



Lesson Plan



Activity Name	Description	Diagram	Purpose/Coaching Points
1			
Knock Out	O players try to tackle the X players with the ball – O will count how many times they make a tackle. Repeat the activity with players playing for 30 seconds each time and keep score each time.	<p>6 x 6 grids</p>	Supporting foot next to the ball. Lean forward from the shoulders.
2			
1 vs. 1 Battle Ladder	1 point for a tackle 1 point for a goal 3 points for a goal that happens after a tackle		Lock the tackling foot's ankle with toes pointed slightly forward.
3			
Line soccer. 2 vs. 2 3 vs. 3	When a player scores from a block tackle he/she gets 3 points and a regular goal counts as 1 point. Progress this activity from 2 vs. 2 to 3 vs. 3 and use the same rules each time.		Tackle with the full body weight. <ul style="list-style-type: none"> • Close the ball down quickly. • Try to win the ball back as soon as possible.



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4			
8 vs. 8 or 6 vs. 6 The "time zones"	Regular game - if you tackle within the final third of the field. 4 points + 1 point for a goal	4 pts 3 pts 2 pts A M D D M A	Commit fully to the tackle.

5

Cool down

Juggling and Stretching
