

GRP Lesson Plan

1. Warm-Up (without ball)

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| X | | - Cones 5 yards apart |
| | X | - Start by jogging to each cone (on diagonals) |
| X | | - Shuffle to each cone and around each cone |
| | X | - Forward/Backward alternating at each cone |
| X | | - Butt Kicks/High Knees alter at each cone |
| | X | - Imaginary scissors at each cone |
| | | - Imaginary step-over at each cone |
| | | - Double footed jumps to each cone |

2. Movements with Ball

- 20x20 box set-up
- Each player has a ball and is on the dribble
- Avoiding other kids working on head up
- Call out different surfaces of the feet to dribble with (laces, inside, roll with the sole, outside, combine a few)
- Number Moves do on command and change speed after move
 1. Matthews
 2. Scissors
 3. Step-Over
 4. Etc.

3. Juggling

- Teach Proper Technique
- Right Foot/Left Foot
- Progression – from hands (1 catch right foot, 1 catch left foot, etc.), then from ground

4. Gates – Dribbling with a defender

- 30 x 25 yard box with multiple gates set-up inside
- 1v1: 2 players 1 ball
- 1 player tries to get through as many gates as possible in 30 seconds
- The other player is a live defender trying to not let them score
- Switch Roles after 30 seconds then switch opponent
- Make it fun and challenging!
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5. Play Bigger Field

- Dribble Over end line (Must pass once before scoring)
- 3v3, 4v4
- Change to actual goals on the ground to pass through