



Lesson Plan



Activity Name		Description	Diagram	Purpose/Coaching Points
1				
1 player/1 ball dribbling in area	Players are dribbling in 30 x 30 yd area. On coaches command, players change speed, change direction. May incorporate feints into this stage	30 x 30 yd field		Change of speed Head up Change of direction Ball under control
2				
1 v 1 to lines	Players play 1 v 1 to line. Score by dribbling over line. Winners play after 30 seconds. Count number of wins.	10 x 15 yd. field		Above points
3				
4 v 4 to lines	Players play the game and score by dribbling ball, under control, over opponents line. Can put in condition that no back or square passes are allowed.	30 x 40 yd field		Same as above
4				
8 v 8 – The Game	Play the game.	50 x 70 yd field		Same as above