
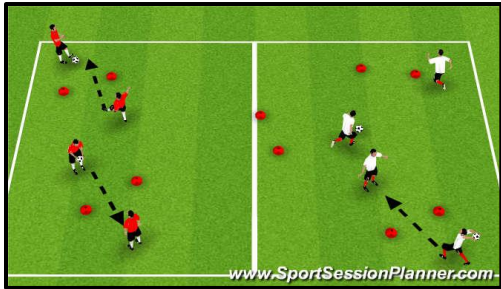

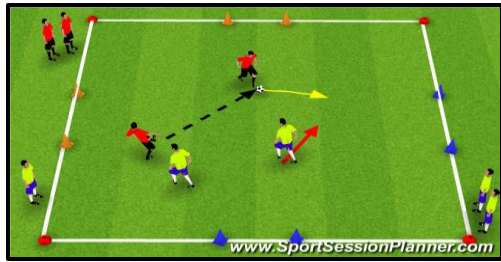


# JASA MINI'S PRACTICE LESSON PLANS-WEEK 4

Stage	Activity Description	Diagram	Guided Questions
<b>Activity 1</b>	<p><b>Gate Dribbling:</b> In a 20Wx25 L yard grid set up as many gates (two cones about 2 yards apart). All players with a ball must dribble through the gate in order to score a point.</p> <p><b>Coach:</b> Have players keep count of how many points they scored in 30 seconds. Repeat asking the players to beat the score by one or more points. You can also ask them to dribble with the left or right foot only.</p> <p><b>Version 2:</b> Add “bandits” or defenders</p>		<ul style="list-style-type: none"> <li>• What surface to use?</li> <li>• When exiting a gate how fast should we go?</li> <li>• How to stop the soccer ball?</li> <li>• Where should the eyes be looking?</li> <li>• Where to go next?</li> </ul>
<b>Activity 2</b>	<p><b>Gate Problems:</b></p> <ul style="list-style-type: none"> <li>• In a 20Wx30L yard grid, place several gates of 1.5 yards each. You need more gates than pairs</li> <li>• The coach will tell the players how they can score thru the gates. The first pair to 10 will win the round</li> <li>• Each round has a different task that makes the players cooperate in problem solving: Complete 2 passes in every gate, etc.</li> </ul> <p><b>Variation:</b> After every gate the players will find a new partner</p>		<ul style="list-style-type: none"> <li>• What part of the foot do you use to pass the ball?</li> <li>• How can the players cooperate to pass the ball quicker and accomplish the tasks?</li> <li>• What surface to receive the ball?</li> <li>• When and where do you dribble?</li> <li>• Where should the first touch be?</li> </ul>
<b>Activity 3</b>	<p><b>2v1 Keep the Treasure:</b> In a 20Wx30L yard grid, divide the team in groups of 3 players. One player is the Defender and the other two are the Keepers of the Treasure (The Ball). The Keepers of the treasure are working to keep the treasure by shielding, passing or dribbling the treasure around; while the defender is trying to get possession of it. If the defender gets it the Keepers will try it to regain it back ASAP</p>		<ul style="list-style-type: none"> <li>• How do you keep the ball close to you?</li> <li>• How can we protect the ball in small spaces?</li> <li>• Which parts of the foot can we use to dribble, pass and receive the soccer ball?</li> <li>• Where should we be to help our teammate?</li> </ul>
<b>Activity 4</b>	<p><b>2v2 to Cross Goals:</b> In a 12x12yd grid, set up a two yard goal (two red and blue goals) on each side of the grid. Divide the team into two groups. The attackers start with a soccer ball, trying to score by dribbling or passing through any of the two furthest goals. The defenders are trying to defend the goals closest to them. If a defender gets the ball, he/she tries to score in the opponent’s goal.</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>Full/Half Field Scrimmage</b>	<b>Using full field if available or use half if other half is occupied</b>	
			<b>10-15 minutes</b>