



## DA Lesson Plan Week 5

Stage	Activity Description	Diagram	Guided Questions
<b>Activity 1</b>	<p><b>Receive, Pass and Dribble:</b></p> <ul style="list-style-type: none"> <li>Set up as many 5Wx10L grids with 3 players, 2 at one end.</li> <li>The player with the ball will dribble towards the cone, beat the cone with a move and pass the ball to the next player in line</li> <li>Player should not stop the ball when receiving it but redirect it towards the direction they want to go</li> </ul>		<ul style="list-style-type: none"> <li>How can we keep the ball under control?</li> <li>What moves can we use to beat the 'defender'?</li> <li>Where should our plant foot be to pass the ball on the move?</li> <li>Where should our first touch lead us?</li> </ul>
<b>Activity 2</b>	<p><b>Cops and Robbers I:</b></p> <ul style="list-style-type: none"> <li>The coach sets up 8-10 stand up (tall) cones in a 15x20 yard grid. Robbers will strike the ball and try to knock the cone (the banks) down. The cops (2 or 3 players) are without soccer balls and are trying to stand all the cones back up before all the banks are robbed. Rotate the cops and the robbers.</li> <li>The Coach starts as the guard, and then selects players to be the guard.</li> </ul>		<ul style="list-style-type: none"> <li>What surface of the foot to use to strike the ball?</li> <li>From how far?</li> <li>How to dribble and strike the ball?</li> <li>How to avoid the cop and strike the cone?</li> </ul>
<b>Activity 3</b>	<p><b>Cops and Robbers II:</b></p> <ul style="list-style-type: none"> <li>The coach sets up 8-10 stand up (tall) cones in a 15x20 yard grid</li> <li>Pair up two players and one ball, they the Robbers, will pass the ball to each other and try to knock down the cone.</li> <li>The cops (2 or 3 players) are without soccer balls and are trying to stand all the cones back up before all the banks are robbed. Rotate the cops and the robbers.</li> <li>The Coaches may start as the guards, then selects players.</li> </ul>		<ul style="list-style-type: none"> <li>How hard or soft can we strike a pass?</li> <li>What parts of the foot do we dribble with or pass the ball?</li> <li>How do we get the passes to be accurate?</li> <li>How do we make a harder pass?</li> </ul>
<b>Activity 4</b>	<p><b>Up and Down Numbers Get "Outta" There :</b></p> <p>The players are divided into two teams. Players are positioned at either side of the coach, with multiple soccer balls, outside a 15Wx20L yard grid with one small goals on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach calls out "Get outta there".</p> <p><b>Coach:</b> 1v2, 2v3, or 4v3. They should vary the service.</p>		<ul style="list-style-type: none"> <li>Who, When, Where, Why What and How to Attack?</li> <li>Who, When, Where, Why, What and How to Defend?</li> </ul>
<b>Match</b>	<b>4v4 - Dual Field Scrimmage</b>	Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.	
			<b>25 minutes</b>