






2014 - U8 - Spring Lesson Plan - Week 1




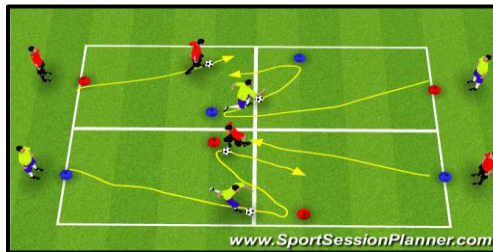
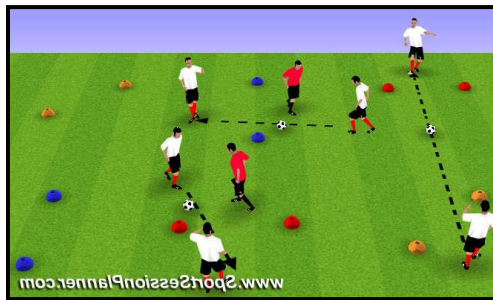

Let's learn the Rules - Let's play

Stage	Activity Description	Diagram	Checking for Understanding
Activity 1	Dribble Tag: All players dribbling a soccer ball will try to tag each other with their hands. Players cannot abandon their own ball to tag. Coach: <ul style="list-style-type: none"> Have players keep count of their own tags. Play more than one game, have players improve their tags by at least 1 more than before. 		Coach's Observation: <ul style="list-style-type: none"> Are the players keeping their head up? Where are their eyes? What parts of their feet are they using? Player Challenges: <ul style="list-style-type: none"> Am I able to change direction? Can I control the ball and tag at the same time?
	Boston Bulldogs In a 15Wx20L yard grid, the dribblers will try to cross the city by eluding the Bulldogs. Place two Bulldogs inside a 5x15 yard area in the middle of the grid. Place half of the players (Dribblers) with a ball at each end of the grid. On coach's command, one group of dribblers will try to cross the city. As soon as one gets to the opposite line the next dribbler waiting goes. If the bulldog dispossesses the dribbler he/she switches with the bulldog.		Coach's Observation: <ul style="list-style-type: none"> When are the players using their laces to dribble? Where are the players using a fake? Player Challenges: <ul style="list-style-type: none"> Am I protecting the ball from the Bulldogs? When should I use a fake to get around the Bulldogs?
Let's Play the Game		Recommended Rules	
		Possible Formations	3-1 (Diamond) or 2-2
		Dimensions in Yards:	Long: 35 max-25 min Wide: 30 max-20 min
		Ball	Size 3 or 4
		Number of Players	4 Players per team on the field - No Goalkeepers needed
		Referee	No Referee needed
		Duration	No more than 30 minutes max – Can play in quarters
		Fouls and Misconduct	No cards (Yellow or Red) If a child misbehave you must sub him/her out of the game
		Free Kicks	All free kicks shall be direct
		Out of bounds - Side Line	1. When the ball goes out bounds, please say RED LIGHT (all the players shall stop) 2. Place the soccer ball on the side line and allow the player to kick it in or dribble it into the field
		Out of Bounds – End Line	1. When the ball goes out of bound, Please say YELLOW LIGHT (opposite team will regroup by the mid line) 2. The Kicking team will place the soccer ball about 1-2 yards in front of the goal and kick it to a teammate
		Corners (optional)	When the defending team kicks the ball over the end line the other team will place the ball on the corner and kick it in. the defending team must be at least 4-5 yards away from the ball



2014 - U8 - Spring Lesson Plan - Week 2




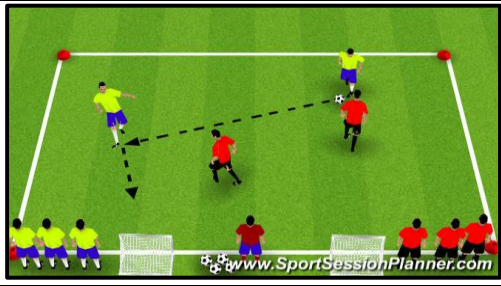


Stage	Activity Description		Diagram	Checking for Understanding
Activity 1	<p>Triangle Dribbling: In a 15x20 yard grid, set up 5 to 7 triangles (three cones about 2 yards apart). All players with a ball must dribble through the triangle in order to score a point.</p> <p>Coach: Have players keep count of how many points they scored in 30 seconds or a minute. Repeat, asking the players to beat their score by one or more points. You can also ask them to dribble with their favorite foot or their weaker foot or to stop in each triangle.</p>			<p>Coach's Observation:</p> <ul style="list-style-type: none"> What parts of their feet are they using? When are they changing direction? Where are they changing speed? <p>Player Challenges:</p> <ul style="list-style-type: none"> Am I able to keep the ball close through the triangle? When should I speed dribble?
Activity 2	<p>Two Turns: Set up as shown (see diagram). Pair up the players and place each player on the end line. One player will call the turn and say go. The players will go to the furthest cone and execute the turn, then go to the cone diagonally behind and execute the turn again, then running with the ball to the last cone. The player that arrives to the last cone first gets 10 points. Turns are:</p> <ul style="list-style-type: none"> Inside of the foot cut, Outside foot hook and Drag Back 			<p>Coach's Observation:</p> <ul style="list-style-type: none"> When are they turning with the ball? What are they doing after a turn? <p>Player Challenges:</p> <ul style="list-style-type: none"> Am I using the proper part of my foot to turn? Am I able to turn with the ball and continue my speed?
Activity 3	<p>Gates Passing with Bandits: Get the players in pairs with a ball. Have the pairs start counting passes through the gates. Select 2-3 players to be the "Bandits". They will try to dispossess the passers. If a bandit gets the ball, he/she will try to score points by dribbling through the gates. The passers need to get the ball back from the bandit. Play 3 bouts of 2-3 minutes each. Challenge the players to improve their score.</p>			<p>Coach's Observation:</p> <ul style="list-style-type: none"> What surface of their foot do the players use to pass? To receive? Where is the player's first touch going? <p>Player Challenges:</p> <ul style="list-style-type: none"> Am I working with my partner and moving through the gates quickly? Are we avoiding the bandits?
Activity 4	<p>Castle Combat 2: The coach makes two teams of 4-5 players each. The players are lined up next to the coach. When the coach serves the ball onto the playing area, the first 2 players next to the coach will go after the soccer ball and try to dribble it into the box or pass and receive the ball by stopping it inside their own box or castle. The defenders can't defend inside the box. The team with the most balls inside their box/castle wins the game.</p>			<p>Coach's Observation:</p> <ul style="list-style-type: none"> When should the players pass or dribble? What are the players doing to get around defenders? <p>Player Challenges:</p> <ul style="list-style-type: none"> Am I able to pass the ball to my teammate? Can I control the ball when I get it?
Match	4v4 - 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



2014 - U8 - Spring Lesson Plan - Week 3



Stage	Activity Description		Diagram	Checking for Understanding
Activity 1	<u>Protect, Turn or Get Tagged:</u> In a 20Wx30L grid, put the players in groups of 2. One is the tagger the other is the protector. The tagger scores 1 point by throwing his/her ball and hitting the protector's ball or by the protector dribbling the ball out of bounds. Switch players after 1.5 minutes.			Coach's Observations: <ul style="list-style-type: none"> Who doesn't understand the game? Where do the players put their bodies when shielding the ball? Player Challenges: <ul style="list-style-type: none"> Am I protecting/shielding the ball? Am I keeping the ball close? Am I changing direction?
Activity 2	<u>Gate Dribbling:</u> In a 20Wx25L grid set up many gates (two cones about 2 yards apart). All players have a ball and must dribble through the gate in order to score a point. Coach: Have the players keep count how many points they scored in 30 seconds. Repeat asking the players to beat their score by one or more points. You can also ask them to dribble with their left or right foot only. Version 2: Add "bandits" or defenders			Coach's Observations: <ul style="list-style-type: none"> What surface are the players using to dribble? When do they change speed and direction? Player Challenges: <ul style="list-style-type: none"> Am I going fast after I get through a gate? Am I looking at the next gate? Am I avoiding the other dribblers?
Activity 3	<u>Gate Passing:</u> In a 20Wx25L yard grid, set up several 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. Coach: 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. <ul style="list-style-type: none"> Add two defenders to guard the gates 			Coach's Observations: <ul style="list-style-type: none"> What part of the foot are they using to pass and receive the ball? When can you tell they are working together? Who needs help? Player Challenges: <ul style="list-style-type: none"> Am I using the correct surface of my foot to pass the soccer ball? Am I using my first touch to get me closer to my next goal?
Activity 4	<u>2v2 Combat:</u> 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, two players next to the coach on each team 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.			Coach's Observations: <ul style="list-style-type: none"> What influences the decision to pass, dribble or turn? Where does the player without the ball go to help? Player Challenges: <ul style="list-style-type: none"> Am I working with my teammate to score? Am I shooting when I see the goal?
Match	4v4 - 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



2014 - U8 - Spring Lesson Plan - Week 4

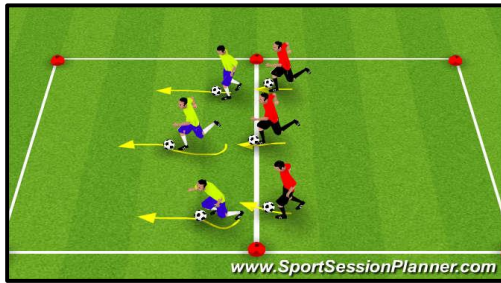
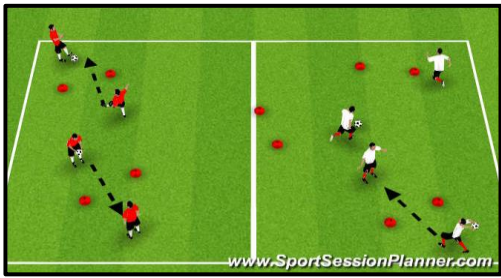




Stage	Activity Description		Diagram	Checking for Understanding
Activity 1	4 Surfaces: Each player has a ball. Have the players try to use the 4 surfaces of the foot in 1 fluid motion in this order: Outside, Inside, Laces and Bottom. Transfer the ball from the right to left foot after they stop the ball with the bottom (sole of the shoe) When the players display proficiency, challenge them to do it faster and in a smaller space. The sequence is: ○ Outside of the foot touch - Inside of the foot touch - Laces (push) - Stop with bottom of the foot and Change foot			Coach's Observations: <ul style="list-style-type: none"> What surfaces of the foot are the players using? What surface is the most difficult for the players to use? Why would you ask them to "Talk to your feet"? Player Challenges: <ul style="list-style-type: none"> Am I keeping the ball close to my feet? Am I looking up or at my feet?
Activity 2	Receive, Pass and Dribble: <ul style="list-style-type: none"> Set up as many 5Wx10L grids with 3 or 4 players, 2 at one end. The player with the ball will dribble towards the cone, beat the cone with a move, and pass the ball to the next player in line Player should not stop the ball when receiving it but redirect it towards the direction they want to go 			Coach's Observations: <ul style="list-style-type: none"> What surface of the foot are they using to dribble, pass and receive? When should they change speed? Player Challenges: <ul style="list-style-type: none"> Do I have the soccer ball under control while dribbling? Are my passes to my teammate?
Activity 3	2v1 to Goal: Coach sets up a 15Wx20L yard grid. Coach has all the soccer balls on the sideline. Coach divides the players into 3 groups; 2 attacking groups and 1 defending. The coach passes a soccer ball to one of the lines. The first player in each of the 3 lines enters the field. (2v1). The 2 attackers must enter the zone before shooting at goal. <ul style="list-style-type: none"> If the attackers score: 1 point. If the defender steals the ball and scores: 5 points. 			Coach's Observations: <ul style="list-style-type: none"> Why do they try to beat the defender by themselves? When should they pass the soccer ball? Player Challenges: <ul style="list-style-type: none"> Am I trying to score by myself? Sometimes, do I give the ball to my teammate so he/she can score? Have I shot yet?
Activity 4	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 15Wx20L yard grid with one small goal 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". Players clear the field and the coach serves a new ball for the next group. Coach: play 1v2, 2v3, or 4v3. Vary the service.			Coach's Observations: <ul style="list-style-type: none"> Where do the players go to score? When do they change direction to go to the open goal? Player Challenges: <ul style="list-style-type: none"> Am I shooting as fast as I can? If I can't get to the goal, can I find my teammate?
Match	4v4 - 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



2014 - U8 - Spring Lesson Plan - Week 5



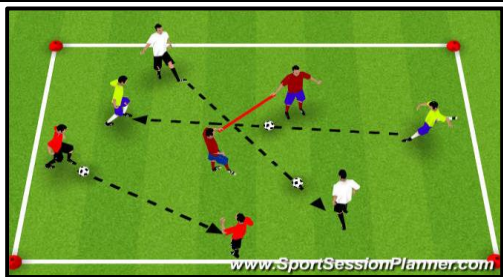
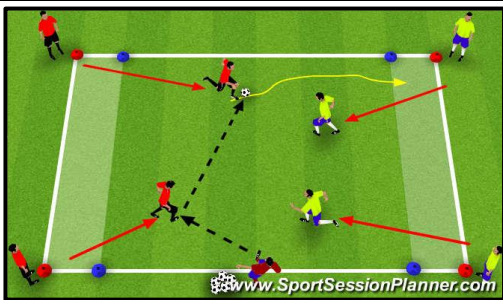


Stage	Activity Description		Diagram	Checking for Understanding
Activity 1	Cats and Dogs: A 20Wx30L yard grid divided in two halves. All Payers get a partner; one player is a CAT and the other is a DOG. Both players stand on the midline next to each other. When the coach calls CAT or DOG, that player will try to dribble to the end line before the other player. Have the players stop their ball on the end line.			Coach's Observations: <ul style="list-style-type: none"> What surfaces are the players using to dribble the ball? When should the players change speeds? Player challenges: <ul style="list-style-type: none"> Am I controlling the ball or kicking it far? Do I use both feet to dribble?
Activity 2	Gate Problems: <ul style="list-style-type: none"> In a 20Wx30L yard grid, place several gates of 1.5 yards each. You need more gates than pairs. The coach will tell the players how they can score through the gates. The first pair to 10 will win the round. Each round has a different task that makes the players cooperate in problem solving: Complete 2 passes in every gate, etc. Variation: After every gate the players will find a new partner.			Coach's Observations: <ul style="list-style-type: none"> Where should the receiver move to be successful? When should the passer play the ball? Player challenges: <ul style="list-style-type: none"> Is the ball going where I want? Am I able to receive the ball?
Activity 3	2v1 Keep the Treasure: In a 20Wx30L yard grid, divide the team in groups of 3 players. One player is the Defender and the other two are the Keepers of the Treasure (The Ball). The Keepers of the treasure are working to keep the treasure by shielding, passing or dribbling the treasure around; while the defender is trying to get possession of it. If the defender gets it the Keepers will try it to regain it back ASAP.			Coach's Observations: <ul style="list-style-type: none"> When should the players pass v dribble? Where should players move to help support the ball? Player challenges: <ul style="list-style-type: none"> Am I helping my teammates? Should I pass or dribble away from defenders?
Activity 4	Get "Outta" There in 2's or 3's: 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 a small goal on each end line. The coach serves a ball into the grid and 2 players from each team try to gain possession and score in their opponent's goal. If a goal is scored or the soccer ball goes out of bounds, the coach yells "Get outta there" and all the layers leave the field. Coach: Can make the games 1v2, 2v2, 2v3 or 3v3. Coach should vary the service to different areas of the field.			Coach's Observations: <ul style="list-style-type: none"> What technique is being used to score? (pass/dribble/shoot?) Where should players move to have a better passing lane? Player Challenges: <ul style="list-style-type: none"> How can I work with my teammates to score? Am I trying to score quickly or am I being patient?
Match	4v4 - 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



2014 - U8 - Spring Lesson Plan - Week 6



Stage	Activity Description		Diagram	Checking for Understanding
Activity 1	Cops and Robbers I: <ul style="list-style-type: none"> The coach sets up 8-10 stand up (tall) cones in a 15x20 yard grid. Robbers will strike the ball and try to knock the cone (the banks) down. The cops (2 or 3 players) are without soccer balls and are trying to stand all the cones back up before all the banks are robbed. Rotate the cops and the robbers. Guards will prevent the robber from knocking the cone down. The Coach starts as the guard, and then selects players to be the guard. 			Coach's Observation: <ul style="list-style-type: none"> When should the players change directions? Why should a player shield the ball? Player Challenges: <ul style="list-style-type: none"> Do I change directions with the ball or always run forward? Am I using all parts of my foot to control the ball?
Activity 2	Gates Passing with Bandits: Select 2-3 players to be the "Bandits". They will try to dispossess the passers. If a bandit gets the ball, he/she will try to score points by dribbling through the gates. The passers need to get the ball back from the bandit. Play 3 bouts of 1-2 minutes each. Each new round challenge the players to improve their score.			Coach's Observation: <ul style="list-style-type: none"> What surfaces are the players using to pass the ball? Where should players move to score more often? Player Challenges: <ul style="list-style-type: none"> Am I passing the ball through the gate accurately? Where should I move to help my teammate score in a different gate?
Activity 3	Moving Goal in 2's: Put the players in pairs 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 through the moving goal. Coach: give more points for long passes made away from the moving goals.			Coach's Observation: <ul style="list-style-type: none"> What surface are they using to pass and receive the ball? What types of passes are being made? (short/long) Player Challenges: <ul style="list-style-type: none"> Am I following the goal? Is my teammate where I can see them?
Activity 4	4 Corner Dribbling to End Zones: In 15Wx20L yard grid with an end zone at each end, players of the same team are placed by the corner cones of the End Zone 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 the middle with all the balls. The game starts when the coach serves the ball into the field. One player from each corner comes out to play 2v2. The game is over when one team scores by dribbling the ball into the end zone. If the ball goes out of bounds. Players need to get out of the field quickly and get back in line.			Coach's Observation: <ul style="list-style-type: none"> Why should players dribble v pass? Where is the space on the field for players to utilize? Player Challenges: <ul style="list-style-type: none"> Am I controlling the ball? Am I helping my teammate? Am I too close to my teammate? Am I too far from my teammate?
Match	4v4 - 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



2014 - U8 - Spring Lesson Plan - Week 7



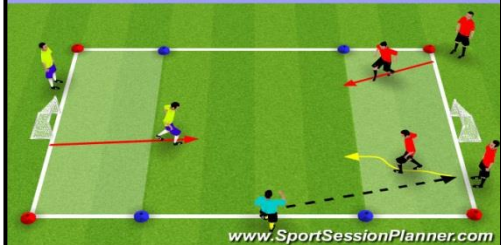
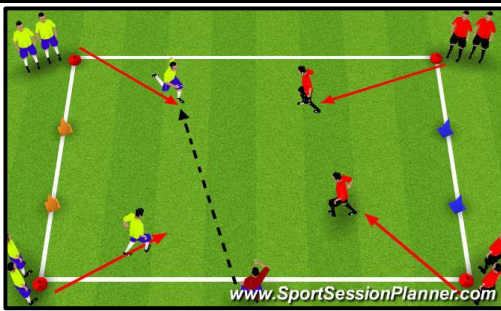


Stage	Activity Description		Diagram	Checking for Understanding
Activity 1	<p>Follow the Leader: Set up a course as shown with same colored cones opposite each other. 1 player is the leader the other player is the follower. Leader dribbles to a cone of a different color and then waits for the follower to get to the opposite cone of the same color. Variation: Leader calls out a color and the two players race to that color cone, both players cannot be at the same cone, Call out more than 2 colors in sequence.</p>			<p>Coach's Observation:</p> <ul style="list-style-type: none"> Are the players engaged in the activity? What surface of the foot can the players use to stop the ball? <p>Player Challenges:</p> <ul style="list-style-type: none"> Am I following my partner? Am I stopping the ball at the cone?
Activity 2	<p>Cross Over Dribbling: All players with a ball standing around the perimeter of a 15Wx20L yard grid. When the coach says "GO" the players will try to dribble to the other side of the grid. When they reach the other side, the players turn and dribble back to their starting spots. Variation 2: Have them reach the other side and return to another spot. Variation 3: Do 10 toe taps once they got back to encourage them to stop the ball.</p>			<p>Coach's Observation:</p> <ul style="list-style-type: none"> What surface of the foot should the players use to go around other players? What surface are they using to turn? <p>Player Challenges:</p> <ul style="list-style-type: none"> Am I keeping the ball under control? Am I keeping my head up?
Activity 3	<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, two players next to the coach on each team 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>			<p>Coach's Observation:</p> <ul style="list-style-type: none"> Where does the player with the ball go? When can you tell they are working together to score? <p>Player Challenges:</p> <ul style="list-style-type: none"> Am I helping my teammate to score? Am I able to pass to my teammate?
Activity 4	<p>4 Corners to 4 Goals: In 20Wx25L yard grid with cone goals at each end, players of the same team are placed by the corner cones of the goal line they are defending. Half of the team is in a line at one corner and the other half at the other corner. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball into the field. The game is over when one team scores in any of the two goals they are attacking or the ball goes out of bounds. Players need to get off of the field quickly and get back in line.</p>			<p>Coach's Observation:</p> <ul style="list-style-type: none"> What are the players without the ball doing to help? When does the player with the ball shoot? <p>Player Challenges:</p> <ul style="list-style-type: none"> I am able to score in the far goal? I am striking the ball with the appropriate surface of my foot?
Match	4v4 - 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	



2014 - U8 - Spring Lesson Plan - Week 8

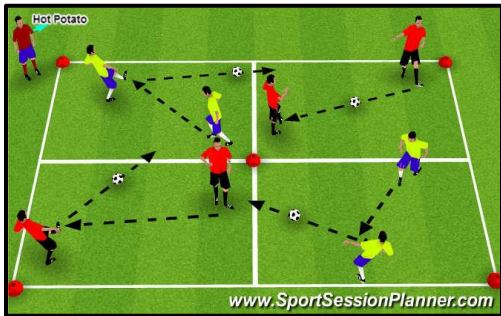
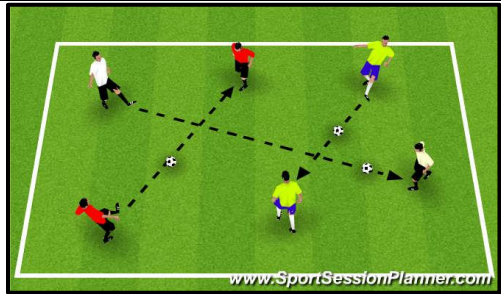
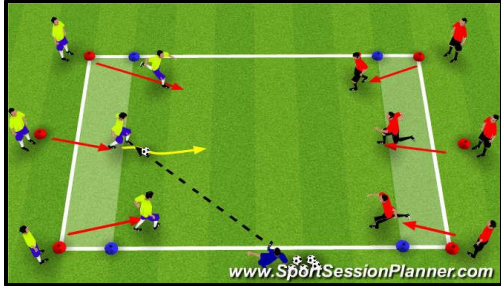



Stage	Activity Description		Diagram	Checking for Understanding
Activity 1	<u>Cops and Robbers II:</u> <ul style="list-style-type: none"> The coach sets up 8-10 tall cones in a 15x20 yard grid. Pair up two players and one ball. They are the Robbers and will pass the ball to each other and try to knock cones the cones (banks). The cops (2 or 3 players) are without soccer balls and are trying to stand all the cones back up before all the banks are robbed. Rotate the cops and the robbers. Guards try to prevent robbers from knocking the cones down. The Coaches may start as the cone guards, then they select players to be cone guards. 			Coach's Observation: <ul style="list-style-type: none"> Are all of the players engaged in the activity? Are the pairs working together? Player Challenges: <ul style="list-style-type: none"> Am I getting to the next back quickly? Am I helping my partner to rob a bank?
Activity 2	<u>Boston Bulldog with Goals:</u> <p>Divide your playing area in three sections. The shooting zone, the defending zone and the starting zone.</p> <p>Place at least 4 players in the starting zone with a ball behind the line. Have at least 3 defenders in the defending zone and in the shooting zone place 3 small goals, each 2 yards wide.</p> <p>When the coach says go the dribblers run into the defending zone if they go past the defenders they will be able to shoot into 1 of the 3 goals. If the defender gets the ball they switch places. Play to 5 goals</p>			Coach's Observation: <ul style="list-style-type: none"> What moves are players using to get around defenders? When should players change speed and direction? Player Challenges: <ul style="list-style-type: none"> How do I get past the defenders? Where can I go fast? When do I shoot for the goal?
Activity 3	<u>2v1 to Goal:</u> <p>Coach sets up a 20Wx25L yard grid. Coach has all the soccer balls on the sideline. Coach divides the players into 3 groups; 2 attacking groups and 1 defending. The coach passes a soccer ball to one of the attacking lines. The first player in each of the 3 lines enters the field. (2v1). The 2 attackers must enter the zone before shooting at goal.</p> <ul style="list-style-type: none"> If the attackers score: 1 point. If the defender steals the ball and scores: 5 points. 			Coach's Observation: <ul style="list-style-type: none"> What is the first choice of the players with the ball? What methods are the players using to score goals? Player Challenges: <ul style="list-style-type: none"> Am I getting into scoring position? Am I helping my partner to score?
Activity 4	<u>4 Corner Shooting Without Goalkeepers:</u> <p>In 20Wx25L yard grid with cone goals at each end. Coach will divide the group into 2 teams; each team defends 1 goal. Each team will begin at the corners of their defending end. 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 first player in each corner comes out and plays 2v2. 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 to their cone.</p>			Coach's Observation: <ul style="list-style-type: none"> What tells you that they are cooperating to score goals? Where does the player without the ball run? Player Challenges: <ul style="list-style-type: none"> Am I ready to receive the ball from the coach? I am taking shots when I have the ball?
Match	4v4 - 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



2014 - U8 - Spring Lesson Plan - Week 9



Stage	Activity Description		Diagram	Checking for Understanding
Activity 1	Hot Potato: A 20Wx30L yard grid divided into four areas. Place at least two players in each area with a soccer ball. Players will be passing and moving within their area. When the coach says "HOT POTATO" the players in each grid will pass their soccer ball clockwise to the other grid. Variation: have a group of 3 in each area			Coach's Observation: <ul style="list-style-type: none"> Are all of the players engaged in the activity? If not how do you get that to happen? Player Challenges: <ul style="list-style-type: none"> Am I able to pass the ball to my teammate? Can I control the ball when I get it?
Activity 2	Paint the Field- Passing: In pairs, players will pass the soccer ball back and forth in a 20Wx30L yard grid. Explain to the players that their soccer ball is a paint brush and wherever it rolls it will paint a line in their favorite color. 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			Coach's Observation: <ul style="list-style-type: none"> Where are the players moving together to paint the field? What unorthodox ways are the players using to paint the field? Player Challenges: <ul style="list-style-type: none"> Am I following my partner? Am I helping my partner paint the field?
Activity 3	4 Corner 3v3 Dribbling to End Zones: In 20Wx25L yard grid with an end zone at each end, players of the same team are placed by the corner cones of the End Zone they are defending. Place there cones behind each end zone, place two players of the same team by each cone. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball into the field. One player from each cone comes out to play 3v3. The game is over when one team scores by dribbling the ball into the end zone. If the ball goes out of bounds. Players need to get out of the field quickly and get back in line.			Coach's Observation: <ul style="list-style-type: none"> When are the players taking chances to get by a defender and score a goal? Why is it good to improvise? When is it better to play simple? Player Challenges: <ul style="list-style-type: none"> Am I ready when the ball is played onto the field? Did I score a goal by: <ul style="list-style-type: none"> Dribbling? Passing to a teammate? Shooting?
Activity 4	4 Corner 3v3 to 4 Goals: In a 20Wx30L yard grid with an end zone at each end, players of the same team are placed by the corner cones of the End Zone they are defending. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball into the field. One player from each corner comes out to play 3v3. The game is over when one team scores in any of the two goals they are attacking or the ball goes out of bounds. Players need to get off of the field quickly and get back to their cones.			
Match	4v4 - 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



2014 - U8 - Spring Lesson Plan - Week 10



Final Week - Play Several Games

Stage	Activity Description		Diagram	Checking for Understanding
Activity 1	<p>6 Surfaces: Each player has a ball. Have the players try to use the 6 surfaces of the foot in 1 fluid motion and in this order: Outside, Inside, Laces, Bottom, Toe and Turn with the Heel. Transfer the ball from the right to left foot after the turn. When the players display proficiency, challenge them to do it faster and in a smaller space.</p> <p>The sequence is: <i>Outside of the foot touch - Inside of the foot touch - Laces push - Stop with bottom and - Push with the toe, Turn with the Heel and Change foot.</i></p>			<p>Coach's Observation:</p> <ul style="list-style-type: none"> Are all of the players engaged in the activity? If not how do you get that to happen? <p>Player Challenges:</p> <ul style="list-style-type: none"> Am I able to follow the pattern with my voice and my feet? Can I use softer touches to go even faster?
Activity 2	<p>4v4 to End Zones: In a 20Wx25L yard grid, place an End Zone of tow yard wide along each end line. Players will score by dribbling and stopping the soccer ball in the End Zone. Defenders can't defend in the End zone.</p>			<p>Coach's Observation (for all the games below):</p> <ul style="list-style-type: none"> When are the players attempting to score goals by themselves? What techniques have the players tried to use their to score goals? Over the season, have you noticed an improvement in the player's: <ul style="list-style-type: none"> Ability to dribble? Willingness to take players on? Accuracy of shots? Range of shots? <p>Player Challenges: <i>Limit challenges because this is an opportunity to observe the player's progress over the season.</i></p>
Activity 3	<p>4v4 Hit the Ball Off the Cone: In a 20Wx25L yard grid with a 2 yard end zone, place 3 soccer balls on top of three cones. Place a soccer ball on each cone. Two teams of 4 players each will try to score by knocking the soccer ball off the cone.</p> <p>Scoring:</p> <ul style="list-style-type: none"> Hit the ball on the cone: 10 points - If the soccer ball goes between the cones: 1point <p>No players are allowed in the end zone.</p>			
Activity 4	<p>4v4 to 4 Goals: In a 20Wx25L yard grid, place a two yard goal with cones close to the corners of each end line. Players will score by dribbling or passing through any of the two goals they are attacking.</p>			
Match	4v4 - 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