



Sparks Lesson Plan - Week 1

Coach's (Team Leader) Qualities: Facilitator, Friendly Helper, Organizer, Motivator, Patient, Enthusiastic, Imaginative

Goals for Players: Short attention span, Individually oriented, Sensitive, Constantly in Motion

What to Teach:

Technique: Dribbling, Kicking, Catching

Psychology: Sharing, Fair Play, "How to Play", Fitness: Balance, Running, Jumping, Rolling, Hopping, Skipping

Tactics: Boundaries of Field, Moving in Correct Direction

Rules: Kick off, Goal Kick, Ball in/out of play, Handball, Physical fouls

Length of Session: 60 Minutes

Activity #1 (6 – 8 minutes) **Simon Says** – Players do as you say! run around the ball, jump over the ball, forward, backwards, etc. Coaching (Team Leader) Tip – Be enthusiastic and goofy, demonstrate and have fun.

<https://www.youtube.com/watch?v=pZgCXoCm0MM>

Activity #2 (6 – 8 minutes) **A Drive Around Town** – Players jump on their favorite type of car and BEEP their horn as loud as possible. Coaching (Team Leader) Tip – When demonstrating act like a car, as game goes on you can put on brakes and TURN! Make sure you are enthusiastic and have fun.

<https://www.youtube.com/watch?v=RWX00wOLAWQ>

WATER BREAK – 45 SECONDS

Activity #3 (6 – 8 minutes) **Everybody's It** – Players run around with ball at their feet trying to tag each other. Variations to game – players count how many players they can tag, coaches run around tagging everyone. Coaching (Team Leader) Tip – Be enthusiastic, energetic and have fun.

<https://www.youtube.com/watch?v=5mePFwx7yek>

Activity #4 (6 – 8 minutes) **Red Light, Green Light** - Players dribble towards opposite line, they go on green light, they stop on red light. They start over if they get caught not freezing on the red-light command. Players continue until they have made it through the finish line. Coaching (Team Leader) Tip– Play without the ball so players can get the hang of the game. Make it fun!

<https://www.youtube.com/watch?v=3X37QIBIR-8>

WATER BREAK – 45 SECONDS

Activity #5 (6 – 8 minutes) **Hit the Coach!** – Players dribble around trying to hit coach with the ball. Coaching (Team Leader) Tip – Be creative (first to two wins), goofy (fall when you get hit) energetic and have fun.

<https://www.youtube.com/watch?v=BilrRgwXqqA>

Activity #6 (15 – 18 minutes) **3v3 Small Sided Games** - Break up your team into four teams of equal numbers. Set up two fields of equal size and play 3v3 or 4v4 (based on attendance). If number of teams is unequal, make sure players are not sitting out for more than 90 seconds at a time. Coaching (Team Leader) Tip – Let the game be the teacher, focus on teaching fundamentals, e.g., which direction to go, how to score, what is out of bounds, what is a foul. UTILIZE assistant team leaders in this activity as much as possible.

<https://www.youtube.com/watch?v=p0G5i3ga6g>