



2013 - U8 - Fall Lesson Plan - Week 10



Stage	Activity Description		Diagram	Guided Questions
Activity 1	6 Surfaces: Each player has a ball. Have the players try to use the 6 surfaces of the foot in 1 fluid motion and in this order: Outside, Inside, Laces, Sole, Toe and Turn with the Heel. Transfer the ball from the right to left foot after the turn. When the players display proficiency, challenge them to do it faster and in a smaller space. The sequence is: Outside of the foot touch - Inside of the foot touch - Laces push - Stop with sole and - Push with the toe, Turn with the Heel and Change foot.			- How far should the ball be from the dribbler? - What surfaces are needed to complete the task? - Where are your eyes looking? - What should the player say while performing the task? “Outside –Inside - Laces - Sole, Toe and Heel Turn”
	4v4 to End Zones: In a 20Wx25L yard grid, place an End Zone of one yard wide along each end line. Players will score by dribbling and stopping the soccer ball in the End Zone. Defenders can't defend in the End zone.			- Who, When, Where, Why What and How to Attack? - Who, When, Where, Why, What and How to Defend?
	4v4 Hit the Ball Off the Cone: In a 20Wx25L yard grid with a 2 yard end zone, place 3 soccer balls on top of three cones. Two cones are about 5 yards from the corners and one is central. Place a soccer ball on each cone. Two teams of 4 players each will try to score by knocking the soccer ball off the cone. Scoring: Hit the ball on the cone: 10 points - If the soccer ball goes between the cones: 1point No players are allowed in the end zone.			
	4v4 to 4 Goals: In a 20Wx25L yard grid, place a two yard goal with cones close to the corners of each end line. Players will score by dribbling or passing through any of the two goals they are attacking.			
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