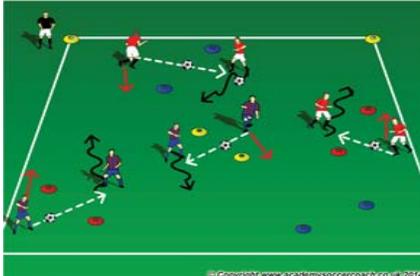




Interactive Lesson Plan



Season: Spring 2015 Age Group: U8 Week: 8

Stage	Activity Description	Diagram	U8: Checking for Understanding
Activity 1	<p>6 Surfaces: (7 minutes) in a 15Wx20L grid. 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, Bottom, 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 bottom and - Push with the toe, Turn with the Heel and Change foot. Play 3 rounds of 2 minutes with a 30 seconds in between • Play 6 rounds of 1 minute each with 20 second break in between rounds</p>		<p>Coach (C) - What parts of the foot do players use to change directions? Player (P) - Inside, outside and heel C - Why should touches be small in distance? P - To keep close control and allow more touches on the ball</p>
Activity 2	<p>Gate Problems: (8minutes) In a 15Wx20L yard grid, place several gates of 1.5 yards each. You need more gates than pairs. The coach will tell the players how they can score through the gates. The first pair to 10 will win the round. Each round has a different task that makes the players cooperate in problem solving: Complete 2 passes in every gate, etc. Variation: After every gate the players will find a new partner. • Play 3 rounds of 2 minutes with 1 minute break between rounds</p>		<p>C - When should the player with the ball pass it to his partner? P - Only after his partner is in position on the opposite side of the gate. C - Why would players want to face a little bit sideways when passing the ball? P - To use the outside of the foot closest to the gate.</p>
Activity 3	<p>Gates Passing with Bandits: (8 minutes) In a 15Wx20L grid, Get the players in pairs with a ball. Have the pairs start counting passes through the gates. Select 2-3 players to be the "Bandits". They will try to dispossess the passers. If a bandit gets the ball, he/she will try to score points by dribbling through the gates. The passers need to get the ball back from the bandit. Play 3 bouts of 2-3 minutes each. Challenge the players to improve their score. • Play 3 rounds of 2 minutes with 1 minute break between rounds</p>		<p>C - Which surface of the foot should players use to pass? P - Inside, toe or laces if facing your partner. C - Where should the player receiving the ball take their first touch? P - Toward the next gate with either the inside or outside of the foot</p>
Activity 4	<p>3v3 Dribbling Through the Goal: (8 minutes) In 20Wx30L yard grid with a 6-7yrd goal at each end, 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 though the goal. If the ball goes out of bounds. Players need to get out of the field quickly and get back in line. • Play 3 rounds having all the players go 3 times/round with a 30 seconds rest between rounds</p>		<p>C - When is it a good time to try to score? P - Any time you see an open goal. C - Why is it sometimes better for players to go backwards rather than forwards? P - Both of the goals are blocked and they are trying to attack from a different angle.</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	