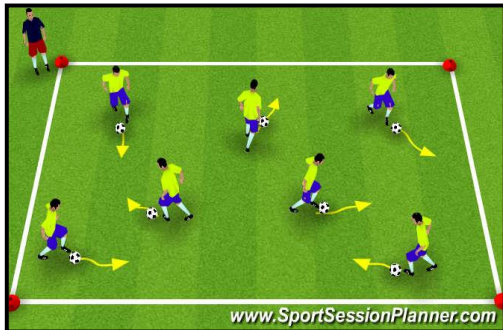
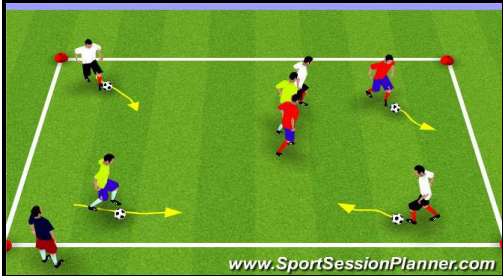

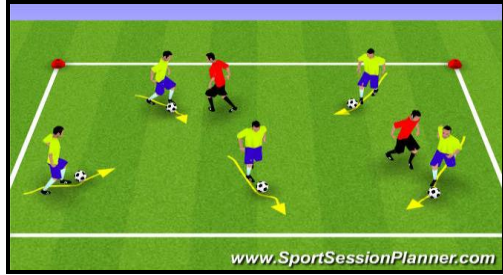


# JASA KICKERS PRACTICE LESSON PLANS-WEEK 3

Stage	Activity Description	Diagram	Guided Questions	
<b>Activity 1</b>	<p><b>Columbus Traffic:</b></p> <ul style="list-style-type: none"> <li>• Players dribble their soccer balls trying not to crash with any other player. Every time a player is in front the players should “BEEP” him/her out of the way.</li> <li>• Coach should give a ticket to any players that crash. After 3 crashes, he or she must do 10 ball taps and get back in traffic</li> </ul> <p><b>Add tall cones</b></p> <ul style="list-style-type: none"> <li>• The players try to dribble as close to any tall cone as they can without knocking it over. If they knock it over, they must stand it back up before they can continue</li> </ul>	 <p style="text-align: right; 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>Snake:</b></p> <p>All players are dribbling a soccer ball in a 15Wx20L yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts.</p> <p><b>Coach:</b> Encourage the snake players to hiss.</p>	 <p style="text-align: right; 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> <li>• When and how to unfreeze a player?</li> </ul>	
<b>Activity 3</b>	<p><b>Dribble Tag:</b></p> <ul style="list-style-type: none"> <li>• All players dribbling a soccer ball will try to tag each other with their hands.</li> <li>• Players cannot abandon their own ball to tag.</li> </ul> <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: right; 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 4</b>	<p><b>Bandits 1:</b></p> <p>Select 1 or 2 players to be the Bandits. Their mission is to get any dribblers' ball, once the bandit gets a ball the player without the ball becomes the new bandit.</p> <p><b>Variation:</b> When the bandit gets a ball, he/she must dribble it outside the grid. The player that lost the ball can regain it back, but after the ball goes outside the player becomes another bandit.</p>	 <p style="text-align: right; font-size: small;">www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• When and how to protect the soccer ball?</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> <li>• After getting the ball what should the dribbler do?</li> </ul>	
<b>Match</b>	<b>4 v 4 - Full Field Scrimmage</b>	<b>Set up to scrimmage like a normal game would be played.</b>		<b>10-15 minutes</b>