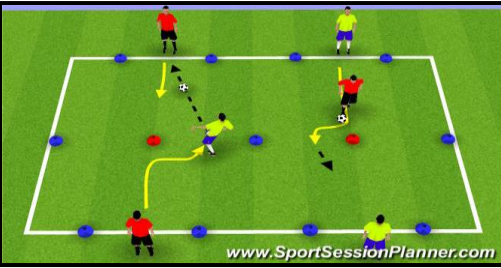


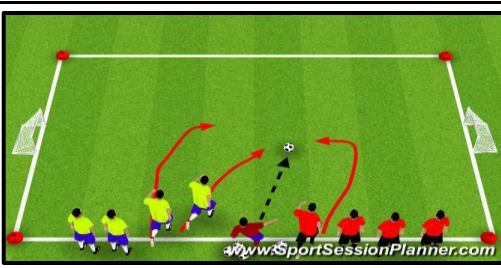


JASA MINI'S PRACTICE LESSON PLANS-WEEK 5

Stage	Activity Description	Diagram	Guided Questions
Activity 1	<p>Receive, Pass and Dribble:</p> <ul style="list-style-type: none"> • Set up as many 5Wx10L grids with 3 players, 2 at one end. • The player with the ball will dribble towards the cone, beat the cone with a move and pass the ball to the next player in line • Player should not stop the ball when receiving it but redirect it towards the direction they want to go 		<ul style="list-style-type: none"> • How can we keep the ball under control? • What moves can we use to beat the 'defender'? • Where should our plant foot be to pass the ball on the move? • Where should our first touch lead us?
Activity 2	<p>Cops and Robbers I:</p> <ul style="list-style-type: none"> • The coach sets up 8-10 stand up (tall) cones in a 15x20 yard grid. Robbers will strike the ball and try to knock the cone (the banks) down. The cops (2 or 3 players) are without soccer balls and are trying to stand all the cones back up before all the banks are robbed. Rotate the cops and the robbers. • The Coach starts as the guard, and then selects players to be the guard. 		<ul style="list-style-type: none"> • What surface of the foot to use to strike the ball? • From how far? • How to dribble and strike the ball? • How to avoid the cop and strike the cone?
Activity 3	<p>Cops and Robbers II:</p> <ul style="list-style-type: none"> • The coach sets up 8-10 stand up (tall) cones in a 15x20 yard grid • Pair up two players and one ball, they the Robbers, will pass the ball to each other and try to knock down the cone. • The cops (2 or 3 players) are without soccer balls and are trying to stand all the cones back up before all the banks are robbed. Rotate the cops and the robbers. • The Coaches may start as the guards, then selects players. 		<ul style="list-style-type: none"> • How hard or soft can we strike a pass? • What parts of the foot do we dribble with or pass the ball? • How do we get the passes to be accurate? • How do we make a harder pass?
Activity 4	<p>Up and Down Numbers Get "Outta" There :</p> <p>The players are divided into two teams. Players are positioned at either side of the coach, with multiple soccer balls, outside a 15Wx20L yard grid with one small goals on each end line. The coach 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 calls out "Get outta there".</p> <p>Coach: 1v2, 2v3, or 4v3. They should vary the service.</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