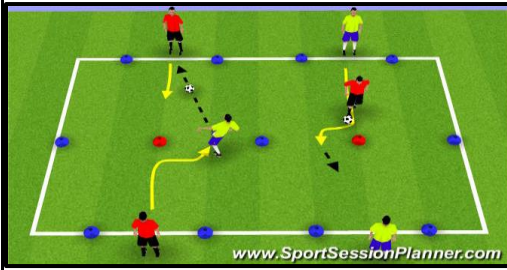
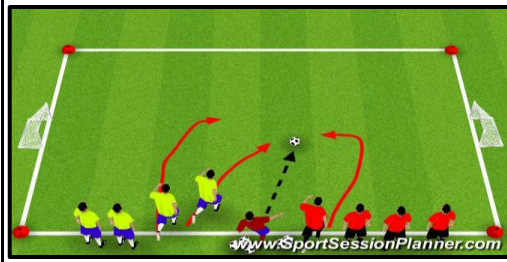




# 2013 - U8 - Fall Lesson Plan - Week 5



| Stage      | Activity Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                      | Diagram                                                                               | Guided Questions                                                                                                                                                                                                                                                      |
|------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Activity 1 | <b>Receive, Pass and Dribble:</b> <ul style="list-style-type: none"> <li>Set up as many 5Wx10L grids with 3 players, 2 at one end.</li> <li>The player with the ball will dribble towards the cone, beat the cone with a move and pass the ball to the next player in line</li> <li>Player should not stop the ball when receiving it but redirect it towards the direction they want to go</li> </ul>                                                                                                                         |                                                                                                                      |    | <ul style="list-style-type: none"> <li>How can we keep the ball under control?</li> <li>What moves can we use to beat the 'defender'?</li> <li>Where should our plant foot be to pass the ball on the move?</li> <li>Where should our first touch lead us?</li> </ul> |
| Activity 2 | <b>Cops and Robbers I:</b> <ul style="list-style-type: none"> <li>The coach sets up 8-10 stand up (tall) cones in a 15x20 yard grid. Robbers will strike the ball and try to knock the cone (the banks) down. The cops (2 or 3 players) are without soccer balls and are trying to stand all the cones back up before all the banks are robbed. Rotate the cops and the robbers.</li> <li>The Coach starts as the guard, and then selects players to be the guard.</li> </ul>                                                  |                                                                                                                      |    | <ul style="list-style-type: none"> <li>What surface of the foot to use to strike the ball?</li> <li>From how far?</li> <li>How to dribble and strike the ball?</li> <li>How to avoid the cop and strike the cone?</li> </ul>                                          |
| Activity 3 | <b>Cops and Robbers II:</b> <ul style="list-style-type: none"> <li>The coach sets up 8-10 stand up (tall) cones in a 15x20 yard grid</li> <li>Pair up two players and one ball, they the Robbers, will pass the ball to each other and try to knock down the cone.</li> <li>The cops (2 or 3 players) are without soccer balls and are trying to stand all the cones back up before all the banks are robbed. Rotate the cops and the robbers.</li> <li>The Coaches may start as the guards, then selects players.</li> </ul>  |                                                                                                                      |   | <ul style="list-style-type: none"> <li>How hard or soft can we strike a pass?</li> <li>What parts of the foot do we dribble with or pass the ball?</li> <li>How do we get the passes to be accurate?</li> <li>How do we make a harder pass?</li> </ul>                |
| Activity 4 | <b>Up and Down Numbers Get "Outta" There :</b><br>The players are divided into two teams. Players are positioned at either side of the coach, with multiple soccer balls, outside a 15Wx20L yard grid with one small goals on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach calls out "Get outta there".<br><b>Coach:</b> play 1v2, 2v3, or 4v3. They should vary the service. |                                                                                                                      |  | <ul style="list-style-type: none"> <li>Who, When, Where, Why What and How to Attack?</li> <li>Who, When, Where, Why, What and How to Defend?</li> </ul>                                                                                                               |
| Match      | 4v4 - Dual Field Scrimmage                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing. |                                                                                       | 25 minutes                                                                                                                                                                                                                                                            |