

Key Coaching Points

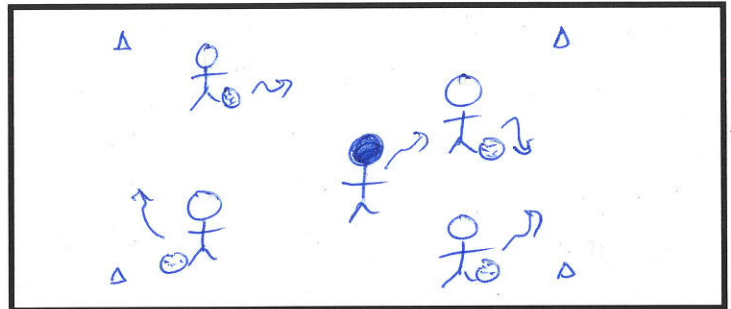
Activity

Activity #1: Pirate

Players dribble in a confined area with a defender (pirate) trying to kick their ball out. Players who lose a ball must do 5 Jumping Jacks to return.

For added challenge, (a) players do 5 jumping jacks if they or their ball hits another player; (b) add a second pirate

Coaching Points: 1. Keep ball close to feet during the dribble (<2ft away). 2. Keep head up to see where they are going. 3. Shielding!

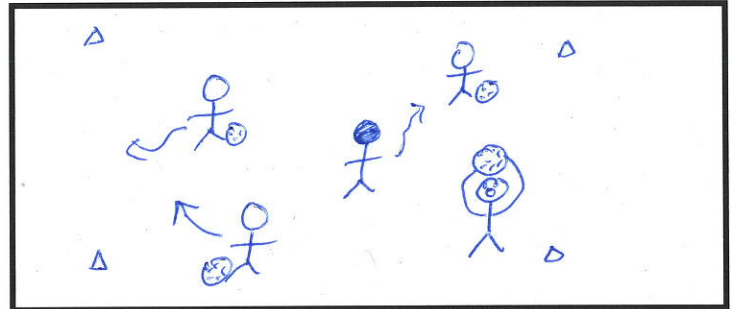


Activity #2: Freeze Tag

Players dribble in a confined area. Defender attempts to kick their ball out. Frozen player must stand with ball overhead until a teammate passes thru their legs.

For added challenge, (a) players do 5 jumping jacks if they or their ball hits another player; (b) add a second defender

Coaching Points: 1. Players should keep their head up as they dribble. 2. Shielding from the defender

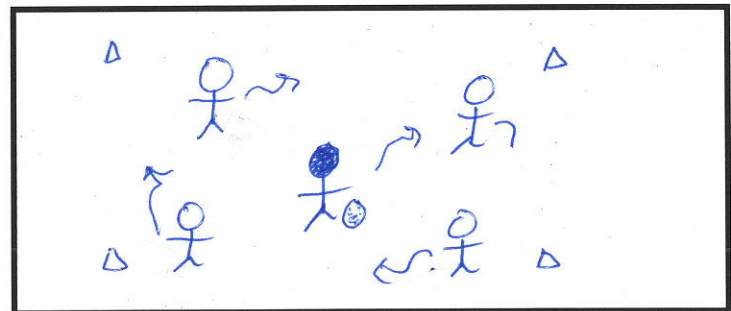


Activity #3: Pac-Man

Players run free in a confined area. One player with ball (Pac-man) must dribble and hit other players below the knees. That player gets a ball & joins the Pac-man chasing others. Last one in wins.

For added challenge, (a) construct a larger area (b) require non-dominant footed shots

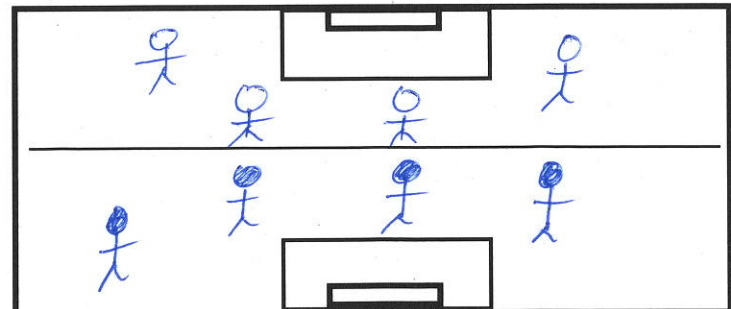
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Scrimmage 4 versus 4 game- no goalie

Coach in the flow and Teach rules and Laws of the game.

Coaching Points: 1. Focus on restarts- where to put the ball; who gets to kick it; when can they play again.





CSC Practice Lesson Plan Form

Coaches Name: Ben Wilder Division: U8 Team: All Date: 12 Sept 16

Warm-up: Body Parts Dribble- players dribble with a ball while coach calls out (head, knee, elbow, butt, etc) player contacts the ball with that part

Key Coaching Points

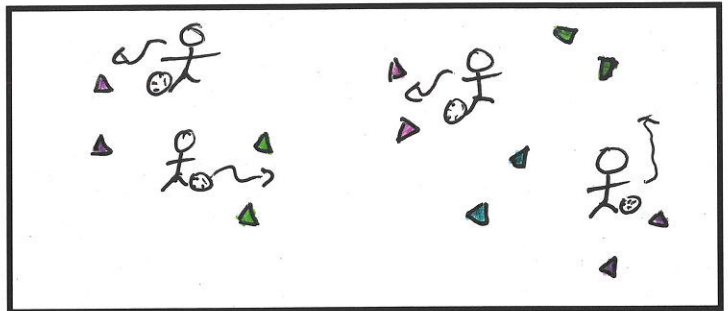
Activity

Activity #1: Gates of Doom

All Players dribble in confined space through gates of colored cones. Players count their own gates.

For added challenge, (a) players do 5 jumping jacks if they or their ball hits another player; (b) dribble with non-dominant foot (c) coach calls out a color (d) add a defender (e) use finesse moves

Coaching Points: 1. Players should keep their head up as they dribble. 2. Use multiple foot surfaces to move the ball. 3. Shielding w/ a defender.

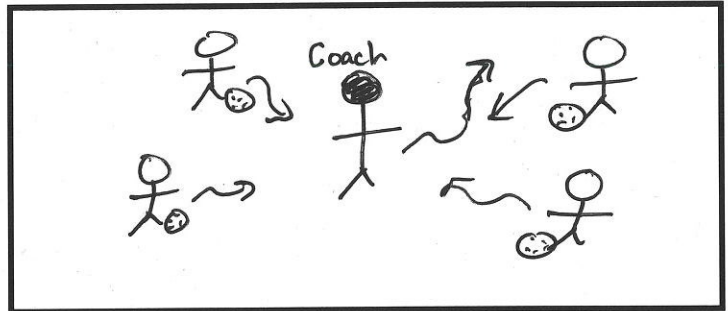


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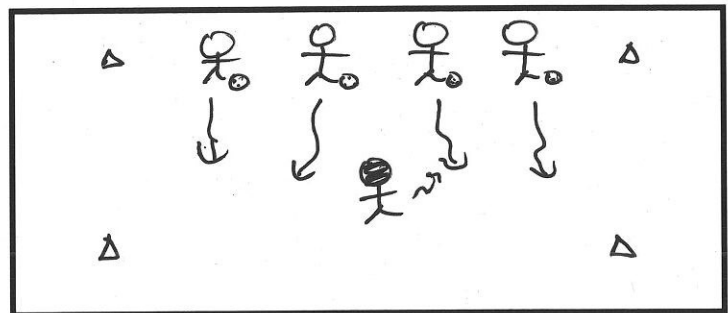


Activity #3: Sharks & Minnows

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For added challenge, (a) add 2 sharks (b) dribble with non-dominant foot. Late in the season this activity should focus on Shielding & Body Positioning

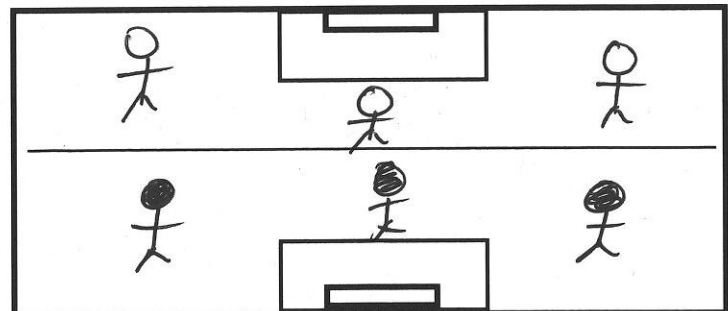
Coaching Points: 1. Players should keep their head up as they dribble. 2. The ball should stay close enough to the dribbler for quick turns (about one body length or less).



Scrimmage 3 versus 3 game- no goalie

Coach in the flow and Teach rules and Laws of the game.

Coaching Points: 1. Focus on restarts- where to put the ball; who gets to kick it; when can they play again.





CSC Practice Lesson Plan Form

Coaches Name: Ben Wilder Division: U8 Team: All Date: 14 Sept 16

Warm-up: Body Parts Dribble- players dribble with a ball while coach calls out (head, knee, elbow, butt, etc) player contacts the ball with that part

Key Coaching Points

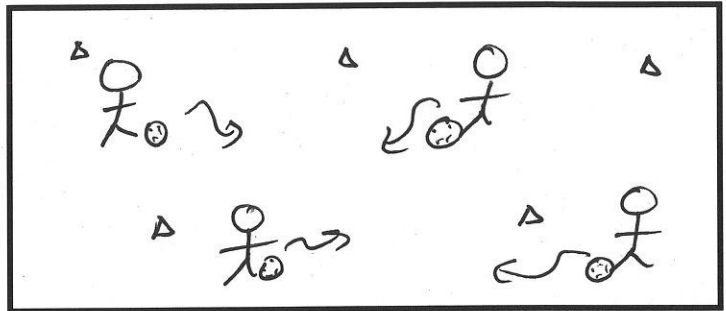
Activity

Activity #1: Red Light / Green Light

Players dribble in a confined area with multicolored cones as coach calls- Red Light (stop), Green Light (Go), cones, line, corner, 'parts of field', shoot.

For added challenge, (a) players do 5 jumping jacks if they or their ball hits another player; (b) add a defender to clear their balls from play area (shielding).

Coaching Points: 1. Keep ball close to feet during the dribble (<2ft away). 2. Keep head up to see where they are going. 3. Use multiple surfaces of the foot to move the ball

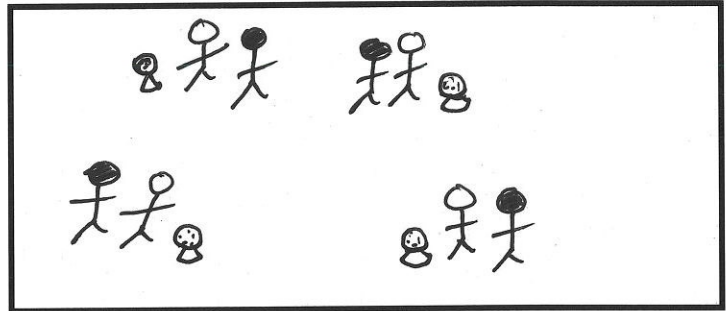


Activity #2: Chicken Egg

Players pair up with one ball on a cone. Defending player (chicken) stays between attacker & the ball.

For added challenge, (a) start players away from the ball; (b) take the ball off the cone & have chicken dribble.

Coaching Points: 1. "Starfish" body; 2. Face the ball; 3. Lean into the attacker

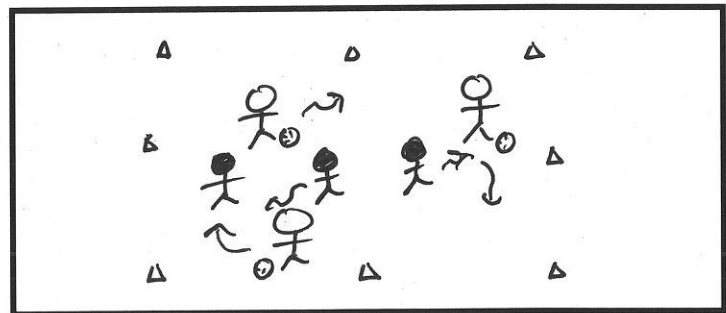


Activity #3: Clear the Box!

Players split in two teams. One team dribbles freely in a confined space. Defenders attempt to clear the balls out of the box. Teams compete for best time to clear the box!

For added challenge, (a) players must dribble/pass with non-dominant foot; (b) restrict dribblers to sub-grids

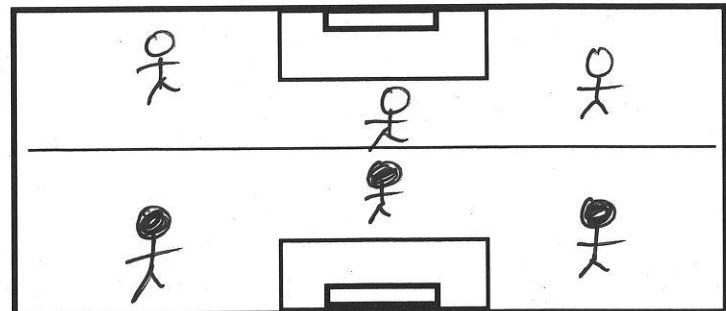
Coaching Points: 1. Keep ball close to feet during the dribble (<2ft away). 2. Shield the ball. 3. Team Communication



Scrimmage 3 versus 3 game- no goalie

Coach in the flow and Teach rules and Laws of the game.

Coaching Points: 1. Focus on restarts- where to put the ball; who gets to kick it; when can they play again.





Practice Lesson Plan Form

Coaches Name: Ben Wilder Division: U12 Team: All Date: 07 Sept 16

Warm-up: Finesse Dribble- Tick-tocks, Pullbacks, Sweeps, Cleat-push, Inside/Outside Turns, Step-over, Scissors

Key Coaching Points

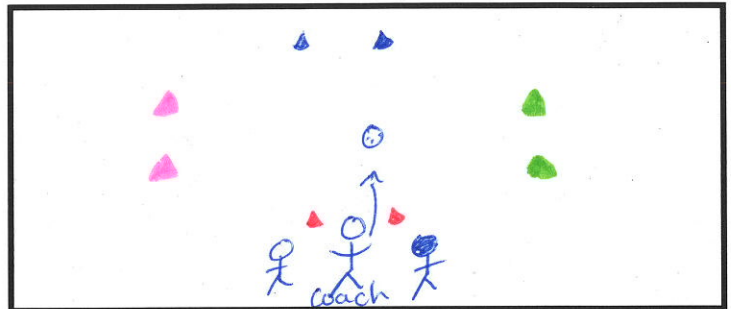
Activity #1: Iron Cross

Players form two lines behind coach. Coach throws a ball into the "cross" and players fight for control. Coach calls out a color for goals.

For added challenge, (a) use two goals for either player to score in; (b) time limit to score

Coaching Points: 1. "Starfish" body; 2. Use elbows as your compass; 3. Pullbacks/Sweeps to attack

Activity

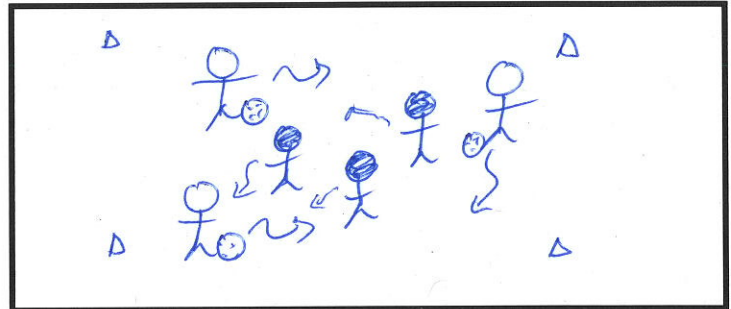


Activity #2: Clear the Box!

Players split in two teams. One team dribbles freely in a confined space. Defenders attempt to clear the balls out of the box. Teams compete for best time to clear the box!

For added challenge, (a) players must dribble/pass with non-dominant foot; (b) restrict dribblers to sub-grids

Coaching Points: 1. Keep ball close to feet during the dribble (<2ft away). 2. Shield the ball. 3. Team Communication

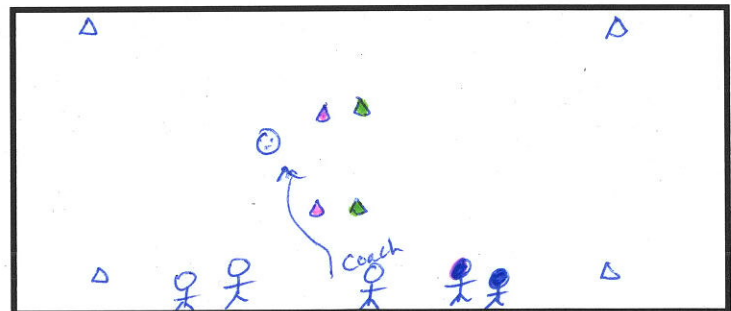


Activity #3: Double Trouble

Players form two lines behind coach. Coach tosses ball into a confined area with two back-to-back goals in the middle. Players must score on the front of their goal.

For added challenge, (a) Coach calls team #s (i.e. 3v2, 2v2) (b) require two passes (c) require non-dominant footed shots

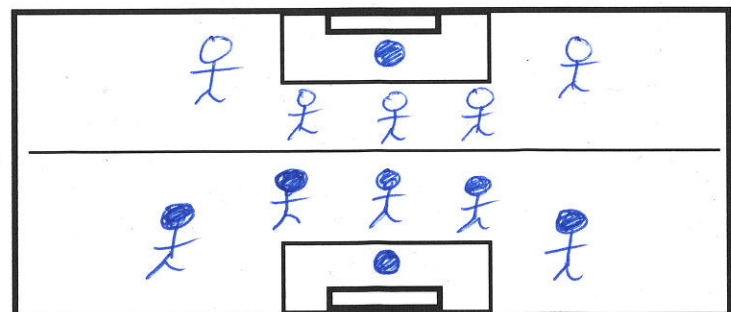
Coaching Points: 1. Players should widen in attack/collapse in defense. 2. Goal-sided body positioning in defense



Scrimmage Targets- 5 versus 5 game

Two large targets (trash cans, beach balls, etc) as goals. Coach in the flow.

Coaching Points: 1. Focus on body positioning to maintain possession





Practice Lesson Plan Form

Coaches Name: Ben Wilder Division: U10 Team: All Date: 07 Sept 16

Warm-up: Finesse Dribble- Tick-tocks, Pullbacks, Sweeps, Cleat-push, Inside/Outside Turns, Step-over, Scissors

Key Coaching Points

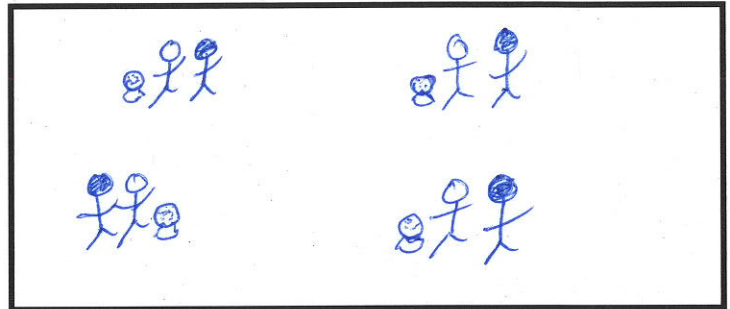
Activity

Activity #1: Goose Egg

Players pair up with one ball on a cone. Defending player (chicken) stays between attacker & the ball.

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Coaching Points: 1. "Starfish" body; 2. Face the ball; 3. Lean into the attacker

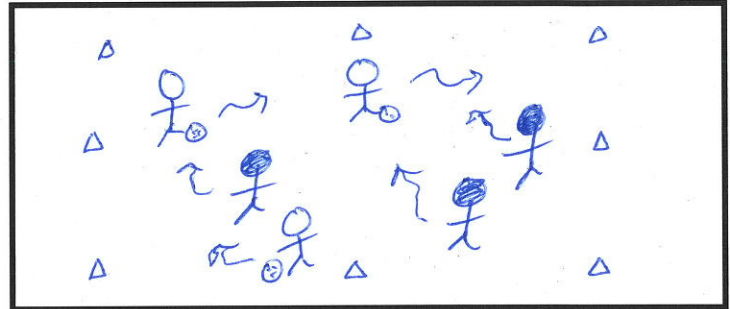


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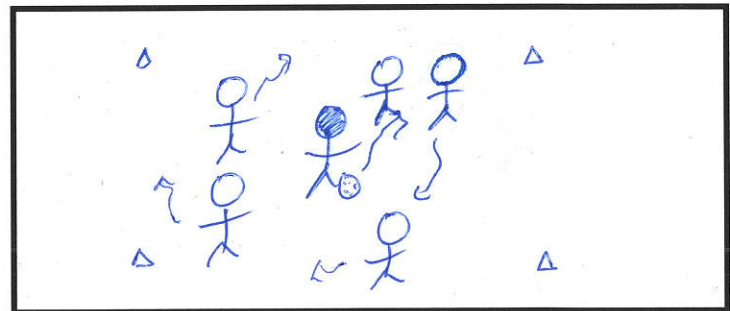


Activity #3: Pac-Man

Players run free in a confined area. One player with ball (Pac-man) must dribble and hit other players below the knees. That player gets a ball & joins the Pac-man chasing others. Last one in wins.

For added challenge, (a) construct a larger area (b) require non-dominant footed shots

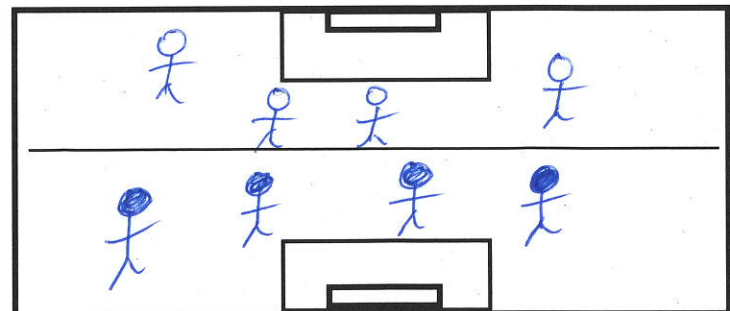
Coaching Points: 1. Players should keep their head up as they dribble. 2. The ball should stay close enough to the dribbler for quick turns (about one body length or less).



Scrimmage 4 versus 4 game- no goalie

Coach in the flow and Teach rules and Laws of the game.

Coaching Points: 1. Focus on restarts- where to put the ball; who gets to kick it; when can they play again.





CSC Practice Lesson Plan Form

Coaches Name: Ben Wilder Division: U10 Team: All Date: 12 Sept 16

Warm-up: Body Parts Dribble- players dribble with a ball while coach calls out (head, knee, elbow, butt, etc) player contacts the ball with that part

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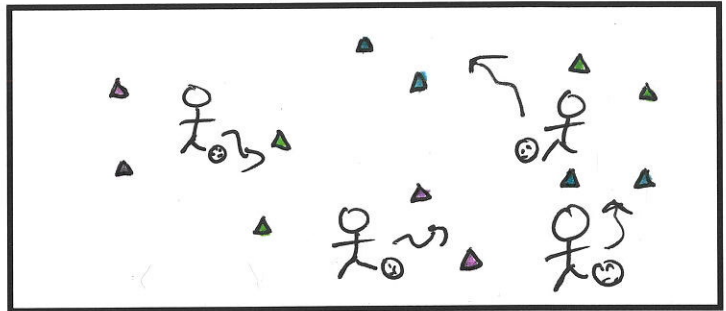
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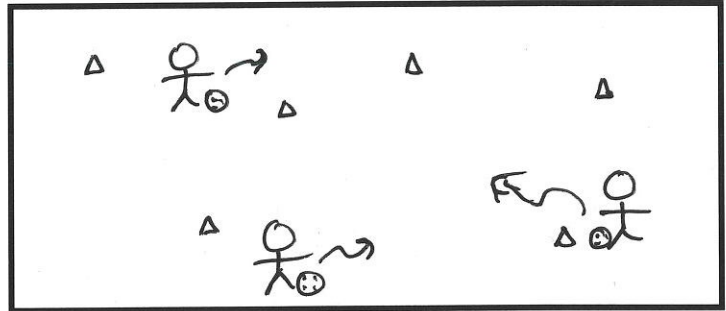


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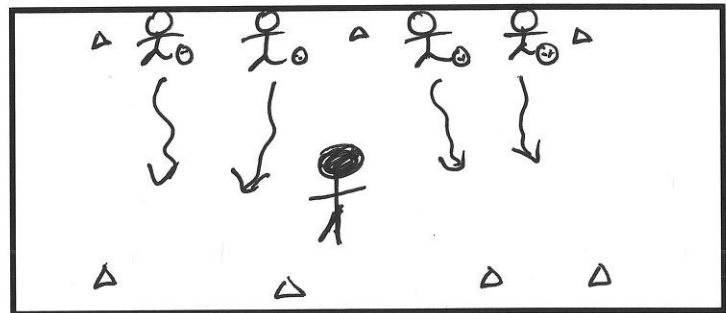


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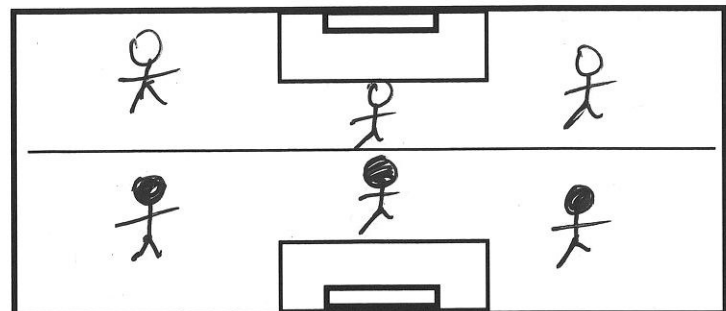
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Scrimmage 3 versus 3 game- no goalie

Coach in the flow and Teach rules and Laws of the game.

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CSC Practice Lesson Plan Form

Coaches Name: Ben Wilder Division: U10 Team: All Date: 14 Sept 16

Warm-up: Finesse Dribble- Tick-tocks, Pullbacks, Sweeps, Cleat-push, Inside/Outside Turns, Step-over, Scissors

Key Coaching Points

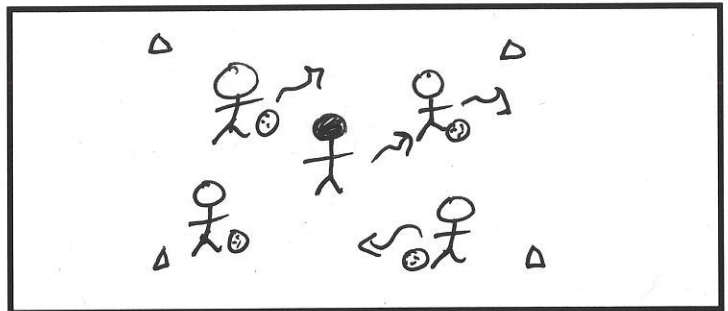
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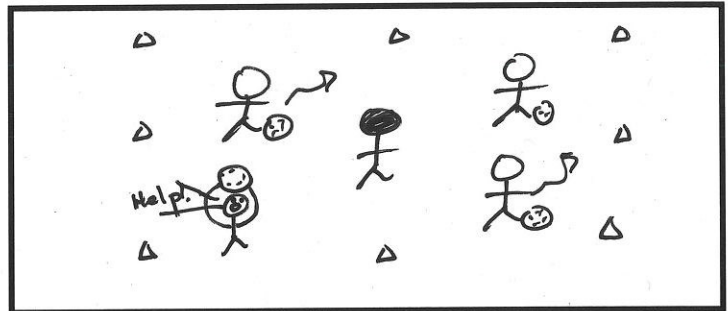


Activity #2: Freeze Tag

Players dribble in a confined area. Defender attempts to kick their ball out. Frozen player must stand with ball overhead until a teammate passes thru their legs.

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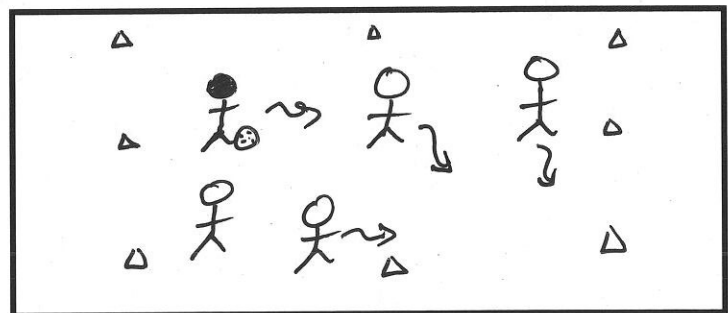


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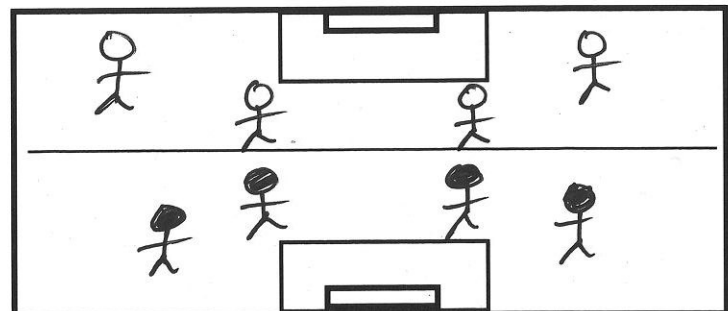
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Scrimmage 4 versus 4 game- no goalie

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CSC Practice Lesson Plan Form

Coaches Name: Ben Wilder Division: U12 Team: All Date: 12 Sept 16

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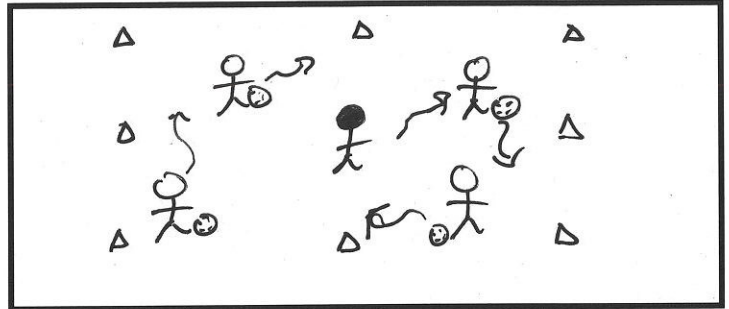
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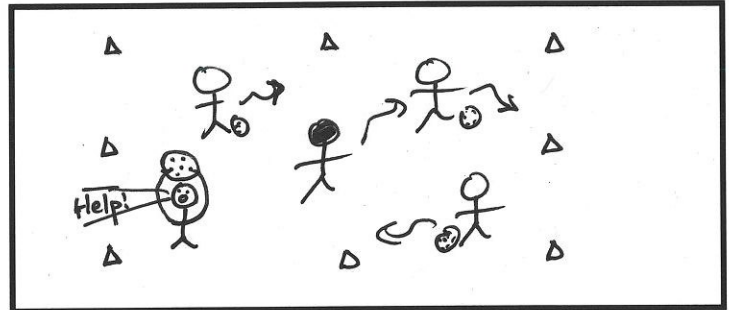


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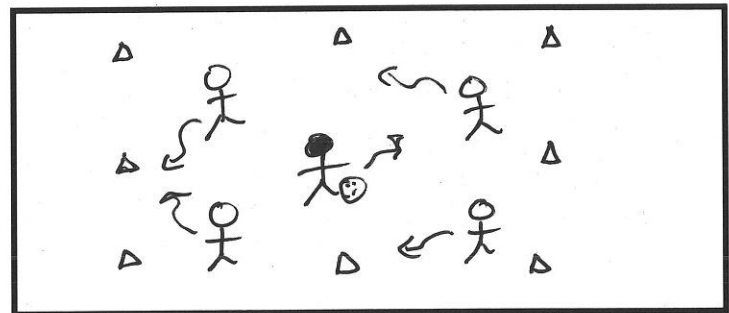


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