
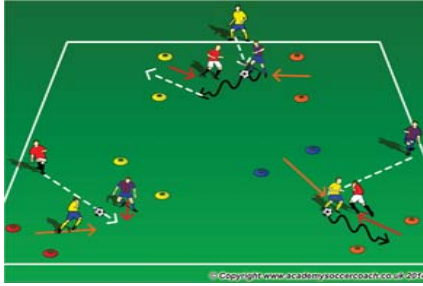
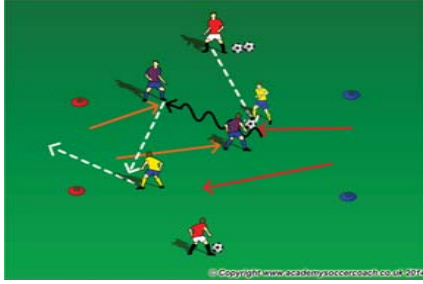





Interactive Lesson Plan



Season: Spring 2015 Age Group: U8 Week: 9

Stage	Activity Description	Diagram	U8: Checking for Understanding
Activity 1	<p>Cops and Robbers I: (8 minutes)</p> <p>In a 15Wx20L grid. The coach sets up 8-10 stand up (tall) cones. Robbers will strike the ball and try to knock the cone (the banks) down. The cops (2 or 3 players) are without soccer balls and are trying to stand all the cones back up before all the banks are robbed. Rotate the cops and the robbers. Guards will prevent the robber from knocking the cone down. The Coach starts as the guard, and then selects players to be the guard.</p> <ul style="list-style-type: none"> • Play 3 rounds of 2 minutes with 1 minute break between rounds 		<p>Coach (C) - What parts of the foot can players use to change direction?</p> <p>Player (P) - Inside or outside for side to side and/or bottom to turn back.</p> <p>C - When should players run forward with the ball?</p> <p>P - When they see an open bank.</p>
Activity 2	<p>1vs.1 – Dribble or Shoot: (8 minutes)</p> <p>In a 15Wx20L grid place several goals about 6-7 yards apart as shown in the graphic. Each player starts at his/her goal. The server plays the ball in and the two players compete to either score by dribbling for 10 points or shooting for 5 points or through the goal. for a game. Play a round and switch the servers and the dribblers.</p> <ul style="list-style-type: none"> • Play 6 rounds of 1 minutes with 20 seconds of break between rounds 		<p>C – What surface of the foot should players use to pass the ball through the cones?</p> <p>P – The inside, outside, laces or the toe.</p> <p>C - When should a player take a shot?</p> <p>P - When they have a clear path to goal and they think they can shoot accurately.</p>
Activity 3	<p>2vs.2 – Dribble or Shoot: (8 minutes)</p> <p>In a 15Wx20L grid place two or three set of goals about 6-7 yards apart as shown in the graphic. Each player starts at their goal. The server plays the ball in and the two players compete to either score by dribbling for 10 points or shooting for 5 points or through the goal. Play a round and switch the servers and dribblers.</p> <ul style="list-style-type: none"> • Play 6 rounds of 1 minutes with 20 seconds of break between rounds 		<p>C - When should players pass instead of shoot?</p> <p>P - When they do not have a clear path to goal, or they see their teammate has time and space</p> <p>C - Where should players who do not shoot move to?</p> <p>P - Into areas surrounding the goal for rebound attempts</p>
Activity 4	<p>3v3 to 2 Goals: (8minutes)</p> <p>In a 20Wx30L 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. 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 3v3. The game is over when one team scores or the ball goes out of bounds. Players need to get off of the field quickly and get back to their cones.</p> <ul style="list-style-type: none"> • Play 3 rounds having all the players go 3 times/round with a 30 seconds rest between rounds 		<p>C – Why would players dribble instead of pass or shoot?</p> <p>P- To maintain possession of the ball and allow teammates to get into better scoring positions</p> <p>C - Where should teammates without the ball be moving to support the ball?</p> <p>P - On the right or left of the player in possession, away from defenders</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	