



# 2013 - U8 - Fall Lesson Plan - Week 6



| Stage      | Activity Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                      | Diagram | Guided Questions                                                                                                                                                                                                                                                                                              |
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| Activity 1 | <b>4 Surfaces:</b><br>Each player has a ball. Have the players try to use the 4 surfaces of the foot in 1 fluid motion in this order: Outside, Inside, Laces and Bottom, Transfer the ball from the right to left foot after they stop the ball with the bottom (sole of the shoe) When the players display proficiency, challenge them to do it faster and in a smaller space.<br>The sequence is: <ul style="list-style-type: none"> <li>○ Outside of the foot touch - Inside of the foot touch</li> <li>○ Laces (push) - Stop with bottom of the foot and Change foot</li> </ul>                                                        |                                                                                                                      |         | <ul style="list-style-type: none"> <li>• How far should the ball be from the dribbler?</li> <li>• What surfaces are needed to complete the task?</li> <li>• Where are your eyes looking?</li> <li>• What should the player say while performing the task?</li> </ul> <b>“Outside –Inside- Laces - Bottom”</b> |
| Activity 2 | <b>Two Turns:</b><br>Set up as shown (see diagram). Pair up the players and place each player on the end line. One player will call the turn and say go. The players will go to the furthest cone and execute the turn, then go to the cone diagonally behind and execute the turn again, then RWB to the last cone. The player that arrives to the last cone first gets 10 points<br>Turns are: <ul style="list-style-type: none"> <li>• Inside of the foot cut, Outside foot hook and Drag Back</li> </ul>                                                                                                                               |                                                                                                                      |         | <ul style="list-style-type: none"> <li>• How can we move the ball quickly over a big space?</li> <li>• What surface of foot should we use to turn with the ball?</li> <li>• How do we change directions?</li> <li>• What are some ways we can make the ball start and stop?</li> </ul>                        |
| Activity 3 | <b>Dribbling Gates With Bandits:</b><br>In a 20Wx25L yard grid, set up many gates (two cones about 2 yards apart). Select 2-3 players to be the “Bandits”; they will try to dispossess the players trying to score points by dribbling through the gates. When the bandit steals the soccer ball switches with the player who lost the ball.<br><b>Coach:</b> Play multiple 1-2 minute games. Award a point to all players who have a soccer ball at the end of each game.                                                                                                                                                                 |                                                                                                                      |         | <ul style="list-style-type: none"> <li>• What should you do if you see a bandit coming to get your ball?</li> <li>• After going through a gate, should you go fast to next gate or slow? Why?</li> </ul>                                                                                                      |
| Activity 4 | <b>4 Corner Dribbling to End Zones:</b><br>In 15Wx20L yard grid with an end zone at each end, players of the same team are placed by the corner cones of the End Zone they are defending. Half of the team is in a line at one cone and the other half at the other cone. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball into the field. One player from each corner comes out to play 2v2. The game is over when one team scores by dribbling the ball into the end zone. If the ball goes out of bounds. Players need to get out of the field quickly and get back in line. |                                                                                                                      |         | <ul style="list-style-type: none"> <li>• Where will you first touch go?</li> <li>• What surface of the foot should you use to dribble?’</li> <li>• When and where should you dribble?</li> <li>• What can the defender do to stop the dribbler?</li> <li>• When should you pass?</li> </ul>                   |
| Match      | <b>4v4 - Dual Field Scrimmage</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing. |         | <b>25 minutes</b>                                                                                                                                                                                                                                                                                             |