



Lesson Plan



Activity Name	Description	Diagram	Purpose/Coaching Points
1 First Activity – Body Parts Dribbling			
<p>Free Space – Use of the field</p>	<p>Body Parts dribbling Have the players dribble the ball freely around a defined space. Have the players stop the ball when you call out a particular body part with that body part</p>		<p>Introduce Top Taps Have the players use the bottoms of their feet to touch the top of a stationary ball.</p>
2 Second Activity - Capture			
<p>Area: 15x15 with a small square in the middle</p> <p>Equipment: As many balls as possible</p>	<p>Game objective: Divide the team into four groups. On your signal the players each team sends one player at a time into the center square and to take a ball back to their group. Once they are back a new player races to the center. After all the balls are gone the players are released to steal balls from the other groups for 15 seconds. The team that has the most balls at the end wins the game. Play several rounds.</p>		<p>Teaches:</p> <ul style="list-style-type: none"> • Head up • RWTB • Ball Control • Turns • Creative thinking
3 Third Activity – Cone Tag			
<p>Area: Full/ Half Field</p>	<p>Randomly place cones in the space. Each player has a ball. Players must try to tag as many cones as possible within a given time limit. Each cone gets the player a high five. After 15-25 sec. find out how many cones the players tagged.</p>		<p>Teaches:</p> <ul style="list-style-type: none"> • Head up • RWTB • Ball Control • Turns • Creative thinking

COOL-DOWN