
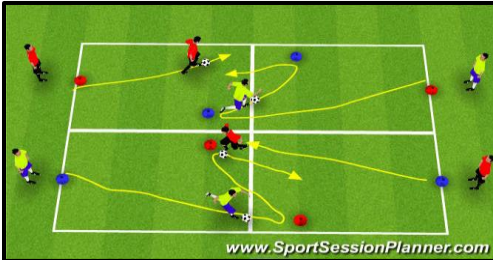
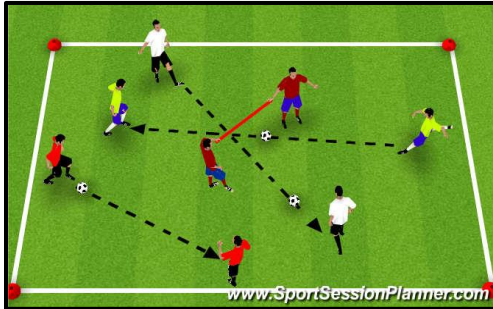



JASA MINI'S PRACTICE LESSON PLANS-WEEK 2

Stage	Activity Description	Diagram	Guided Questions
Activity 1	<p>Triangle Dribbling: In a 15x20 yard grid, set up 5 to 7 triangles (three cones about 2 yards apart). All players with a ball must dribble through the triangle in order to score a point.</p> <p>Coach: Have players keep count of how many points they score in 30 seconds or a minute. Repeat, asking the players to beat the score by one or more points. You can also ask them to dribble with their favorite foot or their foot or stop in each triangle.</p>		<ul style="list-style-type: none"> • What surface to use? • When exiting a triangle how fast should we go? • How to stop the soccer ball at each triangle? • When and how to turn at the triangle? • Where should the eyes be looking?
Activity 2	<p>Two Turns: Set up as shown (see diagram). Pair up the players and place each player on the end line. One player will call the turn and say go. The players will go to the furthest cone and execute the turn, then go to the cone diagonally behind and execute the turn again, then RWB to the last cone. The player that arrives to the last cone first gets 10 points</p> <p>Turns are:</p> <ul style="list-style-type: none"> • Inside of the foot cut, Outside foot hook and Drag Back 		<ul style="list-style-type: none"> • How can we move the ball quickly over a big space? • What surface of foot should we use to turn with the ball? • How do we change directions? • What are some ways we can make the ball start and stop?
Activity 3	<p>Moving Goal in 2's: Put the players in pair with a soccer ball. The players are dribbling and passing to his/her partner in a 15x20 yard grid. Two coaches hold a practice vest (penny) between them, forming a goal moving all over the playing area. The players will try to score by passing and receiving the soccer ball on the other side of the moving goal. The pairs can only score in the moving goal after completing two passes away from the moving goal</p> <p>Coach: give more points for long passes made away from the moving goals.</p>		<ul style="list-style-type: none"> • How to pass and receive? • Who to pass to? • Why to pass? • Where to pass to? –Feet or Space? • What to say and where to move to? • What surface of foot and ball to strike?
Activity 4	<p>2v2 Combat: The coach makes two teams of 3-5 players each. The players are lined up next to the coach. When the coach serves the ball on to the field, two players next to the coach on each team will go after the soccer ball and retrieve it and dribble or pass it into their team's goal for a point.</p> <p>Variation: Players must connect one pass before going to goal. Increase numbers to 2v2, 3v2 and 3v3's.</p>		<ul style="list-style-type: none"> • Who, When, Where, Why What and How to Attack? • Who, When, Where, Why, What and How to Defend?
Match	Full/Half Field Scrimmage	Using full field if available or use half if other half is occupied	
			10-15 minutes