



2013 - U8 - Spring Lesson Plan - Week Two



Stage	Activity Description	Diagram	Coaching Considerations
Activity 1	<p>4 Surfaces: Each player has a ball. Have the players try to use the 4 surfaces of the foot in 1 fluid motion in this order: Outside, Inside, Laces and Bottom, Transfer the ball from the right to left foot after the stop the ball with the sole (bottom). When the players display proficiency, challenge them to do it faster and in a smaller space.</p> <p>The sequence is:</p> <ul style="list-style-type: none"> ○ Outside of the foot touch - Inside of the foot touch ○ Laces push - Stop with sole and change foot 		<ul style="list-style-type: none"> • Players should start slow and increase the speed as they go • Touches should be soft but able to move the ball • Keep the soccer ball close and under control • Players should talk to their feet: <ul style="list-style-type: none"> ○ “Outside –Inside- Laces push and stop”
Activity 2	<p>Paired Tag: In a 20x25 yard grid, pair players up (Tagger and Dribbler) each with soccer balls. The Dribblers are given a 2 second start to get away from the taggers. The tagger dribbling his/her soccer ball tries to tag the dribbler. Once the dribbler is tagged, the roles reverse and the chase starts again.</p>		<ul style="list-style-type: none"> • Keep ball close • Changing directions • Dribbling using different surfaces of the foot
Activity 3	<p>Cross the River: Get the players in pairs and place them on opposite sides of the soccer grid. At coach’s command, the players will dribble the soccer ball to the other side of the grid. They will try to cross the river as fast as they can. When they arrive to the other side they must control the soccer ball within the end zone in order to get a point. Players must call out their name when they have full control of the ball. Start with Foundation moves then running with the ball.</p>		<ul style="list-style-type: none"> • Get a forward first touch • Use front part of the foot • Run in a straight line • Head up
Activity 4	<p>Get “Outta” There with Numbers: The players are divided into two teams, with each player given a number from 1-4 or 5 (depending on total amount of players). Players are positioned at either side of the coach, with multiple soccer balls, outside a 10x15 yard grid with two small goals 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 “Get outta there”.</p> <p>Coach: Can make the games 1v1, 2v2, or 3v3. They should vary the service.</p>		<ul style="list-style-type: none"> • 1v1, 2v1, 2v2 dribbling and defending • Scheming and creativity • Decision making
Match	3v3 - Dual Field Scrimmage	Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.	
			25 minutes