



2013 - U8 - Fall Lesson Plan - Week 9



Stage	Activity Description		Diagram	Guided Questions
Activity 1	Get their Cones: Divide the players in to two teams and assign cone Guards and Raiders per team. Place several cones in a zone guarded by one or two players. The Raiders will dribble to the other team's zone and shoot to knock the cone out of the zone, grab it and dribble it back to their own zone. The Guards can catch the ball, block the shot or kick the ball away. They must pick up any downed cone that still is inside the zone.			• What surface of the foot to use to strike the ball? • From how far? • How to dribble and strike the ball? • How to avoid the guards and strike the cone?
Activity 2	Boston Bulldog with Goals: Divide your playing area in three sections. The shooting zone, the defending zone and the starting zone. Place at least 4 players in the starting zone with a ball behind the line. Have at least 3 defenders in the defending zone and in the shooting zone place 3 small goals, each 2 yards wide. When the coach says go the dribblers run into the defending zone if they go past the defenders they will be able to shoot If the defender gets the ball they switch places. Play to 5 goals			• When and how to protect the soccer ball? • What surfaces to use? • When and how to run with the ball and change directions • What to do to beat the defender? • What surface to use to strike the ball?
Activity 3	4 Corner 3v3 Dribbling to End Zones: In 20Wx25L 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. Place three cones behind each end zone, place two players of the same team by each 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 cone comes out to play 3v3. 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.			• Who, When, Where, Why What and How to Attack? • Who, When, Where, Why, What and How to Defend?
Activity 4	4 Corner 3v3 to 4 Goals: In a 20Wx25L 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. Place three cones behind each end end line, place two players of the same team by each 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 cone comes out to play 3v3. The game is over when one team scores in any of the two goals they are attacking or the ball goes out of bounds. Players need to get off of the field quickly and get back in line.			• Who, When, Where, Why What and How to Attack? • Who, When, Where, Why, What and How to Defend?
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