


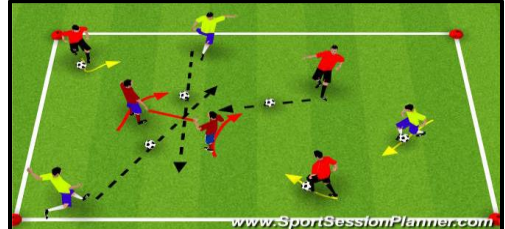


# JASA KICKERS PRACTICE LESSON PLANS-WEEK 6

Stage	Activity Description	Diagram	Guided Questions	
<b>Activity 1</b>	<p><b>Treasure Hunt</b> Divide a 20Wx 30L yard grid into three sections as shown in the diagram. The first section is empty, in the second section place about 6-10 discs, in the 3rd section place about 6-10 high cones and outside the grid place about 6-10 soccer balls. Divide the players into groups of 2 or 3 players. When the coach says go, the first player of every line will go to get an item. Players can get an item from any treasure chest.</p> <ul style="list-style-type: none"> <li>• <b>Disc = 5 pts., High Cone = 10 pts. and Balls = 20 pts.</b></li> </ul> <p><b>Notice:</b> Coaches you can use any kind of equipment as the treasure: Pennies, water bottles, bags etc.</p>		<ul style="list-style-type: none"> <li>• How do we keep the ball close to us?</li> <li>• Where should we be looking?</li> <li>• If someone goes after your treasure what can you do?</li> <li>• How fast should we try and dribble?</li> <li>• Which treasure is worth the most points?</li> </ul>	
<b>Activity 2</b>	<p><b>Cars</b> Players dribble their soccer balls trying not to crash with any cone or other player. Every time a player is in front of the players should "BEEP" him/her out of the way. The coach should control the traffic by saying Green Light, Yellow Light, Red Light.</p> <ul style="list-style-type: none"> <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>		<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 3</b>	<p><b>Sharks and Minnows:</b> In a 15Wx20L yard grid have 3-4 players acting as the sharks. The minnows are at one end of the grid with their soccer balls. When the Sharks say "Fishy, Fishy Cross My Ocean" the minnows try to dribble to the other end of the grid and the sharks are trying to kick the ball out. When the dribbler's ball goes out, he/she becomes a shark. If the minnows reach the other end, they will wait for the Sharks to command them to play again. The game continues until all players turn into sharks.</p>		<ul style="list-style-type: none"> <li>• When should you keep the ball close?</li> <li>• Why should you kick the ball further in front of you?</li> <li>• What can you do if you see a shark coming to get your ball?</li> </ul>	
<b>Activity 4</b>	<p><b>Moving Goal:</b> All players are dribbling a soccer ball in a 15Wx20L yard grid. Two coaches hold a practice vest (penny) between them, forming a goal. The players must try to kick their ball through the goal.</p> <p><b>Coaches:</b> Move around into open space so that the players have to dribble around and kick their ball through a moving target.</p>		<ul style="list-style-type: none"> <li>• What surface of the foot to use to dribble and strike the ball?</li> <li>• From how far?</li> <li>• How to dribble and strike the ball?</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>