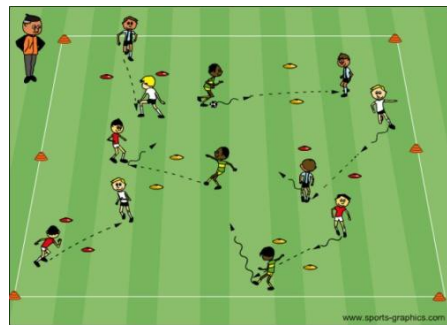

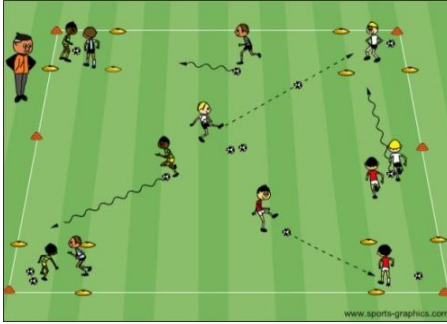



# U8 – Lesson Plan Eight

<p><b>Activity 1</b></p> 	<p><b>Activity Description</b></p> <p><b>Gate Passing:</b> In a 20x25 yard grid, set up many gates (two cones about 2 yards apart). Players are now in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate in order to score a point. <b>Coach:</b> Players count how many points they score in a minute. Repeat asking the players to beat their score by one or more points. You can also ask them to pass with the inside or outside of the foot, and using their favorite foot or with the other foot.</p>	<p><b>Coaching Considerations</b></p> <ul style="list-style-type: none"> <li>• Passing and receiving technique</li> <li>• Dribbling Technique</li> <li>• Decision Making</li> <li>• Weight and accuracy of the pass</li> <li>• Communication and mobility</li> </ul> <p><b>Time: 6 minutes</b></p>
<p><b>Activity 2</b></p> 	<p><b>Activity Description</b></p> <p><b>Catching Robbers:</b> All players are spread around a 20x25 grid. Only two players (<b>the cops</b>) have soccer balls. When the coach says “<b>let’s catch some robbers</b>”, 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 goes and gets any ball from the perimeter and becomes a cop. <b>Coach:</b> Place the balls that are not being used around the perimeter of the grid.</p>	<p><b>Coaching Considerations</b></p> <ul style="list-style-type: none"> <li>• Passing technique</li> <li>• Weight of the pass</li> <li>• Accuracy of the pass</li> </ul> <p><b>Time: 8 minutes</b></p>
<p><b>Activity 3</b></p> 	<p><b>Activity Description</b></p> <p><b>Capture the Balls:</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. <b>Coach:</b> Call time and each team counts the balls they have collected.</p>	<p><b>Coaching Considerations</b></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>Activity 4</b></p> 	<p><b>Activity Description</b></p> <p><b>2v2 to 4 Goals:</b> Divide the 20x25 yard grid into two equal grids of 12x20 yards with a one yard buffer zone in between. Place a two 2 yard goal with cones close to the each corners of each end line. Players will score by dribbling or passing through any of the two goals they are attacking. <b>Coach:</b> have two games going at the same time. If you have extra players, make sure you sub them in.</p>	<p><b>Coaching Considerations</b></p> <ul style="list-style-type: none"> <li>• Application of dribbling, passing-receiving and shooting 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>