

# Lesson Plans

Grade 1 & 2 (U8)

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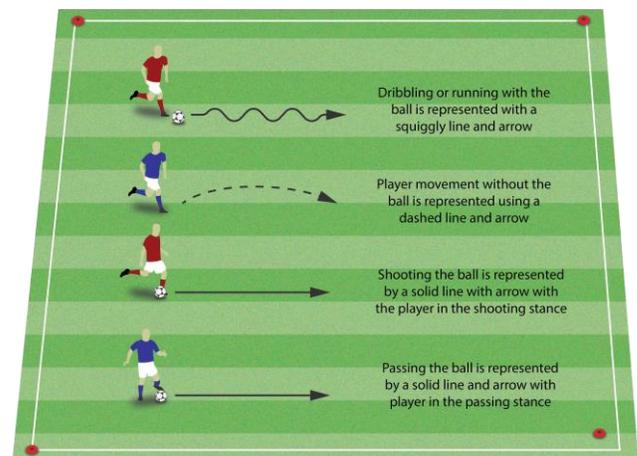
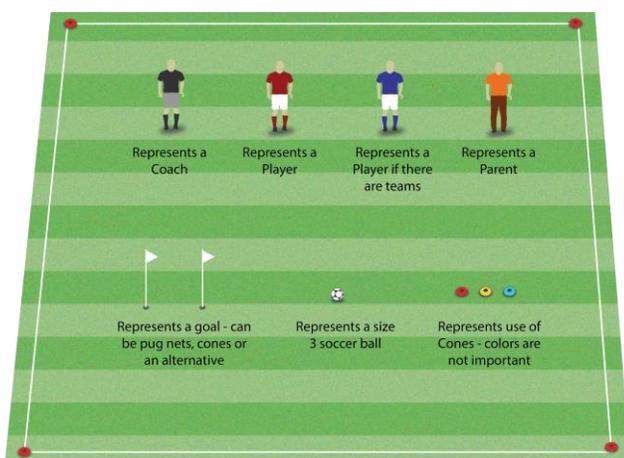




# Grade 1 & 2 (U8) Season Plan

- **Week 1** – Changing direction to beat an opponent/move away from pressure into open space
- **Week 2** – Dribbling at different speeds
- **Week 3** – Passing
- **Week 4** – Attacking 1v1 – Role of the first attacker
- **Week 5** – Shielding and defending 1v1 – Role of the first defender
- **Week 6** – Shooting
- **Week 7** – Defending 2v2 – Role of the second defender
- **Week 8** – Attacking 2v1 – Role of the second attacker

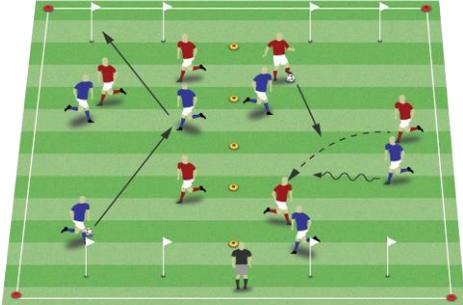
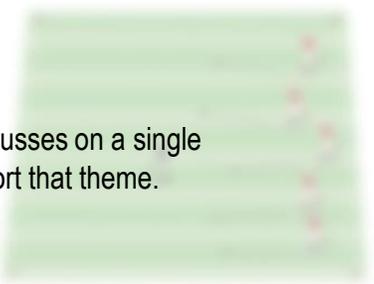
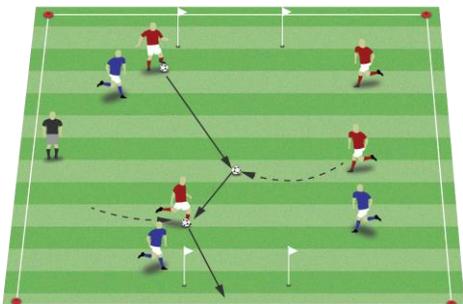
Below is a key for how to interpret the activities and games outlined in the lesson plans:





# Grade 1 & 2 (U8) Session Structure

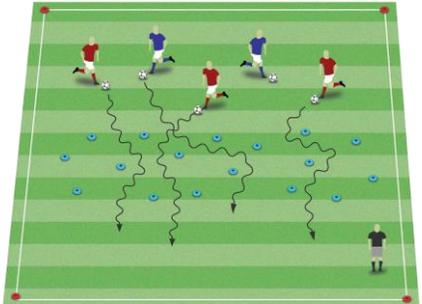
Each week the coach will lead the team through a quick small sided game, followed by three activities each lasting about 8-10mins then after a break have a small 4v4 or 5v5 scrimmage against an opponent team.

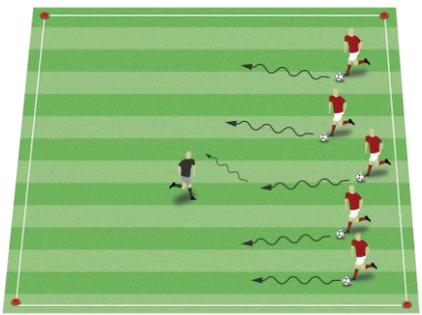
1st Phase - Play	1st Phase - Play	<b>1st Phase - Play</b>	<b>~10mins</b>	<b>Small Sided Game</b>
		<p>Set up a 20W x 30L grid with goals or two if you have enough players. When practice is scheduled to start and as soon as 2 players arrive, start playing a game.</p> <p>The game starts 1v1. As new players, the game becomes 2v1, then 2v2, 3v2, 3v3 etc. Just use your own team with pinnies.</p>	<ul style="list-style-type: none"> <li>• Encourage players to move forward</li> <li>• If you see an opening, go directly to goal</li> <li>• Try to keep the ball</li> <li>• Try to protect your own goal</li> </ul> <p><b>Progression:</b> If you can not do multiple 2v2/3v3 games you can do one larger game</p> <p><b>Guided Questions:</b> When should you shoot on goal? What if someone is blocking your path? How can we stop the other team from scoring?</p>	
2nd Phase - Practice	<b>2nd Phase – Practice – ~10 mins x 3 Activities</b>			
	<p>Activities are detailed in the weekly lesson plans – Each week focusses on a single theme and game/activities are tailored and designed to support that theme.</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Activity 1 - ~10mins</p> </div> <div style="text-align: center;">  <p>Activity 2 - ~10mins</p> </div> <div style="text-align: center;">  <p>Activity 3 - ~10mins</p> </div> </div>			
3rd Phase - Play	3rd Phase - Play	<b>3rd Phase - Play</b>	<b>~20mins</b>	<b>4v4 Game against an opponent</b>
		<p>In a 20W x 30L grid with goals set up two evenly matched teams. Play a 4v4 or 5v5 game with no goalkeepers. When the ball goes out of play the coach can play another ball onto the field and the play continues.</p> <p>Play for ~9 mins with a 2 min break at half.</p>	<ul style="list-style-type: none"> <li>• Encourage players to move forward</li> <li>• If you see an opening, go directly to goal</li> <li>• Try to keep the ball</li> <li>• Try to protect your own goal</li> </ul> <p><b>Progression:</b> You can introduce some more rules like throw-ins, corner kicks, goal kicks and enforce rules</p> <p><b>Guided Questions:</b> When should you shoot on goal? What if someone is blocking your path? How can we stop the other team from scoring?</p>	

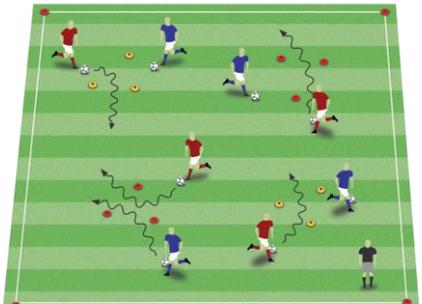


<b>Session Goal:</b>	<b>Changing direction to beat an opponent/move away from pressure</b>				
<b>Key Coaching Points:</b>	Use all parts of both feet, keep the ball close, quick changes of direction				
<b>Week:</b>	<b>1 of 8</b>				
<b>Duration:</b>	50-60mins	<b>Age Group:</b>	Grade 1 & 2 (U8)	<b>Players:</b>	8-12

<b>1<sup>st</sup> Phase - Play</b>	<b>8-10mins</b>	<b>Small Sided Game</b>
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<b>Activity: Cone Maze</b>	<b>Organization: 20W x 20L grid, cone maze</b>	<b>Coaching Points: ~10 mins</b>
	<p>Set up a maze of cones roughly halfway across your field about 2 feet apart from each other. All players have a ball.</p> <p>On your command the players need to dribble across the maze as fast as they can without hitting any cones or other teammates. Have the players stop on the end line with their foot on top of the ball.</p> <p>After one or two rounds have passed, if a player hits a cone they need to do 10 x toe taps or tic tocs to get back in the game.</p>	<ul style="list-style-type: none"><li>• Dribble fast each side of the maze (longer touches), dribble slow in the maze (smaller touches)</li><li>• Laces go forward, bottom of the foot to stop, outside /inside to turn/change direction</li><li>• Keep the ball close, look at ball when touching</li><li>• Lift your head up in between touches</li><li>• Move to the areas of low pressure</li></ul> <p><b>Progression:</b> Have players use left only and then right.</p> <p><b>Guided Questions:</b> How can we avoid the cones? How can we go faster? What part of the foot can we turn with?</p>

<b>Activity: Fishy-Fishy</b>	<b>Organization: 20W x 20L grid, no goals</b>	<b>Coaching Points: ~10 mins</b>
	<p>All players have a ball on one side of the grid. You are the shark and the players are the fish. On your command say “fishy fishy cross the ocean”, at which point the players try to cross the ocean with their ball whilst you try to kick their ball out.</p> <p>Once the shark kicks the ball out that player joins the shark team and tries to get the rest of the fish out. The last fish to survive is the winner.</p> <p>Play two or three rounds, then change the shark to one of the players.</p>	<ul style="list-style-type: none"><li>• As above plus:</li><li>• Use a burst of speed and change of direction to get past the shark. Fast at first, slow down near the shark and fast to pass the shark</li><li>• Use left and right foot equally</li></ul> <p><b>Progression:</b> Have more than one shark to start, left foot only and right foot only for turns.</p> <p><b>Guided Questions:</b> How can avoid the shark? How can we cross the ocean faster?</p>

<b>Activity: Gates Dribbling</b>	<b>Organization: 20W x 20L grid, multiple gates</b>	<b>Coaching Points: ~10 mins</b>
	<p>Set up many gates across the entire grid with cones approximately 1-2 feet apart. All players have a ball.</p> <p>On your command ask the players to dribble through as many cones as possible in 60 seconds. Have the kids keep their score and ask at the end of each round how many gates they got through.</p> <p>Repeat this game several times after each coaching point is introduced.</p>	<ul style="list-style-type: none"><li>• As above plus:</li><li>• Decide the next gate to go through ahead of time and make your last touch go toward the net gate</li></ul> <p><b>Progression:</b> Add a defensive player into the mix, make the players do a move in between or at the gate.</p> <p><b>Guided Questions:</b> Who can show me how to change direction? How many ways can we change direction? How can we get through more gates?</p>

<b>3rd Phase - Play</b>	<b>20mins</b>	<b>4v4 or 5v5 Game</b>
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<b>Alternatives:</b>	Circles, Planets, Field of Doom, Pirate Ship, Red Light – Green Light
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	<b>Session Goal:</b>	<b>Dribbling at different speeds</b>			
	<b>Key Coaching Points:</b>	Fast where there is no pressure using laces, slow near pressure using instep/outstep, head up			
	<b>Week:</b>	<b>2 of 8</b>			
<b>Duration:</b>	50-60mins	<b>Age Group:</b>	Grade 1 & 2 (U8)	<b>Players:</b>	8-12

<b>1<sup>st</sup> Phase - Play</b>	<b>8-10mins</b>	<b>Small Sided Game</b>
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<b>Activity: Circles</b>	<b>Organization: 20W x 20L grid, circle of cones</b>	<b>Coaching Points: ~10 mins</b>
	<p>Set up a large circle of cones with all the players in the center of the circle with a ball. Count off the players, 1, 2, 3, 1, 2, 3 and so on.</p> <p>Call out a number, when the players number is called out they need to dribble out as fast as they can, dribble around a cone and come back to the middle. After the players are back call out a different number.</p>	<ul style="list-style-type: none"> <li>• Dribble fast to get to the cone, slow around the cone.</li> <li>• Laces go forward, bottom of the foot to stop, outside/inside to turn/change direction</li> <li>• Keep the ball close, look at ball when touching</li> <li>• Lift your head up in between touches</li> </ul> <p><b>Progression:</b> Call out multiple numbers, make the players dribble around the whole circle, left/right foot only, pull backs.</p> <p><b>Guided Questions:</b> Who can show me how to change direction? How many ways can we change direction?</p>

<b>Activity: Planets</b>	<b>Organization: 20W x 20L grid, no goals</b>	<b>Coaching Points: ~10 mins</b>
	<p>Set up 4 cones near the four corners of the grid and ask some players to name each cone a specific planet name.</p> <p>All players have a ball. On your command call out the name of a planet at which point the players dribble as fast as they can to the planet, complete one orbit and come back to the space station (you).</p> <p>Call out different planets then start to call out two planets, then three, then ask them to orbit more than once. Start to move around so the players need to look up and see where you have moved to.</p>	<ul style="list-style-type: none"> <li>• As above plus:</li> <li>• Dribble fast between planets, slow in orbit</li> <li>• Use left and right foot equally</li> </ul> <p><b>Progression:</b> Vary the number of planets, different missions. Have the players use left /right foot only.</p> <p><b>Guided Questions:</b> How can we move between planets faster? How can we avoid other spaceships?</p>

<b>Activity: Field of Doom</b>	<b>Organization: 20W x 20L grid, four corners</b>	<b>Coaching Points: ~10 mins</b>
	<p>Set up four large squares of cones in the four corners of the grid. Players are split into two even teams with one team starting with a ball at their feet in one of the grids and the other team not having a ball in the middle.</p> <p>On your command the players with a ball need to try and dribble to another corner without the other team kicking their ball away. The team without the ball can not enter the four corners.</p> <p>Play this for 1-2 mins then switch teams.</p>	<ul style="list-style-type: none"> <li>• Dribble fast between corners, slow in the corners.</li> <li>• Laces go forward, outside/inside to turn/change direction</li> <li>• Keep the ball close, look at ball when touching</li> <li>• Lift your head up in between touches</li> <li>• Use left and right foot equally</li> </ul> <p><b>Progression:</b> Vary the number of defending players, make players go to a nonadjacent grid</p> <p><b>Guided Questions:</b> Where is the pressure coming from? How can we avoid the defending players?</p>

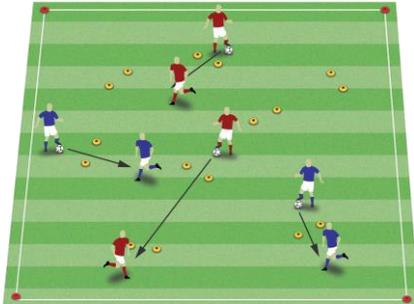
<b>3rd Phase - Play</b>	<b>20mins</b>	<b>4v4 or 5v5 Game</b>
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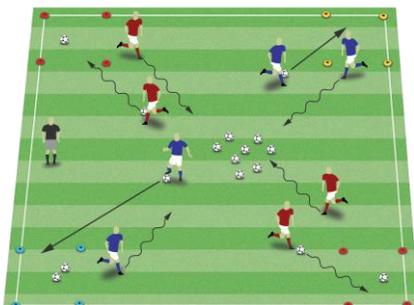
<b>Alternatives:</b>	Cone Maze, Fishy-Fishy, Gates Dribbling, Red Light – Green Light, Simon Says
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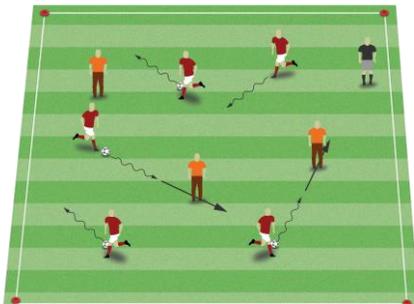


<b>Session Goal:</b>	<b>Improving players passing skill and decisions</b>				
<b>Key Coaching Points:</b>	Using the instep, head over the ball, following through when passing				
<b>Week:</b>	<b>3 of 8</b>				
<b>Duration:</b>	50-60mins	<b>Age Group:</b>	Grade 1 & 2 (U8)	<b>Players:</b>	8-12

<b>1<sup>st</sup> Phase - Play</b>	<b>8-10mins</b>	<b>Small Sided Game</b>
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<b>Activity: Gates Passing</b>	<b>Organization: 20W x 20L grid, multiple gates</b>	<b>Coaching Points: ~10 mins</b>
	<p>Set up many gates across the entire grid with the cones approximately 1-2 feet apart.</p> <p>Have the players play with one ball between two and on your command ask the players to pass the ball through as many cones as possible in 60 seconds.</p> <p>Repeat this game several times after each coaching point is introduced. Have the players keep count and see if they can improve their score each round.</p>	<ul style="list-style-type: none"> <li>Approach ball at an angle, planting the non-kicking foot next to the ball in the direction they want the ball to go.</li> <li>Use the instep of a locked ankle and strike the middle (circumference) of the ball.</li> <li>The head, knee and ball should be a straight line with the eyes looking at the ball when hit.</li> <li>Follow through once the players hit the ball.</li> </ul> <p><b>Progression:</b> Different points for different left/right feet, inside/outside.</p> <p><b>Guided Questions:</b> How can we hit the ball harder? How can we be more accurate with our passes?</p>

<b>Activity: Treasure Hunt</b>	<b>Organization: 20W x 20L grid, four corners</b>	<b>Coaching Points: ~10 mins</b>
	<p>Set up four cones near the four corners of the grid and place all the balls you have in the middle of the grid.</p> <p>On your command the players have 60 seconds to get as many balls 'treasure' back to their corner 'chest'. Once all the balls are gone, the players can steal balls from the other corners.</p> <p>Only one player can leave their corner at a time. Let the players play the game once or twice before introducing the idea that passing the balls might be faster.</p>	<ul style="list-style-type: none"> <li>As above plus:</li> <li>Introduce a turn (cut, pullback etc) to get the ball</li> <li>Receiving the ball with a soft touch in the corner</li> <li>Communication between players.</li> </ul> <p><b>Progression:</b> Both players can go at the same time. Ask the players to come up with a strategy.</p> <p><b>Guided Questions:</b> How can we hit the ball harder? How can we be more accurate with our passes? Can we shield the ball?</p>

<b>Activity: Tunnel Ball</b>	<b>Organization: 20W x 20L grid, no goals</b>	<b>Coaching Points: ~10 mins</b>
	<p>Ask 4 or so parents to stand inside the grid, spread apart from one another with their legs together.</p> <p>The players, on your command will dribble their soccer ball in and out of their parents are. When you shout "Tunnel Ball" the parents will open their legs wide and the players have to kick (pass -inside of foot) the ball through the legs of the adults. The kids should then retrieve their ball and continue to dribble. Play for 1-2 mins at a time and see if the players can get through more parents legs each round.</p> <p>Players can crawl through legs as a fun variant.</p>	<ul style="list-style-type: none"> <li>As above plus:</li> <li>Decide which parent to go to next early</li> <li>Dribble fast to get to the parent, slow once they get to a parent.</li> <li>Keep the ball close, look at ball when touching</li> <li>Lift your head up in between touches</li> </ul> <p><b>Progression:</b> Vary the number of defending players, make players go to a nonadjacent grid</p> <p><b>Guided Questions:</b> Where is the pressure coming from? How can we avoid the defending players?</p>

<b>3rd Phase - Play</b>	<b>20mins</b>	<b>4v4 or 5v5 Game</b>
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<b>Alternatives:</b>	Ouchy, Messy Backyard, Foxes and Bunnies, Messy Backyard
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	<b>Session Goal:</b>	<b>The role of the first attacker – attacking 1v1</b>			
	<b>Key Coaching Points:</b>	1 <sup>st</sup> attacker (player with the ball) penetrates by beating a defender 1v1, change of speed and direction.			
	<b>Week:</b>	<b>4 of 8</b>			
<b>Duration:</b>	50-60mins	<b>Age Group:</b>	Grade 1 & 2 (U8)	<b>Players:</b>	8-12

<b>1<sup>st</sup> Phase - Play</b>	<b>8-10mins</b>	<b>Small Sided Game</b>
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<b>Activity: Fishy Fishy</b>	<b>Organization: 20W x 20L grid, no goals</b>	<b>Coaching Points: ~10 mins</b>
	<p>All players have a ball on one side of the grid. You are the shark and the players are the fish. On your command say “fishy fishy cross the ocean”, at which point the players try to cross the ocean with their ball whilst you try to kick their ball out.</p> <p>Once the shark kicks the ball out that player joins the shark team and tries to get the rest of the fish out. The last fish to survive is the winner.</p> <p>Play two or three rounds, then change the shark to one of the players.</p>	<ul style="list-style-type: none"> <li>Use a burst of speed and change of direction to get past the shark. Fast at first, slow down near the shark and fast to pass the shark</li> <li>Laces go forward, outside/inside to turn/change direction</li> <li>Keep the ball close, look at ball when touching</li> <li>Lift your head up in between touches</li> <li>Move to the areas of low pressure</li> </ul> <p><b>Progression:</b> Have more than one shark to start, left foot only and right foot only for turns.</p> <p><b>Guided Questions:</b> How can avoid the shark? How can we cross the ocean faster?</p>

<b>Activity: 1v1 End Zone</b>	<b>Organization: 20W x 20L grid, 2 end zones</b>	<b>Coaching Points: ~10 mins</b>
	<p>Set up two end zones at each end of the grid and split the players evenly into two teams who start without a ball on the sideline each side of the coach.</p> <p>Coach will play a ball into the field to one side, the first players in each team play 1v1 trying to dribble the ball into the opposing teams end zone.</p> <p>As the players get used to the game, start playing the balls faster and faster.</p>	<ul style="list-style-type: none"> <li>As above plus:</li> <li>Consider your dominant side and lead the defender</li> <li>Drop the shoulder to deceive the defender</li> <li>Step over the ball to deceive the defender</li> </ul> <p><b>Progression:</b> Play the balls in faster and faster, introduce new ‘1v1’ moves (fake/faint/stepover etc) to beat a player.</p> <p><b>Guided Questions:</b> Should we dribble fast or slow? How can we get past our defender?</p>

<b>Activity: Rumble in the Jungle</b>	<b>Organization: 20W x 20L grid, two goals</b>	<b>Coaching Points: ~10 mins</b>
	<p>Set up two small goals on each end of the grid and split the players evenly into two teams who start without a ball on the sideline each side of the coach.</p> <p>Once you say go, the first player from each team dribbles as fast as they can behind their own goal into the field of play, the players who gets in first gets the ball from the coach.</p> <p>The players need to dribble past the defender and pass or shoot into the net or dribble into the net for an extra point.</p>	<ul style="list-style-type: none"> <li>As above plus:</li> <li>Introduce more advanced moves.</li> <li>Make sure the players are taking their chance to score if the defenders are not in a good position.</li> </ul> <p><b>Progression:</b> Play the balls in faster and faster, introduce new ‘1v1’ moves (fake/faint/stepover etc) to beat a player.</p> <p><b>Guided Questions:</b> How can we lead our defender? When should we take a shot?</p>

<b>3rd Phase - Play</b>	<b>20mins</b>	<b>4v4 or 5v5 Game</b>
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<b>Alternatives:</b>	Freeze Tag, Gates Dribbling, 1v1 Dribble Combat
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<b>Session Goal:</b>	<b>Introduction to shielding and defending 1v1</b>				
<b>Key Coaching Points:</b>	1 <sup>st</sup> defender to apply pressure, player with the ball protecting the ball with shielding technique				
<b>Week:</b>	<b>5 of 8</b>				
<b>Duration:</b>	50-60mins	<b>Age Group:</b>	Grade 1 & 2 (U8)	<b>Players:</b>	8-12

<b>1<sup>st</sup> Phase - Play</b>	<b>8-10mins</b>	<b>Small Sided Game</b>
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<b>Activity: King/Queen of the Ring</b>	<b>Organization: 20W x 20L grid, no goals</b>	<b>Coaching Points: ~10 mins</b>
	<p>All players start with the ball inside a large circle of cones. On your command the players will try to protect their ball at the same time trying to kick the rest of the players balls out of the circle. The last person left with a ball is the "King/Queen of the Ring"</p> <p>Players can do 10 toe-taps, tic-toc's or juggles to get back in.</p>	<ul style="list-style-type: none"> <li>Shield the ball by turning your body</li> <li>Keep the ball moving away from pressure</li> <li>Make your body big by spreading your arms to keep the player away and feel where they are coming from.</li> </ul> <p><b>Progression:</b> Start by players coming back in, then play to there is a winner "king/queen". Encourage players to take risks or work together.</p> <p><b>Guided Questions:</b> How can we force the player where we want them to go? How can we protect the ball? When should we make the tackle?</p>

<b>Activity: Boston Bulldogs</b>	<b>Organization: 20W x 20L grid, small circle</b>	<b>Coaching Points: ~10 mins</b>
	<p>Set up a zone 'dog yard' in the middle to if the field, with two defending players in the yard without a ball. The rest of the players will be on the end line at one side of the field.</p> <p>On your command the players try to dribble the ball past the dogs to the other side of the field. The dogs can not leave their yard.</p> <p>Start with the coach being the dog, then introduce the players to that role, then add more than one dog. Make sure all the players get an opportunity to be the bulldogs.</p>	<ul style="list-style-type: none"> <li>Defending players approach the attacking players at an angle. Defending players on their toes.</li> <li>Chest turned to the attacking player.</li> <li>Make a tackle (block or poke) when the attacking players tries to get past.</li> </ul> <p><b>Progression:</b> Start with coach, the add players. If the bulldogs get your ball you become a dog.</p> <p><b>Guided Questions:</b> Which way shall we force the attacking player? When should we make the tackle? Can the two defenders work together.</p>

<b>Activity: 1v1 Dribble Combat</b>	<b>Organization: 20W x 20L grid, two goals</b>	<b>Coaching Points: ~10 mins</b>
	<p>Set up two small goals on each end of the grid and split the players evenly into two teams who start without a ball on opposite corners of the grid.</p> <p>The coach rolls a ball out to one of the corners and the player who receives the ball tries to score on the goal.</p> <p>If the defender wins the ball back they try to score in the opposing goal. The game ends when the ball goes out of bounds or a goal is scored.</p>	<ul style="list-style-type: none"> <li>As above plus:</li> <li>Introduce the idea of getting to the attacker as fast as possible "pressure" then slowing down.</li> <li>Ask the defender to arc their run to stop a quick shot on goal.</li> <li>The key is to force the attacker to the sideline then make a tackle or force them out of bounds.</li> </ul> <p><b>Progression:</b> Count a point for each defender who forces the attacker out of bounds and play to 5 or 10.</p> <p><b>Guided Questions:</b> Which way shall we force the attacking player? When should we make the tackle?</p>

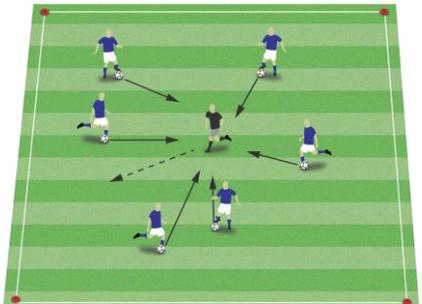
<b>3rd Phase - Play</b>	<b>20mins</b>	<b>4v4 or 5v5 Game</b>
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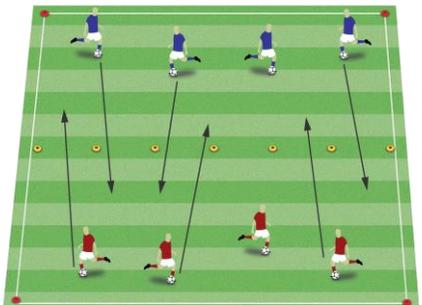
<b>Alternatives:</b>	Freeze Tag, Rumble in the Jungle, Monsters Inc.
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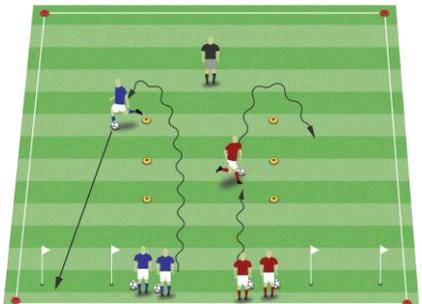


<b>Session Goal:</b>	<b>Introducing basic shooting technique</b>				
<b>Key Coaching Points:</b>	Introduce basic shooting technique – approach angle, laces, locked ankle, center of the ball, follow through				
<b>Week:</b>	<b>6 of 8</b>				
<b>Duration:</b>	50-60mins	<b>Age Group:</b>	Grade 1 & 2 (U8)	<b>Players:</b>	8-12

<b>1<sup>st</sup> Phase - Play</b>	<b>8-10mins</b>	<b>Small Sided Game</b>
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<b>Activity: Ouchy</b>	<b>Organization: 20W x 20L grid, no goals</b>	<b>Coaching Points: ~10 mins</b>
	<p>All players have a ball in a grid. The coach moves around while the players try to hit them (by shooting) with the ball below the knee. Play for 2 mins each round with players trying to improve their score each round.</p> <p>Each round you can vary the foot (right/left).</p> <p>Coach should start slow to make it easy, then get faster to help the players understand how to aim when the object is moving.</p>	<ul style="list-style-type: none"><li>Approach ball at an angle, planting the non-kicking foot next to the ball in the direction they want the ball to go.</li><li>Use the laces of a locked ankle and strike the middle (circumference) of the ball.</li><li>The head, knee and ball should be a straight line with the eyes looking at the ball when hit.</li><li>Follow through once the players hits the ball.</li></ul> <p><b>Progression:</b> Different points for different left/right feet. Have the coach move faster.</p> <p><b>Guided Questions:</b> How can we hit the ball harder? How can we set up to make a good shot?</p>

<b>Activity: Messy Backyard</b>	<b>Organization: 20W x 20L grid, cones halfway</b>	<b>Coaching Points: ~10 mins</b>
	<p>Set up two team each player with a ball on opposite sides of your grid. Set up a zone or line of cones halfway up the grid.</p> <p>On your command have each team try to shoot the ball over the zone or line of cones and get the ball to the other team's half. Stop after 30 seconds and which ever team has fewer balls is the winner.</p> <p>Introduce a new technical aspect of shooting a play again. Have the kids keep score to make it fun!</p>	<ul style="list-style-type: none"><li>As above plus:</li><li>Receive the ball with a soft first touch to set up the next shot</li></ul> <p><b>Progression:</b> Different points for different left/right feet. Try to get keep the ball low (middle of ball) vs high (bottom of ball)</p> <p><b>Guided Questions:</b> How can we hit the ball harder? How can we set up to make a good shot?</p>

<b>Activity: Down Hill Racing</b>	<b>Organization: 20W x 20L grid, two goals</b>	<b>Coaching Points: ~10 mins</b>
	<p>Set up two small goals on one end of the grid and split the teams into two, one to the right and one to the left on the touch line.</p> <p>Set up a line of cones in front of each team coming away from the touchline.</p> <p>On your command the first player in each line has to dribble past the end cone, turn and try to shoot the ball into the goal. After a few rounds, vary the game by changing feet, then have the players dribble through the cones first.</p>	<ul style="list-style-type: none"><li>As above plus:</li><li>Fast dribble to the cone, then try to set up your shot with a good turn.</li><li>A fast turn will allow your next touch to be a shot.</li><li>Lot of small touches through the cones vs long touches if we are going straight to the end cone.</li></ul> <p><b>Progression:</b> Dribble through cones first, change shooting foot.</p> <p><b>Guided Questions:</b> How can we set up our shot? How can we dribble through the cones faster?</p>

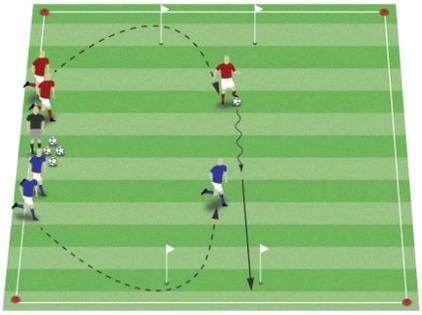
<b>3rd Phase - Play</b>	<b>20mins</b>	<b>4v4 or 5v5 Game</b>
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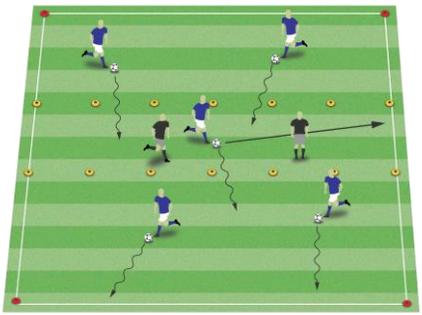
<b>Alternatives:</b>	1v1 Dribble Combat, Foxes and Bunnies, Rumble in the Jungle
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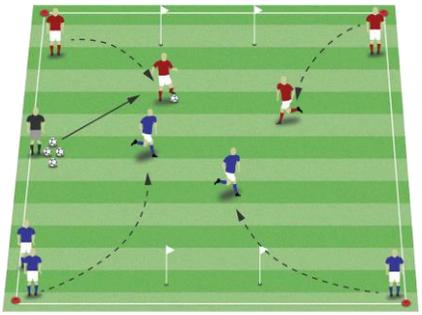


<b>Session Goal:</b>	<b>Defending 2v2 – Introducing the role of the second defender</b>				
<b>Key Coaching Points:</b>	Second defender offer cover to the first defender at a good angle and distance				
<b>Week:</b>	<b>7 of 8</b>				
<b>Duration:</b>	50-60mins	<b>Age Group:</b>	Grade 1 & 2 (U8)	<b>Players:</b>	8-12

<b>1<sup>st</sup> Phase - Play</b>	<b>8-10mins</b>	<b>Small Sided Game</b>
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<b>Activity: Rumble in the Jungle</b>	<b>Organization: 20W x 20L grid, two goals</b>	<b>Coaching Points: ~10 mins</b>
	<p>Set up two small goals on each end of the grid and split the players evenly into two teams who start without a ball on the sideline each side of the coach.</p> <p>Once you say go, the first player from each team dribbles as fast as they can behind their own goal into the field of play, the players who gets in first gets the ball from the coach.</p> <p>The players need to stop the player with the ball from shooting or scoring.</p>	<ul style="list-style-type: none"> <li>Defending players approach the attacking players at an angle. Defending players on their toes.</li> <li>Chest turned to the attacking player.</li> <li>Make a tackle (block or poke) when the attacking players tries to get past.</li> </ul> <p><b>Progression:</b> Play balls in faster and faster. Ask the defender to pick a side to force the attacker.</p> <p><b>Guided Questions:</b> Which way shall we force the attacking player? When should we make the tackle? Can the two defenders work together.</p>

<b>Activity: Boston Bulldogs</b>	<b>Organization: 20W x 20L grid, cones halfway</b>	<b>Coaching Points: ~10 mins</b>
	<p>Set up a zone 'dog yard' in the middle to if the field, with 2 defending players in the yard without a ball. The rest of the players will be on the end line at one side of the field.</p> <p>On your command the players try to dribble the ball past the dogs to the other side of the field. The dogs can not leave their yard.</p> <p>Start with the coach being the dog then introduce the players to that role then add more than one dog. Make sure all the players get an opportunity to be the bulldogs. play again.</p>	<ul style="list-style-type: none"> <li>Defending players approach the attacking players at an angle. Defending players on their toes.</li> <li>Chest turned to the attacking player.</li> <li>Make a tackle (block or poke) when the attacking players tries to get past.</li> </ul> <p><b>Progression:</b> Start with coach, the add players. If the bulldogs get your ball you become a dog.</p> <p><b>Guided Questions:</b> Which way shall we force the attacking player? When should we make the tackle? Can the two defenders work together.</p>

<b>Activity: 2v2 Dribble Combat</b>	<b>Organization: 20W x 20L grid, two goals</b>	<b>Coaching Points: ~10 mins</b>
	<p>Set up two small goals on each end of the grid and split the players evenly into two teams who start without a ball on each corner of the grid.</p> <p>Once you say go, the two players enter the field and play a 2v2 game. The coach plays a ball to one of the team who try to score in the opposing goal.</p> <p>The defending team's goal is to knock the ball out of bounds for one point or to win the ball back and score a goal for 2 point. Promote the counter attack.</p>	<ul style="list-style-type: none"> <li>As above plus:</li> <li>Force the attacker to one side, while the second defender cover the first defender at the right distance and angle.</li> <li>If the ball gets past the 1<sup>st</sup> and 2<sup>nd</sup> defenders which roles.</li> </ul> <p><b>Progression:</b> Play the balls in faster and faster, introduce different tackling technique.</p> <p><b>Guided Questions:</b> How can we led the attacker? When should we attempt a tackle? Can the defenders work together?</p>

<b>3rd Phase - Play</b>	<b>20mins</b>	<b>4v4 or 5v5 Game</b>
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<b>Alternatives:</b>	Rumble in the Jungle, Freeze Tag, King of the Ring, Field of Doom
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	<b>Session Goal:</b>	<b>Attacking 2v2 – Introducing the role of the second attacker</b>			
	<b>Key Coaching Points:</b>	Second attacker offer support to the first attacker at a good angle and distance			
	<b>Week:</b>	<b>8 of 8</b>			
<b>Duration:</b>	50-60mins	<b>Age Group:</b>	Grade 1 & 2 (U8)	<b>Players:</b>	8-12

<b>1<sup>st</sup> Phase - Play</b>	<b>8-10mins</b>	<b>Small Sided Game</b>
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<b>Activity: Gates Passing</b>	<b>Organization: 20W x 20L grid, multiple gates</b>	<b>Coaching Points: ~10 mins</b>
	<p>Set up many gates across the entire grid with the cones approximately 1-2 feet apart.</p> <p>Have the players play with one ball between two players and on your command ask them to pass the ball through as many cones as possible in 60 seconds.</p> <p>Repeat this game several times after each coaching point is introduced. Kids should try to beat their score after every round.</p>	<ul style="list-style-type: none"> <li>Approach ball at an angle, planting the non-kicking foot next to the ball in the direction they want the ball to go.</li> <li>Use the instep of a locked ankle and strike the middle (circumference) of the ball.</li> <li>The head, knee and ball should be a straight line with the eyes looking at the ball when hit.</li> <li>Follow through once the players hits the ball.</li> </ul> <p><b>Progression:</b> Different points for different left/right feet, inside/outside.</p> <p><b>Guided Questions:</b> How can we hit the ball harder? How can we be more accurate with our passes?</p>

<b>Activity: 2v1 to End Line</b>	<b>Organization: 20W x 20L grid, end line cones</b>	<b>Coaching Points: ~10 mins</b>
	<p>Set up an end line across one end of the grid with a player behind the line.</p> <p>The coach plays a ball out to one attacker, the goal is to make a pass to the attacking player in the end zone for a point. The defender tries to stop them.</p> <p>Rotate the players role, end line player comes off, defender become end line player, attacker becomes defender and a new player comes on.</p>	<ul style="list-style-type: none"> <li>As above plus:</li> <li>Attacker 2 must move from left to right to get 'open' for a pass.</li> <li>Communication is key between the attackers</li> </ul> <p><b>Progression:</b> Add players into the end zone, add more defending players. Put in two end zones, one at each end and play for 60 secs at a time.</p> <p><b>Guided Questions:</b> How can we get open? How can we communicate? Can we draw the defender away?</p>

<b>Activity: 2v2 to Multi Goal</b>	<b>Organization: 20W x 20L grid, four goals</b>	<b>Coaching Points: ~10 mins</b>
	<p>Set up two small goals on each end of the grid and split the players evenly into two teams who start without a ball on the sideline each side of the coach.</p> <p>Once you say go, the first two players from each team enter the field as you play the ball in.</p> <p>The goal is to score a goal by dribbling, passing or shooting into one of the two goals, when a goal is scored, the next four players go on.</p>	<ul style="list-style-type: none"> <li>As above plus:</li> <li>Introduce the idea of bringing the defender to your preferred side.</li> <li>Introduce more advanced moves.</li> <li>Make sure the players are taking their chance to score if the defenders are not in a good position.</li> </ul> <p><b>Progression:</b> Add a defender or attacker, reduce a defender to make it easier.</p> <p><b>Guided Questions:</b> How can we create good support positions?</p>

<b>3rd Phase - Play</b>	<b>20mins</b>	<b>4v4 or 5v5 Game</b>
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<b>Alternatives:</b>	2v1 to Goal, Gates Passing with a defender, 2v2 or 2v1 Dribble Combat
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# Thank-You

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