

# LESSON PLAN: 2

## FOCUS- BALL CONTROL & PASSING

### 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.

- Shark Attack 5 mins
- Passing in Partners 5 mins
- Mosquito 5 mins
- Red Light, Green Light 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 U7” for rules and set up



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### **BALL INTRODUCTION 1 min**

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

- Basic Ball Skills 5 mins
- Pirate’s 5 mins
- Mosquito 5 mins
- British Bulldog 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 U7” for rules and set up



## 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



## British Bulldog

### ■ SETUP:

- One (1) ball per player (one "BULLDOG" to start, does not need a ball)

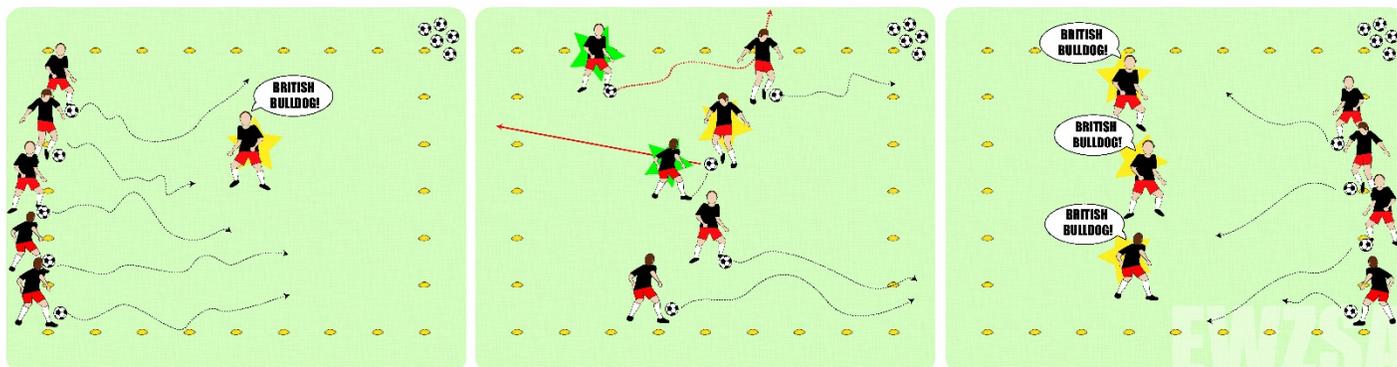
### GAMEPLAY/RULES:

- The goal is to be the last player with a ball
- Line all players up on one short end of the box, each with a ball.
- Select one "it" to be the "Bulldog". Position this bulldog in the center of the box, facing the players with the ball
- When ready, the bulldog shouts "BRITISH BULLDOG!" This is the signal for the players with the ball to dribble to the opposite side of the box - if they get past the other side of cones they are "safe."
- The bulldog will attempt to strip players of the ball and kick it out of the playing area.
- If a player's ball is kicked out of bounds, they join the bulldog in the middle of the box for the next round.
- Remaining players line up on the end line they have just arrived at.

### REPEAT STEPS:

- Bulldogs call out "British Bulldog"
- Players dribble to the opposite end of box, Bulldogs kick balls out
- Players stripped of balls become bulldogs

Last player standing becomes the new bulldog for the next round.



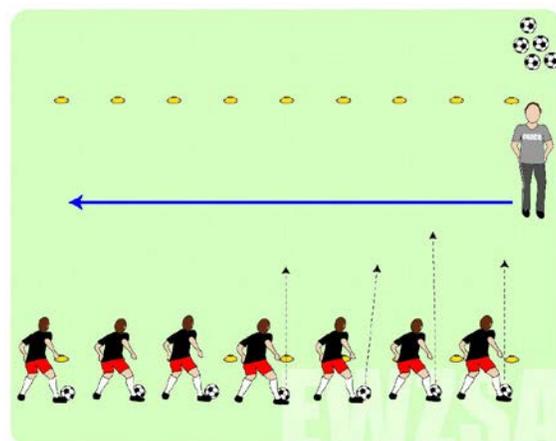
## Mosquito

### SETUP:

- Each player needs one (1) ball

### GAMEPLAY / RULES:

- The goal is to "hit the mosquito" with the ball - they are to use correct passing/shooting technique when kicking the ball at you.
- Line all players up facing you, each with a ball.
- At your signal, you will run/ jog slowly in front of all the players, who will kick the ball at you.
- If they hit you, they score a point.
- Once all balls have been kicked, then they may retrieve them and line up again.



### CAUTIONS:

- They are to keep the ball on the ground; no points if they hit you above the knee (you may even choose to have a deterrent such as push-ups).
- Players are not to move off the line to retrieve balls until all the balls have been kicked.

## Passing in Pairs

### SETUP:

- One ball per two players
- Pair players off, have them face each other about 3m apart

### DRILL PROGRESSION

- Demonstrate correct technique:
  - "Step-kick" i.e., players take a step and plant their non-kicking foot before executing the pass with their kicking foot
  - Usage of the inside of the foot (not laces or toes). You may have to assist and manually manipulate players' leg to "get" the feeling of leg turn-out
- To make the drill more difficult after technique is established, move the players farther apart

## Red-Light, Green-Light

### SET-UP: ■■■

- One (1) ball per player

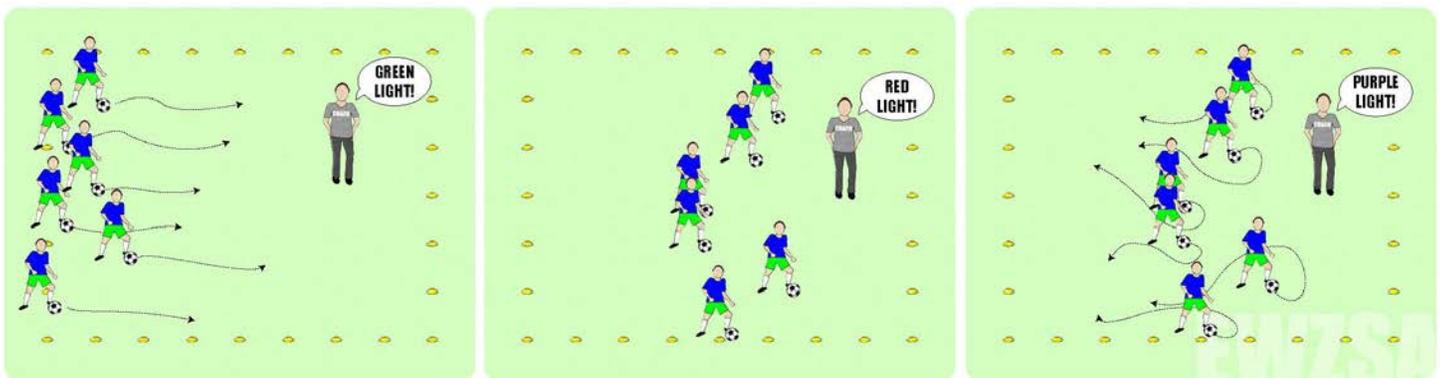
### GAMEPLAY/RULES:

- 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))



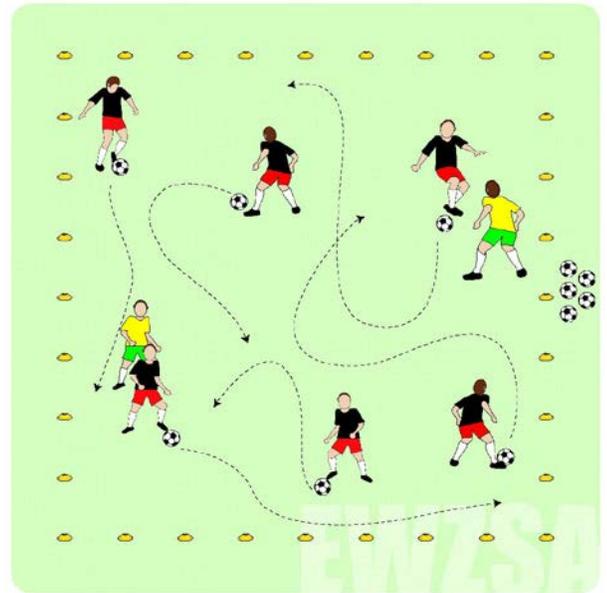
## Shark Attack

### 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.