

Stage	Activity Description	Diagram	Guided Questions
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>		<ul style="list-style-type: none"> • How can we move the ball quickly over a big space? • What surface of foot should we use to turn with the ball? • How do we change directions? • What are some ways we can make the ball start and stop?
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 spots. Variation 2: Have them reach the other side and return to another spot. Variation 3: Players must do 10 toe taps if they are last or run into another player.</p>		<ul style="list-style-type: none"> • When is it ok to kick the ball further in front of you? • Why would you want to keep the ball close? • What part of your foot can you use if you want to go fast? • How do you know where the other players are on the field? • What part of your foot can you use to stop the ball?
Activity 3	<p>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..</p>		<ul style="list-style-type: none"> • Who, When, Where, Why What and How to Attack? • Who, When, Where, Why, What and How to Defend?
Activity 4	<p>4 Corner Shooting Without Goalkeepers: In 20Wx25L yard grid with cone goals at each end, players of the same team are placed by the corner cones of the goal 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 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 in line.</p>		<ul style="list-style-type: none"> • Who, when, Where, Why, What and How to attack? • Who, when, Where, Why, What and How to defend?
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



2013 - U8 - Fall Lesson Plan - Week 7

