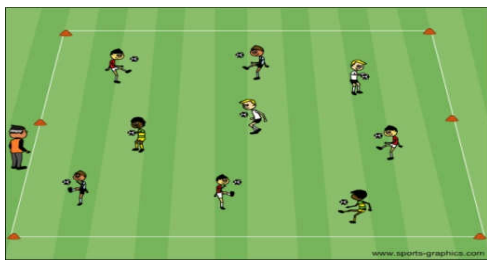
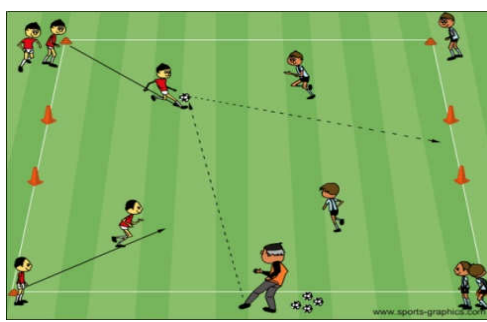




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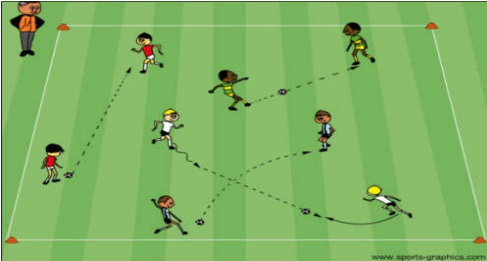
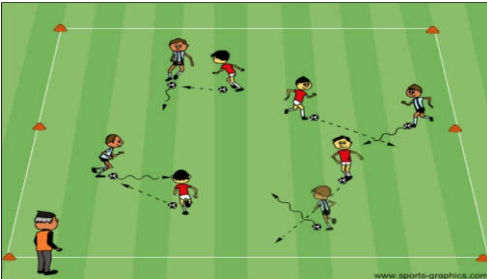
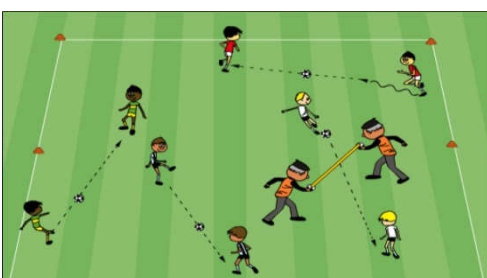
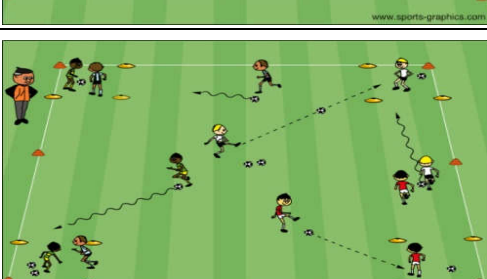


Stage	Organization	Activity Description	Coaching Considerations
Activity 1 6 minutes		Juggling: All players with a soccer ball in their hands drop the ball down and try to kick it back up to their hands. Players will try to use their thighs and feet to keep the ball in the air. Coach: Have the players count how many times they touch the ball before it hits the ground. Version 2: Controlled juggling - Thigh, foot, catch. Thigh, thigh, foot, catch. Thigh, thigh, foot, foot, catch.	• Hand, eye, foot coordination • Use foot and thigh
Activity 2 8 minutes		Bandits: Select 1 or 2 players to be the Bandits. Their mission is to get the dribblers' ball and bring it to their hideout. The dribbler must not let the bandit dribble the soccer ball into the hideout. If the bandit gets the ball into the hideout, the dribbler becomes a bandit.	• Keep ball close • Changing directions • Dribbling using different surfaces of the foot • 1v1 attacking and defending • Protecting the ball
Activity 3 8 minutes		Telephone Booth Tag: In a 15 x 20 yard grid, make a triangle with three cones in two opposite corners to make the "telephone booths." / "safety zones" and only one player is allowed in the safety zone at a time. 1 or 2 players are tagging the rest with soccer balls trying to avoid being tagged by reaching a safety zone "telephone booth." If the taggers tag a player, he/she becomes a tagger.	• Passing technique • Weight of the pass • Accuracy of the pass
Activity 4 8 minutes		4 Corner Shooting Without Goalkeepers: In 20x25 yard grid with cone goals at each end, players of the same team are placed by the corner cones of the goal 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. The game is over when one team scores or the ball goes out of bounds. Players need to get out of the field quickly and get back in line.	• Application of dribbling, passing-receiving and shooting technique under pressure • 1v1 defending • Decision making
Match	3v3 or 4v4 Dual Field Scrimmage	Set up two fields of 15 x 20 yards with a 5 yd. space between them in order to keep the majority of your team playing.	25-30 minutes



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Stage	Organization	Activity Description	Coaching Considerations
Activity 1 6 minutes		Paint the Field- Passing: In pairs, players will pass the soccer ball back and forth in a 20x25 yard grid. Explain to the players that their soccer ball is a paint brush and wherever it rolls it will paint the area. Their task to pass (kick) the soccer ball to paint as much of the grid as possible in the allotted time. Version 2: Tell the players to use their other foot	• Passing and receiving technique • Weight of the pass • Ability to pass through traffic • Communication and mobility of the players
Activity 2 8 minutes		Team Tag: Split the players into two teams (Dribblers and Taggers). The taggers are trying to tag the dribblers' feet or soccer ball with their soccer ball. The taggers need to keep track of their tags. The dribblers are trying to keep their ball from being tagged by shielding it. After a determined time, the teams switch roles. Coach: Can help taggers add their points. Version 2: Taggers can only tag the dribblers' ball.	• Dribbling technique • Passing and receiving technique • Weight of the pass • Accuracy of the pass • Protecting the ball
Activity 3 8 minutes		Moving Goal in 2's: Put the players in pairs with a soccer ball. The players are dribbling and passing to his/her partner in a 15x20 yard grid. Two coaches hold a practice vest (penny) between them, forming a goal moving all over the playing area. The players will try to score by passing and receiving the soccer ball on the other side of the moving goal. The pairs can only score in the moving goal after completing two passes away from the moving goal. Coach: Give more points for long passes made away from the moving goals.	• Passing and receiving technique • Weight of the pass • Ability to pass through traffic • Communication and mobility of the players
Activity 4 8 minutes		Capture the Balls: Players should be divided into equal teams to play in a grid with each team's home in the corners. Soccer balls are in the middle of the grid, with all players starting inside their home bases. On the coach's command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent's home bases. Coach: Call time and each team counts the balls they have collected.	• How to get the balls from the center or other home bases • How to defend their home base • Decision making: pass or dribble
Match	3v3 or 4v4 Dual Field Scrimmage	Set up two fields of 15 x 20 yards with a 5 yd. space between them in order to keep the majority of your team playing.	25-30 minutes