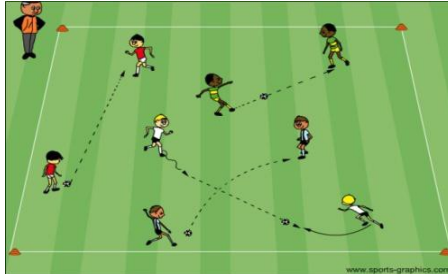
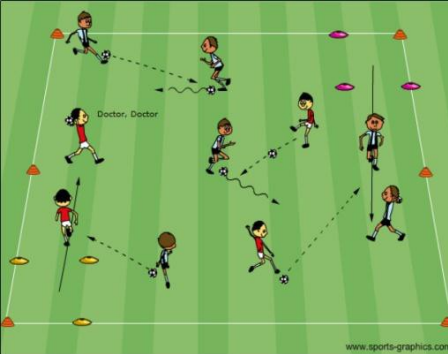
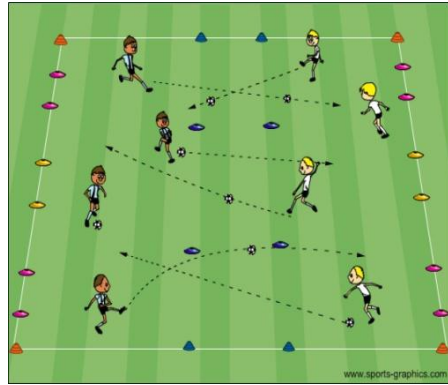
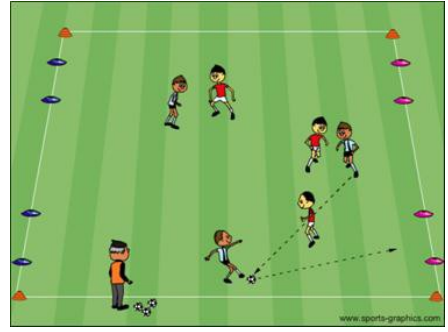




U8 - Lesson Plan - Week Fifteen

| Activity 1 | Activity Description | Coaching Considerations |
|--|--|---|
|  | <p>Paint the Field- Passing: In pairs, players will pass the soccer ball back and forth in a 20x25 yard grid. Explain to the players that their soccer ball is a paint brush and wherever it rolls it will paint the area. Their task to pass (kick) the soccer to paint as much of the grid as possible in the allotted time.</p> <p>Version 2: Tell the players to use their other foot</p> | <ul style="list-style-type: none"> • Passing and receiving technique • Weight of the pass • Ability to pass through traffic • Communication and mobility of the players <p>Time: 6 minutes</p> |
|  | <p>Doctor, Doctor: Divide the group into two teams. Send them to their hospital (corner boxes). Each team selects a doctor. He/she will cure (unfreeze) his/her team's players. Teams try to freeze each other by hitting the players with their soccer balls below knees or striking their balls. When frozen, players must put ball above head, remain in place, and yell "Doctor, Doctor". The Doctor is without a ball, and is safe in the hospital, but when he comes out, he can be frozen. When the doctor is frozen the game is over.</p> | <ul style="list-style-type: none"> • Dribbling technique • Protect the ball • Passing technique • Weight and accuracy of the pass <p>Time: 8 minutes</p> |
|  | <p>Clean Your Backyard: 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. Players on each team will try to shoot/pass and score below knee height in any of the other team's goals.</p> <p>Coach: Allow players to enter the buffer zone to retrieve any ball that has stopped in there.</p> <p>Version 2: Allow teams to defend the goals using their hands</p> | <ul style="list-style-type: none"> • How to get the balls from the center or other home bases • How to defend their home base • Decision making: pass or dribble <p>Time: 8 minutes</p> |
|  | <p>3v3 to 4 Goals: In a 20x25 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> | <ul style="list-style-type: none"> • Application of dribbling, passing-receiving and shooting technique under pressure • 1v1 defending • Decision making <p>Time: 8 minutes</p> |
| <p>Scrimmage</p> | <p>Activity Description</p> | <p>Time</p> |
| <p>4v4 - Dual Field Scrimmage</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>30 minutes</p> |