



2013 - U8 - Spring Lesson Plan - Week Five



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. 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>Soccer Marbles: Two players each with a ball. One player plays out their ball (using the inside of the foot) and the partner pass their own ball in an attempt to strike the ball their partner played out. Players should keep track of how many times they hit their partner’s ball.</p>			<ul style="list-style-type: none"> ● Passing technique ● Weight of the pass ● Accuracy of the pass
Activity 3 Too low	<p>Paint the Field- Passing: In pairs, players will pass the soccer ball back and forth in a 20x25 yard grid. Explain to the players that their soccer ball is a paint brush and wherever it rolls it will paint the area. Their task to pass (kick) the soccer ball to paint as much of the grid as possible in the allotted time. Version 2: Tell the players to use their other foot</p>			<ul style="list-style-type: none"> ● Passing and receiving technique ● Weight of the pass ● Ability to pass through traffic ● Communication and mobility of the players ● Accuracy of the pass
Activity 4	<p>Moving Goal in 2’s: Put the players in pair with a soccer ball. The players are dribbling and passing to his/her partner in a 15x20 yard grid. Two coaches hold a practice vest (penny) between them, forming a goal moving all over the playing area. The players will try to score by passing and receiving the soccer ball in the other side of the moving goal. The pairs can only score in the moving goal after completing two passes away from the moving goal Coach: give more points for long passes made away from the moving goals.</p>			
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



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