



Interactive Lesson Plan



Season: Spring 2015 Age Group: U8 Week: 5

Stage	Activity Description	Diagram	U8: Checking for Understanding
Activity 1	<p>Gate Dribbling: (8 Minutes)</p> <p>In a 15Wx20L grid set up many gates (two cones about 2 yards apart). All players have a ball and must dribble through the gate in order to score a point.</p> <p>Coach: Have the players keep count how many points they scored in 30 seconds. Repeat asking the players to beat their score by one or more points. You can also ask them to dribble with their left or right foot only.</p> <p>Version 2: Add "bandits" or defenders</p> <p>•Play 6 rounds of 1 minute each with 20 seconds rest between rounds.</p>		<p>Coach (C) - What surfaces of the foot should players use to dribble?</p> <p>Player (P) - Inside and/or outside when close to a gate for control and laces between gates to push the ball further in front of them.</p> <p>C – Why is it important for players to play with their head up?</p> <p>P – To see where the next gate is and to avoid other dribblers.</p>
Activity 2	<p>Dribbling Gates With Bandits: (8 Minutes)</p> <p>In a 15Wx20L yard grid. Set up several gates (two cones about 2 yards apart). Select 2-3 players to be the "Bandits"; they will try to steal the ball from the players trying to score points by dribbling through the gates. If the bandit steals the soccer ball he/she will try to score goals and the person without the ball becomes the bandit.</p> <p>Coach: See how many points each player can score and add a bonus if you have a ball at the end of each round.</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>Gates Passing: (8 Minutes)</p> <p>In a 15Wx20L yard grid, set up several gates (two cones about 2 yards apart). Players are now in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate in order to score a point.</p> <p>Coach: Players count how many points they score in a minute. Repeat and ask the players to beat their score by one or more points. You can also ask them to pass with the inside or outside of the foot, and use their favorite or weak foot.</p> <p>Variation: Add two defenders to guard the gates</p> <p>•Play 6 rounds of 1 minute each with 30 seconds rest between rounds.</p>		<p>C - When should players use the outside of their foot to score?</p> <p>P - When the gate is to their side, they can push the ball through with their toe pointed down and slightly in.</p> <p>C - What determines which gate to go to next?</p> <p>P - The person receiving the ball will choose and will try to take the ball to that gate in as few touches as possible.</p>
Activity 4	<p>4 Corner Dribbling Through the Goal (12 Minutes)</p> <p>In 15Wx20L 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. Half of the team is in a line at one cone and the other half at the other 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 corner comes out to play 2v2. The game is over when one team scores by dribbling the ball into the end zone. If the ball goes out of bounds. Players need to get out of the field quickly and get back in line.</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 players try to beat a player by dribbling instead of passing?</p> <p>P - When there is space behind the defender and the second defender is not helping.</p> <p>C – Where should the player without the ball be in relation to their teammate?</p> <p>P – In a position to receive the ball with no defenders in the way.</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