



# Interactive Lesson Plan



Season: Spring 2015 Age Group: U8 Week: 7

Stage	Activity Description	Diagram	U8: Checking for Understanding
Activity 1	<p>Protect, Turn or Get Tagged: (7 minutes) In a 15Wx20L grid, put the players in groups of 2. One is the tagger the other is the protector. The tagger scores 1 point by throwing his/her ball and hitting the protector's ball or by the protector dribbling the ball out of bounds. Switch players after 1.5 minutes.</p> <ul style="list-style-type: none"> <li>Play 5 rounds of 1 minute each with 30 second break in between rounds</li> </ul>		<p>U8: Checking for Understanding</p> <p>C – What surface of the foot should you use to dribble? P – The inside and outside to change direction, and laces to move forward.</p> <p>C – How can players avoid being tagged? P – By looking around, jumping, and changing direction.</p>
Activity 2	<p>Doctor, Doctor: (8 minutes) In a 15Wx20L (no out of bounds, try and keep players close) Divide the group into two teams. Send them to their hospital (corner boxes). Each team selects a doctor. He/she will cure (unfreeze) his/her team's players. Teams try to freeze each other by hitting the opposing team with their soccer balls below the knee. When frozen, players must put ball above head, remain in place, and yell "Doctor, Doctor". The Doctor is without a ball, and is safe in the hospital, but when they come out, they can be frozen. When the doctor is frozen the game is over. Coach should be the DOCTOR first.</p> <ul style="list-style-type: none"> <li>Play 3 rounds of 2 minute each with 1 minute break in between rounds</li> </ul>		<p>C – When should players try and strike the ball towards someone else? P – When they are close enough to have control over their shot.</p> <p>C – Why should players continue dribbling and changing directions before striking the ball toward another player? P – To get closer to the target and to allow for more accurate shots.</p>
Activity 3	<p>1vs.1 – Dribble Through the cones: (8 minutes) In a 15Wx20L grid. Place 2 cone goals about 2-3 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 dribble the ball through the opponent's goal. Play a round and switch the servers and the dribblers.</p> <ul style="list-style-type: none"> <li>Play 6 rounds of 1 minute each with 30 second break in between rounds</li> </ul>		<p>C – What surface of the foot should players use to dribble the soccer ball? C – The inside, outside or the laces.</p> <p>Q – What can players do to prevent the dribbler from scoring? P – Get between the dribbler and the cone.</p>
Activity 4	<p>4 Corner Shooting: (8 minutes) In 15Wx20L 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 and in the middle with all the balls. The game starts when the coach serves the ball onto the field. Players need to get off the field quickly and get back in line. Variation: Add a GK <ul style="list-style-type: none"><li>Play 4 rounds having all the players go 3 times/round with a 30 seconds rest</li></ul></p>		<p>C – What surface of the foot should you use to dribble? P – The inside and outside to change direction, and laces to move forward.</p> <p>C – What part of your foot should you use to try pass and score? P – Inside, outside or laces.</p>
Match	U8: 4v4 - Dual Field Scrimmage	If possible set up two fields of 20Wx 30L yards with a 5 yard space between them in order to keep the majority of your team playing. 25 minutes	