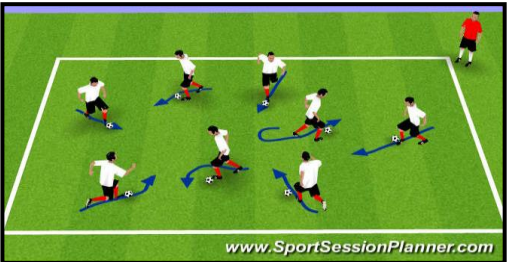




# JASA MINI'S PRACTICE LESSON PLANS-WEEK 1

Let's learn the Rules - Let's play

Stage	Activity Description	Diagram	Guided Questions
<b>Activity 1</b>	<p><b><u>Dribble Tag:</u></b> All players dribbling a soccer ball will try to tag each other with their hands. Players cannot abandon their own ball to tag.</p> <p><b>Coach:</b></p> <ul style="list-style-type: none"> <li>• Have players keep count of their own tags.</li> <li>• Play more than one game, have players improve their tags by at least 1 more than before.</li> </ul>	 <p style="text-align: center; font-size: small;">www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• How far should the ball be from the dribbler?</li> <li>• What surfaces to use?</li> <li>• When and how to run with the ball and change directions?</li> <li>• How to stop the soccer ball?</li> </ul>
<b>Activity 2</b>	<p><b><u>Bulldogs</u></b></p> <p>In a 15Wx20L yard grid, the dribblers will try to cross the city by eluding the Bulldogs. Place two Bulldogs inside a 5x15 yard area in the middle of the grid. Place half of the players (Dribblers) with a ball at each end of the grid. On coach's command, one group of dribblers will try to cross the city. As soon as one gets to the opposite line the next dribbler waiting goes. If the bulldog dispossesses the dribbler he/she switches with the bulldog.</p>	 <p style="text-align: center; font-size: small;">www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• What surface of the foot should you use to dribble?</li> <li>• When do you want to run with the ball?</li> <li>• Why would you want to keep the ball close?</li> <li>• What move can you do to beat a defender?</li> <li>• How can you stop the dribblers?</li> </ul>

Let's Play the Game	Recommended Rules	
 <p style="text-align: center; font-size: small;">www.SportSessionPlanner.com</p>	<b>Possible Formations</b>	2-3-1 (Diamond) or 3-3
	<b>Dimensions in Yards:</b>	<b>Long:</b> 50 max-35 min <b>Wide:</b> 30 max-20 min
	<b>Ball</b>	Size 3
	<b>Number of Players</b>	7 Players per team on the field - Goalkeepers needed, sub at any stopped play
	<b>Referee</b>	No Referee needed/ coaches will call game
	<b>Duration</b>	8 minute quarters
	<b>Fouls and Misconduct</b>	No cards ( Yellow or Red) If a child misbehave you must sub him/her out of the game
	<b>Free Kicks</b>	All free kicks shall be direct
	<b>Out of bounds - Side Line</b>	<ol style="list-style-type: none"> <li>1. When the ball goes out bounds, please say <b>RED LIGHT</b> (all the players shall stop)</li> <li>2. Place the soccer ball on the side line and allow the player to kick it in from where opposite team played it out</li> </ol>
	<b>Out of Bounds – End Line</b>	<ol style="list-style-type: none"> <li>1. When the ball goes out of bound, Please say <b>YELLOW LIGHT</b> (opposite team will regroup by the mid line)</li> <li>2. The Kicking team will place the soccer ball on goal line in front of the goal and kick it to a teammate</li> </ol>
<b>Corners</b>	When the defending team kicks the ball over the end line the other team will place the ball on the side and kick it in. the defending team must be at least 4-5 yards away from the ball	