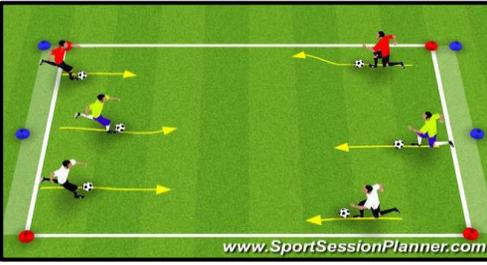
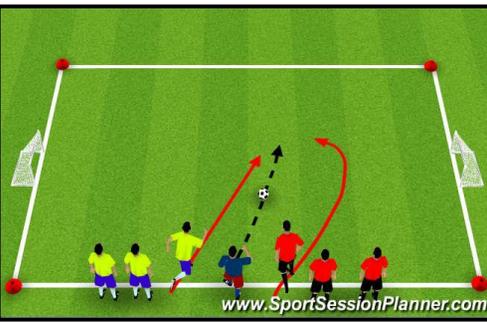


JASA KICKERS PRACTICE LESSON PLANS-WEEK 2

Stage	Activity Description	Diagram	Guided Questions	
Activity 1	<p>Freeze Tag: The coach or coaches start as the freeze monster without a soccer ball. The players are dribbling their soccer ball. When a freeze monster tags a player, he/she is frozen (hold a soccer ball on top of your head with legs opened). To unfreeze, any dribbler must pass the soccer ball between the frozen player's legs. The Coach starts as the freeze monster then he can select one or two players to be the monster.</p>		<ul style="list-style-type: none"> • How far should the ball be from the dribbler? • What surfaces to use? • When and how to run with the ball and change directions • How to stop the soccer ball? • When and how to unfreeze a player? 	
Activity 2	<p>Cross the River: Get the players in pairs and place them on opposite sides of the soccer grid. At coach's command, the players will dribble the soccer ball to the other side of the grid. They will try to cross the river as fast as they can. When they arrive to the other side they must control the soccer ball within the end zone in order to get a point. Players must call out their name when they have full control of the ball. Start with Foundation moves then running with the ball.</p>		<ul style="list-style-type: none"> • How far should the ball be? • How far should the first touch be? • What surface to use when running straight with the ball? • Where should the eyes be looking? • How to stop the ball? 	
Activity 3	<p>Combat 1: 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 playing area, the first players next to the coach will go after the soccer ball and retrieve it by dribbling and kicking it into their team's goal for a point. The coach can make the games 1v1, 2v2 and 3v3's. You can have several groups of players playing in the soccer area.</p>		<ul style="list-style-type: none"> • How and when to protect the soccer ball? • What surfaces to use? • When and how to run with the ball and change directions? • How to stop the soccer ball? • After getting the ball what should the dribbler do? 	
Activity 4	<p>Get "Outta" There with Numbers: The players are divided into two teams, with each player given a number from 1-4 or 5 (depending on total amount of players). Players are positioned at either side of the coach, with multiple soccer balls, outside a 10x15 yard grid with two (one) small goals on each end line. The coach calls out a number (s), 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 yells "Get outta there". Coach: Can make the games 1v1, 2v2,</p>		<ul style="list-style-type: none"> • How far should the ball be from the dribbler? • When and how to run with the ball and change directions? • When to dribble when to shoot? 	
Match	4v4 - Full Field Scrimmage	Set up to scrimmage like a normal game would be played.		10-15 minutes