



# Lesson Plan Form

Name: UMYA Micro Soccer Date: Week 3

Topic: Possession

## Key Coaching Points

## Activity

### Technical warm-up

Review Previous Weeks Foot Skills (toe touch - Pendulums)

Introduce two new foot skills - roll overs and pull backs

Stop and Go - dribble around area, tell players to stop - callout a skill and have them do the skill then continue dribbling, avoiding other players. you can also have them change directions or even do something silly for fun. (15 mins)

### Small-sided activity

Knock out (aka Sharks and Minnows) All players get a ball then they try to dribble and control there ball while trying to knock out (by kicking) the other players. Ball play until only one player remains. To speed up game- add players back in who are first knocked out to be Sharks. play several games (10 mins)

### Expanded small-sided activity

none

### Final game

Play other team.