



2013 - U8 - Spring Lesson Plan - Week Seven



Stage	Activity Description		Diagram	Coaching Considerations
Activity 1	<p>Ball Tag: All players are dribbling a soccer ball in a 20x25 yard grid. The Coach starts as the TAGGER and tries to hit another player's feet or soccer ball with his soccer ball. The dribblers must try to not get tag.</p> <ol style="list-style-type: none"> Every player the coach tags becomes a tagger with the coach Now the coach select two players and they try to tag Now everyone tags. Players should keep count of how many times they tag another player. 			<ul style="list-style-type: none"> • Dribbling technique • Passing technique • Weight of the pass • Accuracy of the pass
Activity 2	<p>Team Tag: Split the players into two teams (Dribblers and Taggers). The taggers are trying to tag the dribblers' feet or soccer ball with their soccer ball. The taggers need to keep track of their tags. The dribblers are trying to keep their ball from being tagged by shielding it. After a determined time, the teams switch roles.</p> <p>Coach: Can help taggers add their points.</p> <p>Version 2: Both teams are tagging at the same time</p>			<ul style="list-style-type: none"> • Dribbling technique • Passing technique • Weight of the pass • Accuracy of the pass • Protecting the ball
Activity 3 Too low	<p>Clean Your Backyard with Guards: Split the players into two teams to play in a 20x25 yard grid. With cones, divide the field into three portions. The central portion (the buffer zone) is 6yds wide and no one can enter it. Place three goals (3yds each) at the far ends of the grid with at least two goalkeepers protecting the goals (they can use their hands) Players on each team will try to shoot/pass and score in any of the three goals</p> <p>Coach: Allow players to enter the buffer zone to retrieve any ball that has stopped in there.</p>			<ul style="list-style-type: none"> • Basic Shooting technique • Simple decision making • Shoot, Shoot, Shoot!
Activity 4	<p>Up and Down Numbers Get "Outta" There : The players are divided into two teams. 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 out "Get outta there".</p> <p>Coach: play 1v2, 2v3, or 4v3. They should vary the service.</p>			<ul style="list-style-type: none"> • Dribbling technique • Passing technique • 1v1 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