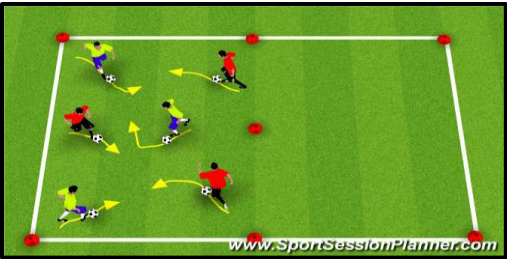


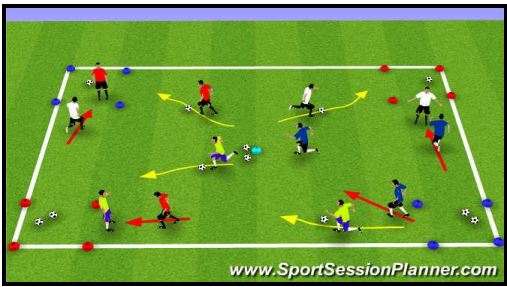


# JASA KICKERS PRACTICE LESSON PLANS-WEEK 9

Stage	Activity Description	Diagram	Guided Questions
<b>Activity 1</b>	<p><b><u>Math Dribble:</u></b> Divide the playing area in two halves. Have the players dribble around in 1 half. Coach shouts a number – “2” or “3”. The players must dribble and gather to form a group equal to the number called. After a while say SWITCH and have the players run with the ball to the other half and continue with the activity.</p>		<ul style="list-style-type: none"> <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>• How fast can we get into the groups and how to make the groups?</li> </ul>
<b>Activity 2</b>	<p><b><u>Marble Kings:</u></b> In a 20Wx30L yard grid, select 3 Marble Kings who have a soccer ball in their hand. The Marble Kings have to run around and with their ball hit the dribblers’ ball. Once the dribbler is tagged, he/she takes the place of the Marble King. <b>Variation:</b> Start with one Marble King. Every time a dribbler gets tagged he becomes a Marble King.</p>		<ul style="list-style-type: none"> <li>• How can we keep the ball close to us?</li> <li>• How can we change direction?</li> <li>• How can we control the ball in a small space without moving?</li> </ul>
<b>Activity 3</b>	<p><b><u>Doctor, Doctor:</u></b> Divide the group into two teams. Send them to their hospital (corner boxes). Each team selects a doctor. He/she will cure (unfreeze) his/her team’s players. Teams try to freeze each other by hitting the players with their soccer balls below knees or striking their balls. When frozen, players must put ball above head, remain in place, and yell “<b>Doctor, Doctor</b>”. The Doctor is without a ball, and is safe in the hospital, but when they come out, they can be frozen. When the doctor is frozen the game is over.</p>		<ul style="list-style-type: none"> <li>• How far should you be from the player to strike the Doctor with your ball?</li> <li>• What part of your foot do you want to use to Strike the ball?</li> </ul>
<b>Activity 4</b>	<p><b><u>Capture the Balls:</u></b> Players should be divided into equal teams to play in a grid with each team’s home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach’s command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent’s home bases. <b>Coach:</b> Call time and each team counts the balls they have collected.</p>		<ul style="list-style-type: none"> <li>• How to get the balls from the center or other home bases?</li> <li>• How to defend their home base?</li> <li>• When to dribble, when to pass?</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>