
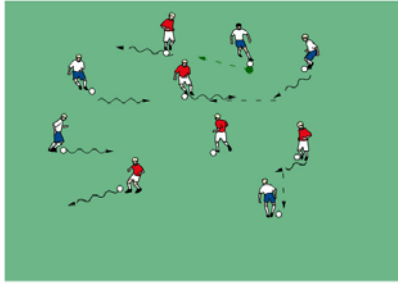
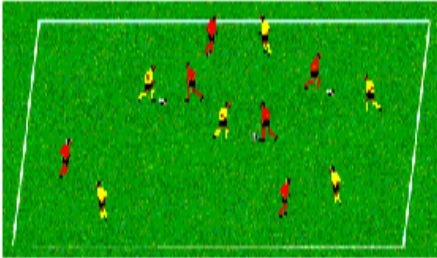


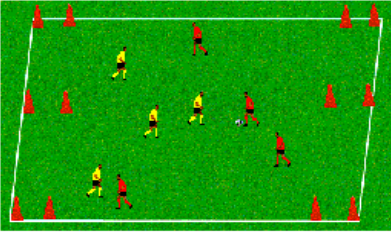
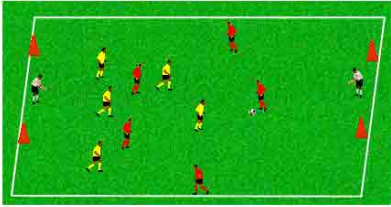
Indiana Youth Soccer Association Lesson Plans

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Age Group: ODP District Training September 23, 2005

Topic: Dribbling with the head up

Activity Name	Description	Diagram	Purpose/Coaching Points
1			
Warm-Up Numbers	All players have a ball. When a number is called they perform a task. Go up to about 7-8 numbers.		<ul style="list-style-type: none"> • Warming them up • Incorporate Dynamic Stretching • Fun
2			
Match Related	“Moving Marbles” All players have a ball and are inside a playing area. Each player tries to pass and hit another player's ball while they are moving. If a pass and hit someone else's ball they get a point. Variation: Divide into two teams. One team is trying to hit the other team's ball. One team is designated as the passing team, the other is the dribbling team. After time, they switch roles. Play 3 rounds and see which team has the most total amount of hits.		<ul style="list-style-type: none"> • Head up • Change of direction • Surface of foot used to change direction
3			
Match Related	1v1 Battles Players match up with someone and have a ball. Half of the groups are playing 1v1, the other half of the group are “human gates”. Players that are playing play 1v1 against a partner and get a point everytime they dribble between a human goal. After a minute, players who were playing now become a “human goal” and “human goals” play 1v1.		With pressure on, can you keep your head up to keep possession?

4			
Match Related	<p>4v4-Endzone Game</p> <p>Two teams of 4v4. Each team has to dribble their ball to an end zone under control. Ball cannot be passed into end zone. Players are allowed to dribble out of bounds, but have 3 seconds to get back on and must dribble ball back in-not pass the ball in. Players may only enter end zone from inbounds. The twist with allowing the ball to be dribbled out of bounds is to give them the option of keeping the ball if only for a few seconds.</p>		<p>Keeping the head up when you have no pressure</p> <p>Keeping your head up when you have no pressure.</p>
5			
Match Condition	Play 6v6 w/Goalkeepers across the field		Play and assess