

# LESSON PLAN: 2

## FOCUS- BASIC BALL SKILLS

### PRACTICE PLAN: BASIC BALL SKILLS

#### **START** 1 min

Collect players at an identifiable and routine location (ex. stand on the BLUE cones).

#### **WARM-UP GAME** 3-5 mins

Example: Freeze-Tag

- Have players skip or gallop while moving around the defined area.
- Rotate “IT(s)” every 30 seconds- 1 minute.

#### **STRETCH** 2-3 mins

Have players stand in a circle, and lead them in gentle stretches and movements.  
(ex: touch toes, calf stretch, quad stretch, hamstring stretch, hip circles, arm circles)

#### **BALL INTRODUCTION** 1 min

*(Ball bag has been closed up until this point for your own sanity)*

Have players sit/ line up and hand out balls to them one by one.

#### **SKILLS & DRILLS** 20-25 min approx.

- Bum Ball 5 mins
- Beavers 5 mins
- Egg Hunt 5 mins
- Pirates 5 mins

#### **BREAK** 5 mins

- Clear the field of play. Clean up balls, cones, etc.
- Organize game

#### **MINI GAME** 30 mins

See “EWZSA Modified Laws for U4 / U5” for rules and set up



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- |                          |        |
|--------------------------|--------|
| ▪ Basic Ball Skills      | 5 mins |
| ▪ Pirate’s               | 5 mins |
| ▪ Egg Hunt               | 5 mins |
| ▪ Red Light, Green Light | 5 mins |

### **BREAK 5 mins**

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## Basic Ball Skills

### 1. FORWARD TAPS/HOPS SETUP:

- Each player needs one ball
- 5m by 10m rectangle (adjust as needed)
- Line players up along the long edge of the box, each with a ball

#### DRILL PROGRESSION

##### (Demonstrate each step before instructing players to try) Step 1 (Taps)

- Have players lightly place the sole of one foot on top of the ball
- Have them hop, and switch feet, so the other foot is now resting on the ball.
- Repeat 10 times

##### STEP 2 (STEP-ROLL)

- This step adds forward movement
- Starting with one foot on the ball, players give the ball a gentle roll forward.
- They take a step, and switch feet so now the other foot is on the ball.
- Repeat at a walking pace.

##### STEP 3 (HOP-ROLL)

- Same progression as Step 2, however, they are to hop to switch feet instead of walking
- Too easy? Make it faster.

**CAUTION** - the ball is to remain within reach of feet at all times. The goal of this is not to be a race, but to work on ball control (in feet ).

### 2. BACKWARDS TAPS/HOPS SETUP:

#### DRILL PROGRESSION

##### (Demonstrate each step before instructing players to try) Step 1

- Teach Forward Taps/Hops

##### STEP 2 (STEP-ROLL)

- Start with one foot on the ball, leg extended (this is important, as the ball needs to be rolled towards the player and needs room to move)
- Roll the ball towards the player with the foot on top of the ball
- Step back with the same foot that was on the ball, place weight on this foot and switch feet.
- The ball is to be kept IN FRONT of the player at all times (it is not to be rolled behind them)

##### STEP 3 (HOP-ROLL)

- Hopping instead of walking

#### Beaver's

##### SET-UP:

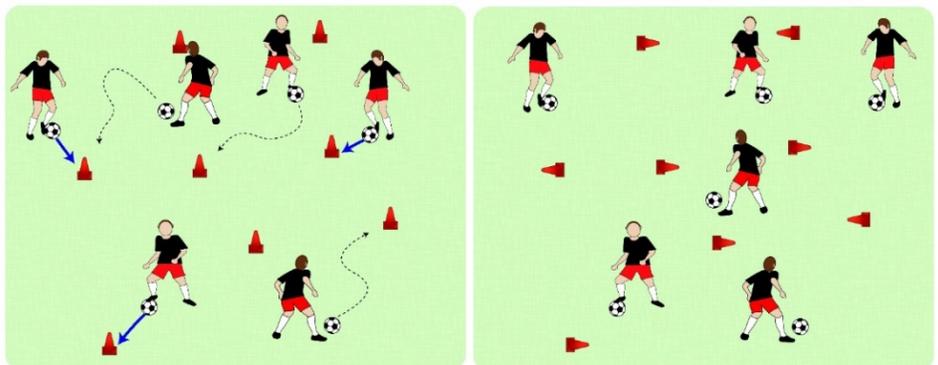
- Min. 1 tall cone per player, more if possible.
- One (1) ball per player.

##### GAMEPLAY/RULES:

**Tall cones:** trees

**Players:** beavers

- Disperse the Trees around an area.
- Have the "Beavers" stand them upright.
- The beavers goal is to knock down all the trees.
- Beavers knock down trees by passing their ball at the cone.



- Once all the trees have been knocked down. Have your beavers set them up again.

## Bum Ball

### SETUP: ■

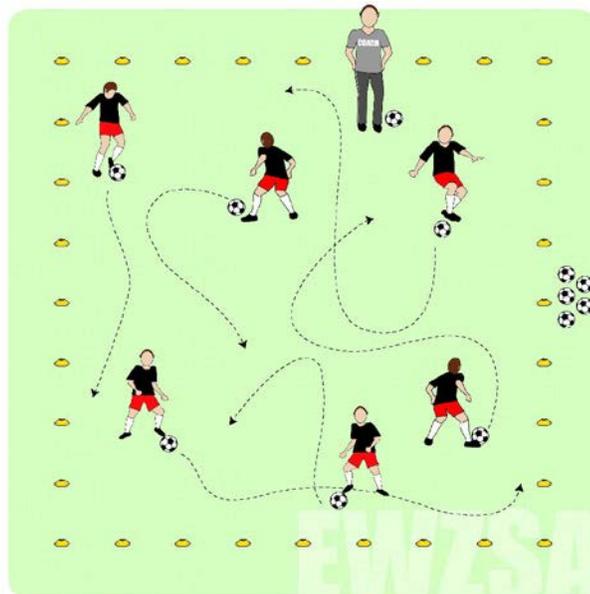
- Each player needs one (1) ball

### GAMEPLAY/RULES:

- Players begin spread out inside the box, with a ball in their feet.
- They are to dribble around inside the box.
- Coach calls out a body part, which players are to touch to the ball (ex: head, shin, stomach, hair, ear, bum – which is the funniest, of course).
- Players should use feet to stop the ball before putting the required body part on the ball.

### PROGRESSION

- Have players use a specific part of their foot.
  - Only the insides of feet.
  - Only the outsides of feet (Note: remind players to keep their toes pointed down).
  - Only the left foot.
  - Only their right foot.



## Egg Hunt

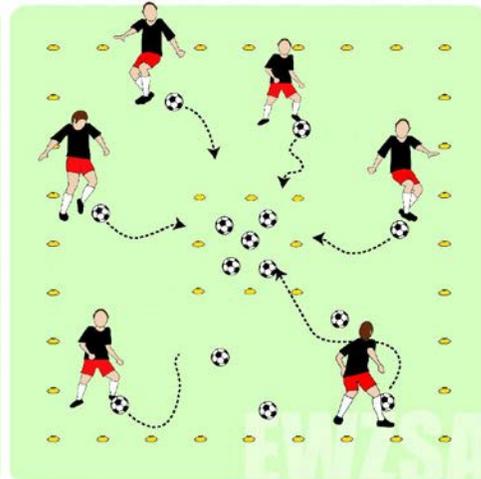
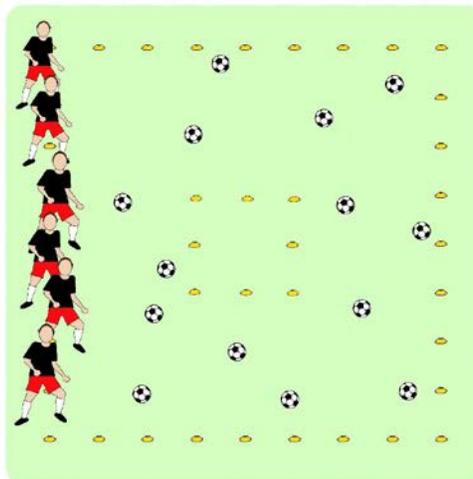
### SETUP:

- A 2m by 2m square within a larger playing area
- At least one ball per player

### GAMEPLAY/RULES:

- Scatter balls around the playing area
- Collect players at one end of the playing area
- At your signal, players are to run to a ball and move it (using feet) into the small 2m by 2m box.

Game ends when all balls are in the box.



## Pirates

### SET-UP: ■

- One (1) ball per player

### GAMEPLAY/RULES:

- The goal of this game is to kick the other players' balls out of the square while protecting their own ball.
- You may explain that the players are "PIRATES" and pirates love to steal treasure – they do this by kicking other player's treasure (*their ball*) out of the box. Caution them about leaving their own "treasure" unattended while attacking others.
- Once their ball has been kicked out, they are to retrieve it and return to the game.
- Play for 1-2 minute intervals and give them a rest.
- If the game stalls (they are standing and only protecting their balls), as the coach, join in and attack players' balls to get them moving. You can also count down from 10 and that usually gets them moving.



### PROGRESSION:

- To add consequence to the ball being kicked out, each player must do a task (e.g. 5 push-ups or sit-ups) before returning to the game.

## Red-Light, Green-Light

### SET-UP: ■

- One (1) ball per player

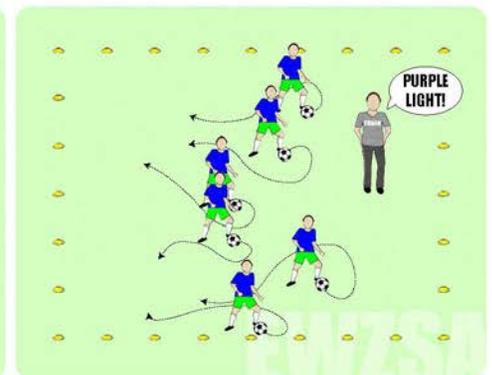
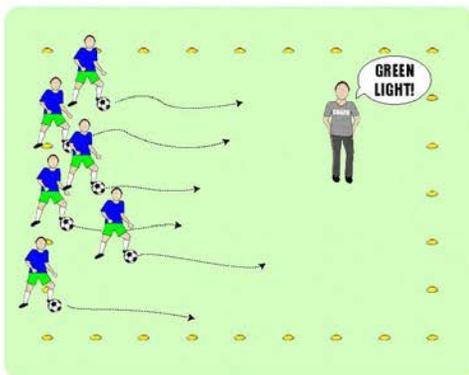
### GAMEPLAY/RULES:

- Line up all players at one short (5m) end of the box with a ball.
- Explain objective and rules to players:
  - Objective is to reach the other side of the box first.
  - When coach says "Green-Light!" that means go. When coach says "Red-Light!" that means stop.
- Caution them that if their ball rolls too far away, they will have to go back to the beginning (or the coach might kick it away...)
- Once all players have reached the end, restart and play game

### PROGRESSION:

- Assign different skills to different color lights. Be Creative!

Example: ("Purple-Light!" - switch directions. "Orange-Light!" – stop the ball, and do a 360° turn. (with or without ball)



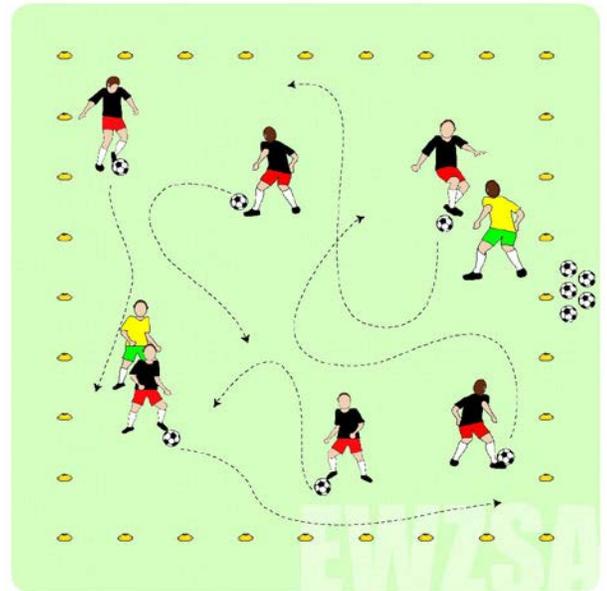
## Shark Attack

### SET-UP: ■

- One (1) ball per player (one or two do not need a ball)

### GAMEPLAY/RULES:

- Select two players to be “IT,” they are the “SHARKS.” These players (2) do not need a ball.
- All other players each need one ball; they are “FISHIES.”
- The goal is for the sharks to kick all the FISHIES balls out of the box within a time limit.
- FISHIES are to protect (*shield*) their ball and not let the SHARKs kick their ball out.
- When a ball is kicked out, the FISHIES are to retrieve it and return to the game
- When the time limit is reached, switch “IT’S.”



### PROGRESSION:

- To add consequence to the ball being kicked out, each FISHIE must do a task (*ex. 5 jumping jacks, sit-ups, etc.*) before returning to the game.