
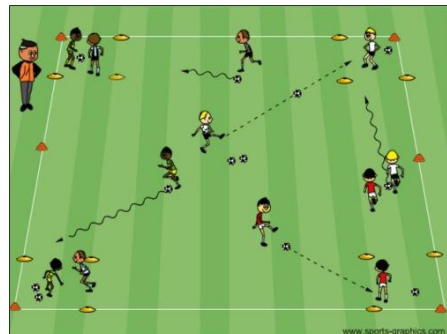
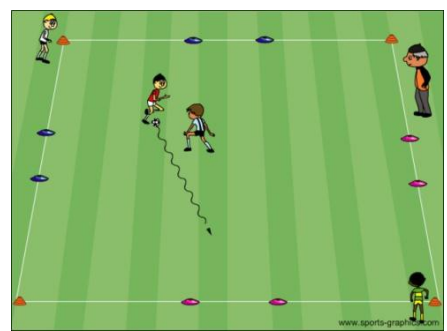



# U8 – Lesson Plan Seven

Activity 1	Activity Description	Coaching Considerations
	<p><b><u>Steal-Shield:</u></b> 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 that 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><b>Coach:</b> Show proper shielding technique during the demonstration. Fix technical shielding errors throughout the activity to assure that the group is doing it properly.</p>	<ul style="list-style-type: none"> <li>• Body sideways on to opponent</li> <li>• Use arm to protect and know where defender is going</li> <li>• Knees bent</li> <li>• Turn as defender attacks or reaches for the ball</li> </ul> <p><b>Time: 8 minutes</b></p>
	<p><b><u>Capture the Balls:</u></b> Players should be divided into equal teams to play in a grid with each team's home in the corners. Soccer balls are in the middle of the grid, with all players starting inside their home bases. On the coach's command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent's home bases.</p> <p><b>Coach:</b> Call time and each team counts the balls they have collected.</p>	<ul style="list-style-type: none"> <li>• How to get the balls from the center or other home bases</li> <li>• How to defend their home base</li> <li>• Decision making: pass or dribble</li> </ul> <p><b>Time: 8 minutes</b></p>
	<p><b><u>1v1 to Cross Goals:</u></b> In a 12x12yd grid, set up a two yard goal (two red and blue goals) on each side of the grid. Divide the team into two groups. One attacker starts with a soccer ball, trying to score by dribbling through any of the two further goals. The defender is trying to defend the goals closest to them, If the defender gets the ball, he/she tries to score in the opponent's goal. The game ends when one player scores or the ball rolls out. Two new players go.</p>	<ul style="list-style-type: none"> <li>• Keep soccer ball close to feet</li> <li>• Sudden change of direction</li> <li>• Burst of speed</li> <li>• Defending – tackling</li> <li>• Shielding</li> <li>• Decision making</li> </ul> <p><b>Time: 8 minutes</b></p>
	<p><b><u>2v2 to Cross Goals:</u></b> In a 12x12yd grid, set up a two yard goal (two red and blue goals) on each side of the grid. Divide the team into two groups. The attackers start with a soccer ball, trying to score by dribbling or passing through any of the two further goals. The defenders are trying to defend the goals closest to them. If a defender gets the ball, he/she tries to score in the opponent's goal.</p>	<ul style="list-style-type: none"> <li>• Application of dribbling, passing-receiving technique under pressure</li> <li>• 1v1 defending</li> <li>• Decision making</li> </ul> <p><b>Time: 8 minutes</b></p>
<p><b>Scrimmage</b></p>	<p><b>Activity Description</b></p>	<p><b>Time</b></p>
<p><b>4v4 - Dual Field Scrimmage</b></p>	<p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p><b>30 minutes</b></p>