



Interactive Lesson Plan



Season: Spring 2015 Age Group: U8 Week: 3

Stage	Activity Description	Diagram	U8: Checking for Understanding
Activity 1	<p>Cross Over Dribbling: (8 Minutes) In a 15Wx20L yard grid and a 10x10 box in the middle. All players with a ball standing around the outer perimeter of the grid. When the coach says "GO" the players will try to dribble through the 10x10 square in the middle and to the other side of the grid. When they reach the other side, the players turn and dribble back to their starting spots. Variation 2: Have them reach the other side dribble through the square and go to another side. Variation 3: Do 10 toe taps once they got back to encourage them to stop the ball</p> <ul style="list-style-type: none"> • Play 6 rounds of 1 minute each with 20 seconds rest between rounds. 		<p>Coach (C) - Which surfaces of the foot should you use to go around other players? Player (P) - Inside or outside to get by and laces to accelerate past. C - What surface of the foot do you use to drag the ball back? P - The bottom of the foot close to the toe; reach for the ball and pull it back while turning to go in the opposite direction.</p>
Activity 2	<p>Boston Bulldogs: (8 Minutes) In a 15Wx20L yard grid, the dribblers will try to cross the city by eluding the Bulldogs. Place two Bulldogs inside a 5x15 yard area in the middle of the grid. Place half of the players (Dribblers) with a ball at each end of the grid. On coach's command, one group of dribblers will try to cross the city. As soon as one gets to the opposite line the next dribbler waiting goes. If the bulldog dispossesses the dribbler he/she switches with the bulldog.</p> <ul style="list-style-type: none"> • Play 6 rounds of 1 minute each with 20 seconds rest between rounds. 		<p>C - What is the fastest way to get across the dog pound? P - By looking for an open lane through the pound and pushing the ball through in as few touches as possible. C - When should you use a fake to get around the Bulldogs? P - When a Bulldog is blocking your way, you want him/her to think you are going one way but you go the other.</p>
Activity 3	<p>Capture the Balls: (8 Minutes) In a 15Wx20L grid with a small square in each corner. 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 (with their feet). They try to dribble into their home base. Once all the balls are out of the middle, players can steal soccer balls from their opponent's home bases and take them to their home. Coach: Call time and each team counts the balls they have collected.</p> <ul style="list-style-type: none"> • Play 5 rounds of 1 minute each with 45 seconds rest between rounds. 		<p>C - Why would you want to get the ball back home quickly? P - So you can find another ball to bring back. C - What do you do if you do not have a soccer ball? P - Steal one from another home and take it back to your home.</p>
Activity 4	<p>Up and Down Numbers Get "Outta" There : (8 Minutes) In a 15Wx20L yard grid. The players are divided into two teams. Players are positioned at either side of the coach, with multiple soccer balls, with one small goal on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach calls out "Get outta there". Players clear the field and the coach serves a new ball for the next group. Coach: play 1v2, 2v3, or 4v3. Vary the service.</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 - If you have the ball, what choices do you need to make to help your team score? P - Should I pass or dribble or shoot? C - When would you use a drag back in this game to change directions? P - When I am close to a sideline, end line or facing my own goal.</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	