



2013 - U8 - Spring Lesson Plan - Week Six



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>Catching Robbers: All players are spread around a 20x25 grid. Only two players (the cops) have soccer balls. When the coach says “let’s catch some robbers”, the cops attempt to catch the robbers who are running around the grid by striking their legs below knee height with their soccer balls. Once a robber is caught, he/she gets any ball from the perimeter and becomes a cop. Coach: Place the balls that are not being used around the perimeter of the grid.</p>		<ul style="list-style-type: none"> • Passing technique • Weight of the pass • Accuracy of the pass
Activity 3 Too low	<p>2v2 Combat: 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 on to the field, the players next to the coach will go after the soccer ball and retrieve it and dribble or pass it into their team’s goal for a point. Variation: Players must connect one pass before going to goal. Increase numbers to 2v2, 3v2 and 3v3’s.</p>		<ul style="list-style-type: none"> • Attacking and Defending skills <ul style="list-style-type: none"> ○ 1v1 dribbling ○ 1v1 defending • Scheming and creativity • Decision making
Activity 4	<p>4 Corner Shooting Without Goalkeepers: In 20x25 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. The game is over when one team scores or the ball goes out of bounds. Players need to get off the field quickly and get back in line.</p>		<ul style="list-style-type: none"> • Application of dribbling, passing-receiving and shooting technique under pressure • 1v1 defending • 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