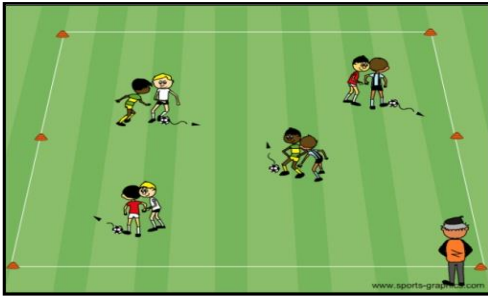
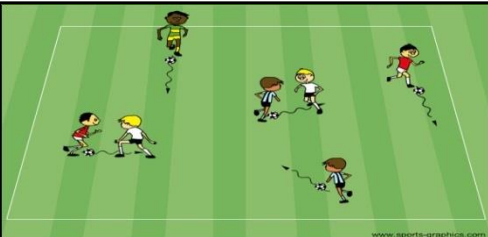






2013 - U8 - Spring Lesson Plan - Week Three



Stage	Activity Description	Diagram	Coaching Considerations
<p>Activity 1</p>	<p><u>Steal-Shield:</u> Pair up the players with one ball. One player starts with the ball and at coach's command his/her partner tries to steal the ball away. Play 30-45 second matches. The player who ends with the ball gets a point. If the ball goes out of bounds, one of the players must get it back in play very quickly.</p> <p>Coach: Show proper shielding technique after the first round. Fix technical shielding errors throughout the activity to assure that the group is doing it properly.</p>		<ul style="list-style-type: none"> • Body sideways on to opponent • Use arm to protect and know where defender is going • Knees bent • Turn as defender attacks or reaches for the ball
<p>Activity 2</p>	<p><u>Bandits :</u> Select 1or 2 players to be the Bandits. Their mission is to get any dribblers' ball to their hideout. Once the bandit gets a ball to their hideout the player without the ball becomes the new bandit.</p>		<ul style="list-style-type: none"> • Keep ball close • Changing directions • Dribbling using different surfaces of the foot • 1v1 attacking and defending • Protecting the ball
<p>Activity 3</p>	<p><u>Boston Bulldog:</u> Divide your playing area in three sections. The shooting zone, the defending zone and the starting zone. Place in the starting zone at least 4 players with a ball behind the line. In the defending zone at least 3 defenders and on the shooting zone place 3 small goals, each 2 yards wide. When the coach says go the dribblers will run into the defending zone if they go past the defenders they will be able to shoot If the defender gets the ball they switch places. Play to 5 goals.</p>		<ul style="list-style-type: none"> • Keep ball close • Changing speed and direction • Running with the ball • 1v1 dribbling • Defending – 1v1 • Striking the ball
<p>Activity 4</p>	<p><u>Combat:</u> The coach makes two teams of 3-5 players each. The players are lined up next to the coach. When the coach serves the ball onto the soccer area, the players next to the coach will go after the soccer ball and retrieve it by dribbling and passing it into their team's goal for a point.</p> <p>The coach can make the games 1v1, 2v2 and 3v3's. You can have several players playing in the soccer area.</p>		<ul style="list-style-type: none"> • Attacking and Defending skills • Decision making • Basic shape
<p>Match</p>	<p>3v3 - Dual Field Scrimmage</p>	<p>Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.</p>	<p>25 minutes</p>