



Interactive Lesson Plan



Season: Spring 2015 Age Group: U8 Week: 4

Stage	Activity Description	Diagram	U8: Checking for Understanding
Activity 1	<p>6 Surfaces: (8 Minutes)</p> <p>In a 15Wx20L yard grid. Each player has a ball. Have the players try to use the 6 surfaces of the foot in 1 fluid motion in this order: Outside, Inside, Laces, Bottom, Toe and Heel. After the heel touch the players should have turned the other direction.</p> <p>Variation: change the order of the touches</p> <p>• Play 6 rounds of 1 minute each with 20 seconds rest between rounds.</p>		<p>Coach (C) - What are the surfaces of the foot players should use to touch the ball?</p> <p>Player (P) - Inside, outside, laces, sole, toe, and heel</p> <p>C - Why is it important for players to keep the ball close while trying to dribble?</p> <p>P - So they can move the ball in different directions quickly.</p>
Activity 2	<p>Freeze Tag 2: (8 Minutes)</p> <p>In a 15Wx20L yard grid. All players are dribbling a soccer ball. 1-2 players dribble a soccer ball, but they are the freeze monsters. The freeze monsters tag other players who then freeze with the soccer ball above their head. The activity ends when all players are frozen.</p> <p>Coaches: One coach may be the freeze monster while another is unfreezing players.</p> <p>Variation 1: Players can unfreeze each other by tagging them.</p> <p>Variation 2: Players can unfreeze each other by kicking the ball through their legs.</p> <p>• Play 6 rounds of 1 minute each with 20 seconds rest between rounds</p>		<p>C - Why is it important to keep your head up while dribbling?</p> <p>P - So you always know where the freeze monsters are.</p> <p>C - When should players try to keep the ball close when dribbling?</p> <p>P - When there are other players around them and they you are close to a sideline.</p>
Activity 3	<p>Angry Birds: (8 Minutes)</p> <p>In a 15Wx20L yard grid. Select two players to be the Angry Birds. They will dribble around and try to tag any player without the ball. Once they tagged a runner, he or she becomes an Angry Bird and will go to get a ball and join the hunt.</p> <p>• Play 6 rounds of 1 minute each with 20 seconds rest between rounds. Rounds may be shorter if all players become Angry Birds.</p>		<p>C - Why should the Angry Bird keep the ball close to them?</p> <p>P - So they can change direction quickly</p> <p>C - What should the Angry Birds do with the ball if the runners are far away?</p> <p>P - Push the ball further away when dribbling to cover more space, quicker.</p>
Activity 4	<p>Combat 2: (8 Minutes)</p> <p>In a 20Wx30L yard grid. The coach makes two teams of 3-5 players each. The players are lined up next to the coach. When the coach serves the ball on to the field, two players next to the coach on each team will go after the soccer ball and retrieve it and dribble or pass it into their team's goal for a point.</p> <p>Variation: Players must connect one pass before going to goal. Increase numbers to 2v2, 3v2 and 3v3's.</p> <p>• Play 3 rounds having all the players go 3 times/round with a 30 seconds rest between rounds</p>		<p>C - When should you dribble to the goal?</p> <p>P - When there is a clear path and I can score quickly.</p> <p>C - Why would you give the ball to your teammate?</p> <p>P - He/she may be in a better position to score.</p>
Match	U8: 4v4 - Dual Field Scrimmage	If possible set up two fields of 20Wx 30Lyards with a 5 yard space between them in order to keep the majority of your team playing. 25 minutes	