



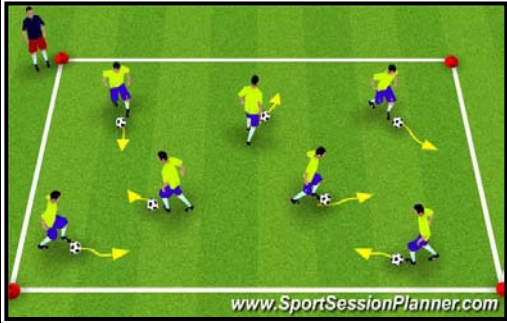
# 2014 - U6 - Spring Lesson Plan - Week 1



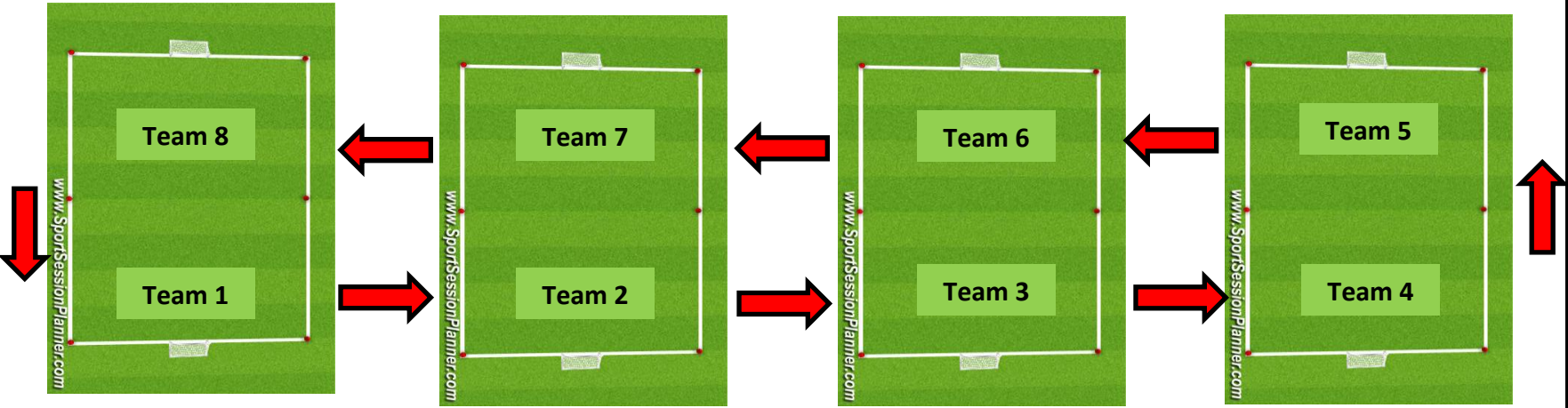
## Let's learn the Rules - Let's play

Stage	Activity Description	Diagram	Coach Effectiveness
Activity 1	<p><b>Body Part Dribble: (Movement Education and Coordination):</b> All players dribbling a soccer ball. The coach calls out a body part (elbow! - knee!) And the players then stop their ball with that part of the body.</p> <p><b>Coach:</b> Vary the body parts, number of body parts he calls out, and rate at which he calls them out.</p>		<ul style="list-style-type: none"> <li>• Are most of the players engaged in the activity?</li> <li>• Are the players balanced and coordinated to perform the activity?</li> <li>• Are the players using different surfaces of their feet to dribble?</li> <li>• Are the players keeping the ball close to themselves?</li> </ul>
Activity 2	<p><b>Red Light/Green Light:</b> All players are dribbling freely in a 15Wx20L yard grid. When the coach says “red light” the players must stop and put their foot on the ball. When the coach says “yellow light” the players must dribble slowly, and when the coach says “green light” the players must dribble fast.</p> <p><b>Coach:</b> Control the frequency of light changes.</p> <p><b>Variation 2:</b> Now the colors are the surfaces: <b>Yellow</b>= outside of the foot, <b>Blue</b>= inside of the foot, <b>Green</b>= Laces push, <b>Red</b>= Stop.</p>		<ul style="list-style-type: none"> <li>• Are the players using both feet to dribble?</li> <li>• Are the players coming up with the different colors and tasks to perform?</li> <li>• Are the players able to stop the ball almost immediately on red light?</li> </ul>

Let's Play the Game	Recommended Rules	
	<b>Dimensions in Yards:</b>	<b>Long:</b> 30 max-20 min <b>Wide:</b> 25 max-15 min
	<b>Ball</b>	Size 3
	<b>Number of Players</b>	3 Players per team on the field - No Goalkeepers needed
	<b>Referee</b>	No Referee needed
	<b>Duration</b>	No more than 30 minutes max – Can play in quarters
	<b>Fouls and Misconduct</b>	No cards (Yellow or Red) If a child misbehaves you must sub him/her out of the game
	<b>Free Kicks</b>	All free kicks shall be direct
	<b>Out of bounds - Side Line</b>	1. When the ball goes out bounds, please say <b>RED LIGHT</b> (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
	<b>Out of Bounds – End Line</b>	1. When the ball goes out of bound, Please say <b>YELLOW LIGHT</b> (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
	<b>Corners (optional)</b>	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

Stage	Activity Description	Diagram	Coach Effectiveness
<p><b>Warm up</b></p>	<p><b>4 Surfaces:</b>            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) and Stop with bottom of the foot and Change foot</p>		<ul style="list-style-type: none"> <li>• Are the players changing directions?</li> <li>• Are the players using all of the surfaces of their foot?</li> <li>• Can the players use a different sequence?</li> <li>• Are the players constantly moving?</li> <li>• Are they engaged in the activity?</li> </ul>

## Soccer Festival

<p><b>Organization</b></p>	<ul style="list-style-type: none"> <li>• <b>The teams will:</b> <ul style="list-style-type: none"> <li>○ Play 8-10 minutes games</li> <li>○ Teams will have a 2-3 minutes to change fields</li> <li>○ Coaches will sub on the fly</li> <li>○ Teams will rotate as shown below</li> </ul> </li> </ul> <div style="text-align: center; margin-top: 20px;">  </div>
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# 2014 - U6 - Spring Lesson Plan - Week 2

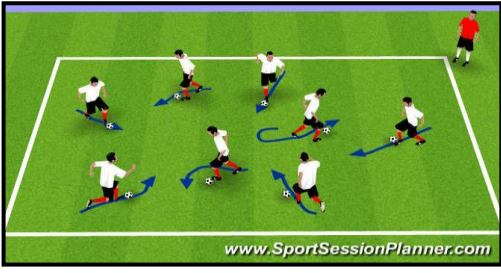

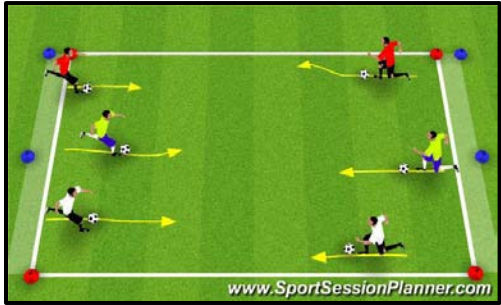



Stage	Activity Description	Diagram	Coach Effectiveness
<b>Activity 1</b>	<p><b>3 Surfaces:</b> Each player has a ball. Have the players try to use the 4 surfaces of the foot in 1 fluid motion in this order: Outside, Inside, Laces or Bottom. Transfer the ball from the right to left foot after they stop 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.</p> <p><b>The sequence are:</b></p> <ul style="list-style-type: none"> <li>○ Outside of the foot touch - Inside of the foot touch - Laces (push)</li> <li>○ Outside of the foot touch - Inside of the foot touch - Bottom</li> </ul>		<ul style="list-style-type: none"> <li>• Are the players engaged in the activity?</li> <li>• Can the players use their outside-inside-laces-bottom of their feet?</li> <li>• Are they keeping the ball close to their feet?</li> <li>• Are the players talking to their feet?</li> </ul>
<b>Activity 2</b>	<p><b>Boston Traffic:</b> Players dribble their soccer balls trying not to crash with any other player. Every time a player is in front the players should “BEEP” him/her out of the way. Coach should give a ticket to any players that crash. After 3 crashes, he or she must do 10 ball taps and get back in traffic</p> <p><b>Add tall cones</b> The players try to dribble as close to any tall cone as they can without knocking it over. If they knock it over, they must stand it back up before they can continue</p>		<ul style="list-style-type: none"> <li>• Are the players using all parts of their feet to change direction?</li> <li>• Are they dribbling through traffic?</li> <li>• Are they looking around as they dribble to prevent collisions?</li> </ul> <p><b>Challenge:</b> Make the game competitive! i.e.: Who has the most or least crashes?</p>
<b>Activity 3</b>	<p><b>Freeze Tag:</b> The coach or coaches start as the freeze monster without a soccer ball. The players are dribbling their soccer ball. When a freeze monster tags a player, he/she is frozen (hold a soccer ball on top of your head with legs opened). To unfreeze, any dribbler must pass the soccer ball between the frozen player’s legs. The Coach starts as the freeze monster then he can select one or two players to be the monster.</p>		<ul style="list-style-type: none"> <li>• Are the players changing direction?</li> <li>• Are the players kicking or passing the ball?</li> <li>• Are the players keeping the ball close to their feet?</li> <li>• Are the players helping teammates to get unfrozen?</li> </ul>
<b>Activity 4</b>	<p><b>Get “Outta” There with Numbers:</b> The players are divided into two teams, with each player given a number from 1-4 or 5 (depending on total amount of players). Players are positioned at either side of the coach, with multiple soccer balls, outside a 10x15 yard grid with two (one) small goals on each end line. The coach calls out a number (s), 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 yells “Get outta there”. <b>Coach:</b> Can make the games 1v1, 2v2 and 3v3.</p>		<ul style="list-style-type: none"> <li>• Are the players getting around a defender?</li> <li>• Are the players working with their teammate?</li> <li>• Are the players...             <ul style="list-style-type: none"> <li>○ Dribbling into the goal? - Good</li> <li>○ Passing into the goal? - Better</li> <li>○ Shooting at goal? - Best</li> </ul> </li> </ul>
<b>Match</b>	<b>3v3 - Dual Field Scrimmage</b>	Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.	
			<b>25 minutes</b>



# 2014 - U6 - Spring Lesson Plan - Week 3




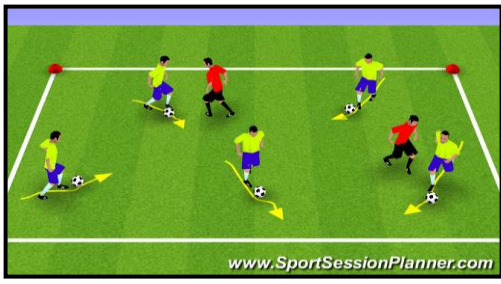


Stage	Activity Description		Diagram	Coach Effectiveness
Activity 1	<p><b><u>Dribble Tag:</u></b></p> <ul style="list-style-type: none"> <li>All players dribbling a soccer ball will try to tag each other with their hands.</li> <li>Players cannot abandon their own ball to tag.</li> </ul> <p><b>Coach:</b></p> <ul style="list-style-type: none"> <li>Have players keep count of their own tags.</li> <li>Play more than one game, have players improve their tags by at least 1 more than before.</li> </ul>		 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>Are the players changing direction?</li> <li>Are they keeping the ball close while dribbling and tagging?</li> <li>Are they falling over or staying balanced while tagging others?</li> </ul>
Activity 2	<p><b><u>Snake:</u></b></p> <p>All players are dribbling a soccer ball in a 15Wx20L yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts.</p> <p><b>Coach:</b></p> <ul style="list-style-type: none"> <li>Encourage the snake players to hiss.</li> <li>The snake should not be bigger than four players</li> </ul>		 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>Are the players engaged in the activity?</li> <li>Are they dribbling away from the snake?</li> <li>Are they changing speed?</li> <li>Is the ball close to their feet?</li> <li>Are they having fun with this activity?</li> </ul>
Activity 3	<p><b><u>Cross the River:</u></b></p> <p>Get the players in pairs and place them on opposite sides of the soccer grid. At coach's command, the players will dribble the soccer ball to the other side of the grid. They will try to cross the river as fast as they can. When they arrive to the other side they must control the soccer ball within the end zone in order to get a point. Players must call out their name when they have full control of the ball. Start with Foundation moves then running with the ball.</p>		 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>Do the players have the ball within a couple steps of their feet?</li> <li>Are they pushing the ball with their laces over distance?</li> <li>Are they comfortable doing this with both feet?</li> <li>Are they avoiding collisions and then stopping it under control?</li> </ul>
Activity 4	<p><b><u>Combat 1:</u></b></p> <p>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 playing area, the first players next to the coach will go after the soccer ball and retrieve it by dribbling and kicking it into their team's goal for a point.</p> <p>The coach can make the games 1v1, 2v2 and 3v3's. You can have several groups of players playing in the soccer area.</p>		 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>Are the players changing direction?</li> <li>Do they know when to shoot?</li> <li>Are they protecting the ball?</li> <li>Do they know how to get around a defender?</li> </ul>
Match	3v3 - 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 - U6 - Spring Lesson Plan - Week 4



Stage	Activity Description	Diagram	Coach Effectiveness
Activity 1	<p><b>Triangles, Squares &amp; Diamonds:</b> In a 20Wx25L yard grid, make 3 shapes with cones a triangle, a square and a diamond. On Coaches command “Red Square” the players dribble their ball to the shape called out by the coach. Add different directions: “Around the triangle, through the square, and into the diamond.”</p>		<ul style="list-style-type: none"> <li>• Are the players changing direction?</li> <li>• Are the players listening to directions?</li> <li>• Are the players using both feet to manipulate the ball?</li> <li>• Are the players engaged?</li> </ul>
Activity 2	<p><b>Cars</b> Players dribble their soccer balls trying not to crash with any cone or other player. Every time a player is in front the players should “BEEP” him/her out of the way. The coach should control the traffic by saying Green Light, Yellow Light, Red Light. • Coach should give a ticket to any players that crash. After 3 crashes, he or she must do 10 ball taps and get back in traffic</p>		<ul style="list-style-type: none"> <li>• Are the players able to change direction with different parts of their feet?</li> <li>• Are the players aware of what is going on around them?</li> <li>• Do the players understand the different speeds of dribbling?</li> </ul>
Activity 3	<p><b>Get their Cones:</b> Divide the players in to two teams. Assign one Cone Guards and Raiders per team. Place several cones in a zone guarded by one or two players. The Raiders will dribble to the other team’s zone and shoot to knock the cone out of the zone, grab it and dribble it back to their own zone. The Guards can catch the ball, block the shot or kick the ball away. They must pick up any downed cone that still is inside the zone.</p>		<ul style="list-style-type: none"> <li>• Are the players striking the ball?</li> <li>• Are they keeping control when changing direction?</li> <li>• Are they avoiding the guards and striking the cone?</li> </ul>
Activity 4	<p><b>Bandits 1:</b> Select 1or 2 players to be the Bandits. Their mission is to get any dribblers’ ball, once the bandit gets a ball the player without the ball becomes the new bandit. <b>Variation:</b> When the bandit gets a ball, he/she must dribble it outside the grid. The player that lost the ball can regain it back, but after the ball goes outside the player becomes another bandit.</p>		<ul style="list-style-type: none"> <li>• Are the players changing direction?</li> <li>• Are the players protecting/shielding the ball?</li> <li>• Do they know what part of the foot to use when running with the ball?</li> </ul>
Match	3v3 - 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 - U6 - Spring Lesson Plan - Week 5



Stage	Activity Description	Diagram	Coach Effectiveness
<b>Activity 1</b>	<p><b>Math Dribble:</b> Divide the playing area in two halves. Have the players dribble around in 1 half. Coach shouts a number – “2” or “3”. The players must dribble and gather to form a group equal to the number called. After a while say SWITCH and have the players run with the ball to the other half and continue with the activity.</p>		<ul style="list-style-type: none"> <li>• Are the players running with the ball using their laces?</li> <li>• Are they having fun with the activity?</li> <li>• Do they know how to form groups quickly?</li> <li>• Are the players engaged in the activity?</li> </ul>
<b>Activity 2</b>	<p><b>Doctor, Doctor:</b> 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 “<b>Doctor, Doctor</b>”. The Doctor is without a ball, and is safe in the hospital, but when they come out, they can be frozen. When the doctor is frozen the game is over. Coach should be the <b>DOCTOR</b> first.</p>		<ul style="list-style-type: none"> <li>• Do they know how to play the game?</li> <li>• Are they using the different parts of their feet to tag someone?</li> <li>• Are they trying to work as a team?</li> </ul>
<b>Activity 3</b>	<p><b>Boston Bulldogs:</b> In a 15Wx20L yard grid, the dribblers will try to cross the dog pound 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 dog pound. 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.</p>		<ul style="list-style-type: none"> <li>• Are the players going through the dog pound?</li> <li>• Are they changing speed through the dog pound?</li> <li>• Are they changing directions?</li> <li>• Do they know how to get around a bulldog?</li> </ul>
<b>Activity 4</b>	<p><b>Cannon Ball Run:</b> In a 10Wx 25L yard grid (the ship) place all the PIRATES on one end line. The Pirates need a new Captain and for this they need to cross the ship without getting hit by a cannon ball. The game starts with the coach calling “Cannon Ball Run” and all the pirates run to the other end of the ship. Any pirate that gets hit becomes the Cannon Baller and joins the coach. Coach the ball should be low ball</p>		<ul style="list-style-type: none"> <li>• Are the Cannon Ballers able to hit the pirates?</li> <li>• Are they using the inside of their foot or laces to strike the ball?</li> <li>• Do they know when to strike the ball?</li> </ul>
<b>Match</b>	<b>3v3 - Dual Field Scrimmage</b>	Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.	<b>25 minutes</b>



# 2014 - U6 - Spring Lesson Plan - Week 6



Stage	Activity Description	Diagram	Coach Effectiveness
<b>Activity 1</b>	<p><b><u>Magic Kingdoms:</u></b> In a 15W x30L yard grid, divided in 4 rectangles, name each of the quadrants. All players in one kingdom dribbling, when the coach calls out a kingdom all players must dribble to that area.</p> <p><b>Variations:</b> Players should dribble</p> <ol style="list-style-type: none"> <li>1. Magic Mountain - One foot only</li> <li>2. Enchanted Castle - Inside of the foot only</li> <li>3. The Dungeon - Outside/inside of the foot</li> <li>4. Dragon's Lair - Stop and turn (Drag back)</li> </ol>		<ul style="list-style-type: none"> <li>• Are the players moving?</li> <li>• What can you do to make the game more challenging?</li> <li>• Are the players engaged?</li> </ul>
<b>Activity 2</b>	<p><b><u>Sharks and Minnows:</u></b> In a 15Wx30L yard grid have 1-2 players acting as the sharks. The minnows are at one end of the grid with their soccer balls. When the Sharks say <b>“Fishy, Fishy Cross My Ocean”</b> the minnows try to dribble to the other end of the grid and the sharks are trying to kick the ball out. When the dribbler’s ball goes out, he/she becomes a shark. If the minnows reach the other end, they will wait for the Sharks to command them to play again. The game continues until all players turn into sharks.</p>		<ul style="list-style-type: none"> <li>• Are the players staying in the ocean?</li> <li>• Are the players changing speeds?</li> <li>• Are the players controlling the ball or kicking it far away?</li> </ul>
<b>Activity 3</b>	<p><b><u>Knock Their Ball Out:</u></b> All players are dribbling in a 20Wx25L yard grid and are trying to knock other dribbler’s balls outside the grid. Players must retrieve the ball quickly and get back in the game.</p> <p><b>Coach:</b> Have your players perform a skill task before re-entering the grid. i.e.:</p> <ul style="list-style-type: none"> <li>• 5 ball taps or 3-5 juggles</li> <li>• How fast can you and your ball get back?</li> </ul>		<ul style="list-style-type: none"> <li>• Are the players having fun?</li> <li>• Are any players afraid?</li> <li>• How can you make the players more active?</li> <li>• What other activities can you use for re-entry into the game?</li> </ul>
<b>Activity 4</b>	<p><b><u>Capture the Balls:</u></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.</p> <p><b>Coach:</b> Call <b>“Time”</b> and each team counts the soccer balls they have collected.</p>		<ul style="list-style-type: none"> <li>• Is everyone active?</li> <li>• How can you help the game last longer?</li> <li>• Are the players excited?</li> </ul>
<b>Match</b>	<b>3v3 - Dual Field Scrimmage</b>	Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.	<b>25 minutes</b>



# 2014 - U6 - Spring Lesson Plan - Week 7



Stage	Activity Description	Diagram	Coach Effectiveness
<b>Activity 1</b>	<p><b>Paint the Field Dribbling:</b> All players will dribble their soccer ball in a 15Wx20L yard grid pretending that is a paintbrush and wherever it rolls it is painting the field. The players will try to paint as much of the area as possible in the time allotted.</p> <p><b>Coach:</b> Have the players write their names with the “Paintbrush” (Ball) can they “paint” different shapes? How big can they paint the shapes?</p> <p><b>Variation 2:</b> Ask the players to dribble only with the left foot, then with the right foot.</p>		<ul style="list-style-type: none"> <li>• Are the players moving around the entire area?</li> <li>• Are they making different shapes with the ball?</li> <li>• What shapes can players suggest to create with the ball?</li> <li>• Are the players engaged in the activity?</li> </ul>
<b>Activity 2</b>	<p><b>Marble Kings:</b> In a 20Wx30L yard grid, select 3 Marble Kings who have a soccer ball in their hand. The Marble Kings have to run around and with their ball hit the dribblers’ ball. Once the dribbler’s ball is tagged, then he/she takes the place of the Marble King.</p> <p><b>Variation:</b> Start with one Marble King. Every time a dribbler gets tagged he becomes a Marble King.</p>		<ul style="list-style-type: none"> <li>• Are the Marble Kings being safe?</li> <li>• Are the players moving the ball away from the Marble Kings?</li> <li>• How are the dribblers reacting to the Marble King? – Brave: going towards or Flinching: turning away in fear</li> <li>• Are the players still moving?</li> </ul>
<b>Activity 3</b>	<p><b>Angry Birds:</b> Select two players to be the Angry Birds. They will dribble around and try to tag any player without the ball. Once they tagged a runner, he or she becomes an Angry Bird and will go to get a ball and join the hunt.</p> <p>Round 1: Tag with your hand Round 2: Tag with the soccer ball</p>		<ul style="list-style-type: none"> <li>• Are the Angry Birds tagging the other players?</li> <li>• Is anyone not participating?</li> <li>• Do the angry birds need help?</li> <li>• How can you prolong the game?</li> </ul>
<b>Activity 4</b>	<p><b>2v2 Combat 2:</b> 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.</p> <p><b>Variation:</b> Players must connect one pass before going to goal. Increase numbers to 3v2 and 3v3’s.</p>		<ul style="list-style-type: none"> <li>• Are the players getting enough chances to play?</li> <li>• Are the players on the outside engaged in the activity?</li> <li>• Are they working together?</li> </ul>
<b>Match</b>	<b>3v3 - Dual Field Scrimmage</b>	Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.	
			<b>25 minutes</b>





# 2014 - U6 - Spring Lesson Plan - Week 8

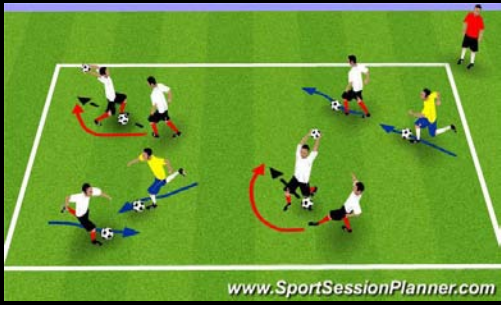

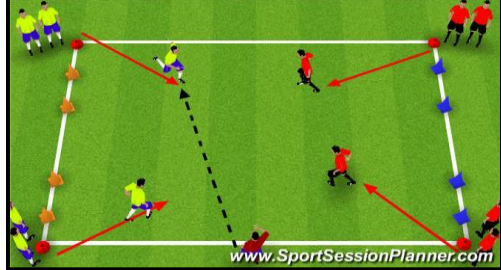



Stage	Activity Description	Diagram	Coach Effectiveness
<b>Activity 1</b>	<p><b>Ball Tag:</b> All players are dribbling a soccer ball in a 15Wx20L yard grid. The players try to hit another player's feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player or their ball.</p> <p><b>Version 2:</b> If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p>		<ul style="list-style-type: none"> <li>• Are the players engaged in the activity?</li> <li>• Is anyone being reckless with their tagging?</li> <li>• Is anyone just standing still?</li> </ul>
<b>Activity 2</b>	<p><b>Moving Goal:</b> All players are dribbling a soccer ball in a 15Wx20L yard grid. Two coaches hold a practice vest (penny) between them, forming a goal. The players must try to kick their ball through the goal.</p> <p><b>Coaches:</b> Move around into open space so that the players have to dribble around and kick their ball through a moving target.</p>		<ul style="list-style-type: none"> <li>• Are the players changing speeds?</li> <li>• Are the players changing directions?</li> <li>• Is the moving goal active enough?</li> <li>• How are they are trying to score?</li> </ul>
<b>Activity 3</b>	<p><b>Pinball Wizard:</b> In a 20Wx30L yard grid place all the players in one end. The coach will start as the Wizard. The players need to run from one end to the other end without getting hit by the ball. The pin ball Wizard will strike the players legs no higher, if after he hits a players the ball rebounds and hit another, they both become Wizards too. If the Wizard misses, he/she can get one ball from the perimeter to continue.</p>		<ul style="list-style-type: none"> <li>• Are the players nervous to run through?</li> <li>• Are the Wizards keeping the ball under control?</li> <li>• Are the balls close enough to use?</li> </ul>
<b>Activity 4</b>	<p><b>Castle Combat:</b> 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 playing area, the first players next to the coach will go after the soccer ball and try to dribble the soccer ball to stop it inside the their own box. The defender can't defend inside the castle. The team with the most soccer balls inside their castle wins the game. The coach can make the games 1v1, 2v2. You can have several groups of players playing in the soccer area.</p>		<ul style="list-style-type: none"> <li>• Are the players getting enough activity?</li> <li>• Are the players using all parts of their feet to dribble?</li> <li>• When would there be two balls in play?</li> </ul>
<b>Match</b>	<b>3v3 - Dual Field Scrimmage</b>	Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.	<b>25 minutes</b>

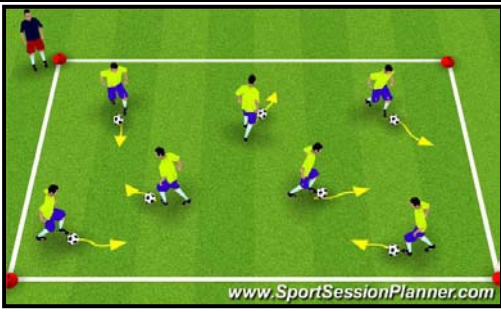
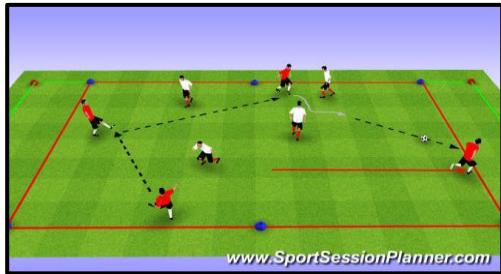
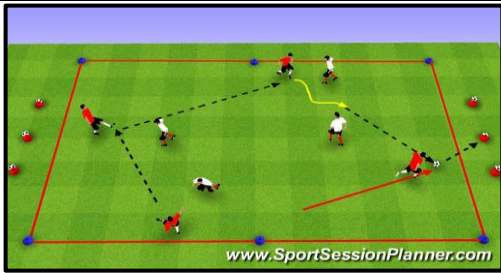
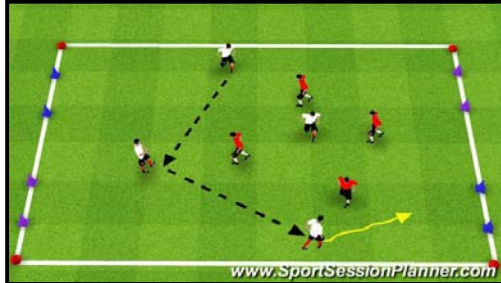


# 2014 - U6 - Spring Lesson Plan - Week 9



Stage	Activity Description	Diagram	Coach Effectiveness
Activity 1	<p><b>Freeze Tag 2:</b> All players are dribbling a soccer ball in a 15Wx20L yard grid. 1-2 players dribble a soccer ball, but they are the freeze monsters. The freeze monsters tag other players who then freeze with the soccer ball above their head. The activity ends when all players are frozen. <b>Coaches:</b> One coach may be the freeze monster while another is unfreezing players. <b>Version 2:</b> Players can unfreeze each other by tagging them. <b>Version 3:</b> Players can unfreeze each other by kicking the ball through their legs.</p>		<ul style="list-style-type: none"> <li>• Are all of the players engaged in the activity?</li> <li>• Are they all trying to get away from the freeze monster?</li> <li>• Does the freeze monster need any help?</li> <li>• Do the players need any help?</li> </ul>
Activity 2	<p><b>Bandits 2:</b> Select 1 or 2 players to be the Bandits. Their mission is to get the dribblers' ball and bring it to one of the two hideouts. The dribbler can take the ball back from the bandit. If the bandit gets the ball into the hideout, the dribbler becomes a bandit.</p>		<ul style="list-style-type: none"> <li>• Do the players understand the activity?</li> <li>• Are they protecting the soccer ball?</li> <li>• Are they changing direction?</li> <li>• Are they trying to fake the bandit?</li> <li>• Are they keeping their head up?</li> </ul>
Activity 3	<p><b>4 Corner to 4 Goals:</b> 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>		<ul style="list-style-type: none"> <li>• Are the players getting enough chances to play?</li> <li>• Are they controlling the ball or kicking it away?</li> <li>• Are they trying to take the ball away from the other team?</li> </ul>
Activity 4	<p><b>4 Corner Shooting Without Goalkeepers:</b> 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. Players need to get off the field quickly and get back in line.</p>		<ul style="list-style-type: none"> <li>• Are the players changing directions?</li> <li>• Are they changing speeds?</li> <li>• Are they engaged and having fun?</li> </ul>
Match	3v3 - 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

## Final Week - Play Several Games

Stage	Activity Description	Diagram	Checking for Understanding
<b>Activity 1</b>	<p><b>6 Surfaces:</b> 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><b>The sequence is: 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.</b></p>		<p><b>Coach's Observation:</b></p> <ul style="list-style-type: none"> <li>• Are all of the players engaged in the activity?</li> <li>• If not how do you get that to happen?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>• Am I able to follow the pattern with my voice and my feet?</li> <li>• Can I use softer touches to go even faster?</li> </ul>
<b>Activity 2</b>	<p><b>4v4 to End Zones:</b> 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><b>Coach's Observation (for all the games below):</b></p> <ul style="list-style-type: none"> <li>• When are the players attempting to score goals by themselves?</li> <li>• What techniques have the players tried to use their to score goals?</li> <li>• Over the season, have you noticed an improvement in the player's: <ul style="list-style-type: none"> <li>○ Ability to dribble?</li> <li>○ Willingness to take players on?</li> <li>○ Accuracy of shots?</li> <li>○ Range of shots?</li> </ul> </li> </ul>
<b>Activity 3</b>	<p><b>4v4 Hit the Ball Off the Cone:</b> 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><b>Scoring:</b></p> <ul style="list-style-type: none"> <li>• Hit the ball on the cone: 10 points - If the soccer ball goes between the cones: 1point</li> </ul> <p>No players are allowed in the end zone.</p>		<p><b>Player Challenges:</b> <i>Limit challenges because this is an opportunity to observe the player's progress over the season.</i></p>
<b>Activity 4</b>	<p><b>4v4 to 4 Goals:</b> 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>		
<b>Match</b>	<b>4v4 - Dual Field Scrimmage</b>	Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.	<b>25 minutes</b>



# 2014 - U8 - Spring Lesson Plan - Week 1



## Let's learn the Rules - Let's play

Stage	Activity Description	Diagram	Checking for Understanding
Activity 1	<p><b>Dribble Tag:</b> All players dribbling a soccer ball will try to tag each other with their hands. Players cannot abandon their own ball to tag.</p> <p><b>Coach:</b></p> <ul style="list-style-type: none"> <li>Have players keep count of their own tags.</li> <li>Play more than one game, have players improve their tags by at least 1 more than before.</li> </ul>		<p><b>Coach's Observation:</b></p> <ul style="list-style-type: none"> <li>Are the players keeping their head up? Where are their eyes?</li> <li>What parts of their feet are they using?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>Am I able to change direction?</li> <li>Can I control the ball and tag at the same time?</li> </ul>
Activity 2	<p><b>Boston Bulldogs</b> 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.</p>		<p><b>Coach's Observation:</b></p> <ul style="list-style-type: none"> <li>When are the players using their laces to dribble?</li> <li>Where are the players using a fake?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>Am I protecting the ball from the Bulldogs?</li> <li>When should I use a fake to get around the Bulldogs?</li> </ul>

### Let's Play the Game

### Recommended Rules




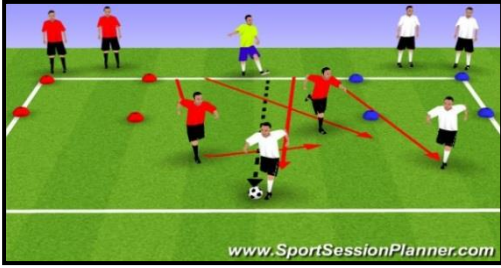





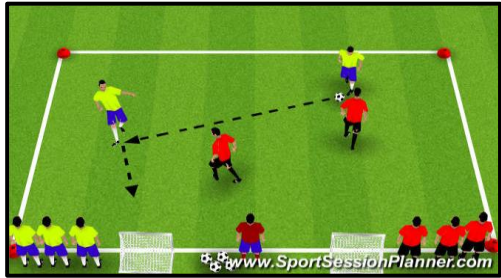
<b>Possible Formations</b>	3-1 (Diamond) or 2-2
<b>Dimensions in Yards:</b>	<b>Long:</b> 35 max-25 min <b>Wide:</b> 30 max-20 min
<b>Ball</b>	Size 3 or 4
<b>Number of Players</b>	4 Players per team on the field - No Goalkeepers needed
<b>Referee</b>	No Referee needed
<b>Duration</b>	No more than 30 minutes max – Can play in quarters
<b>Fouls and Misconduct</b>	No cards ( Yellow or Red) If a child misbehave you must sub him/her out of the game
<b>Free Kicks</b>	All free kicks shall be direct
<b>Out of bounds - Side Line</b>	<ol style="list-style-type: none"> <li>When the ball goes out bounds, please say <b>RED LIGHT</b> (all the players shall stop)</li> <li>Place the soccer ball on the side line and allow the player to kick it in or dribble it into the field</li> </ol>
<b>Out of Bounds – End Line</b>	<ol style="list-style-type: none"> <li>When the ball goes out of bound, Please say <b>YELLOW LIGHT</b> (opposite team will regroup by the mid line)</li> <li>The Kicking team will place the soccer ball about 1-2 yards in front of the goal and kick it to a teammate</li> </ol>
<b>Corners (optional)</b>	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

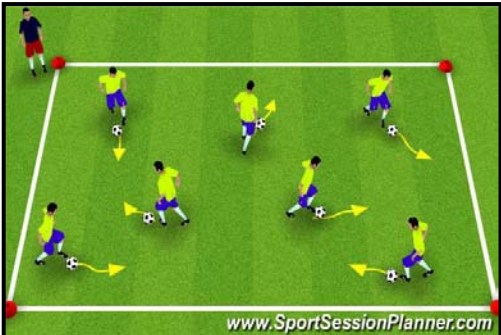





# 2014 - U8 - Spring Lesson Plan - Week 1







Stage	Activity Description		Diagram	Checking for Understanding
Activity 1	<p><b>Triangle Dribbling:</b> 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><b>Coach:</b> 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><b>Coach's Observation:</b></p> <ul style="list-style-type: none"> <li>• What parts of their feet are they using?</li> <li>• When are they changing direction?</li> <li>• Where are they changing speed?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>• Am I able to keep the ball close through the triangle?</li> <li>• When should I speed dribble?</li> </ul>
Activity 2	<p><b>Two Turns:</b> 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"> <li>• Inside of the foot cut, Outside foot hook and Drag Back</li> </ul>			<p><b>Coach's Observation:</b></p> <ul style="list-style-type: none"> <li>• When are they turning with the ball?</li> <li>• What are they doing after a turn?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>• Am I using the proper part of my foot to turn?</li> <li>• Am I able to turn with the ball and continue my speed?</li> </ul>
Activity 3	<p><b>Gates Passing with Bandits:</b> 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><b>Coach's Observation:</b></p> <ul style="list-style-type: none"> <li>• What surface of their foot do the players use to pass? To receive?</li> <li>• Where is the player's first touch going?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>• Am I working with my partner and moving through the gates quickly?</li> <li>• Are we avoiding the bandits?</li> </ul>
Activity 4	<p><b>Castle Combat 2:</b> 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><b>Coach's Observation:</b></p> <ul style="list-style-type: none"> <li>• When should the players pass or dribble?</li> <li>• What are the players doing to get around defenders?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>• Am I able to pass the ball to my teammate?</li> <li>• Can I control the ball when I get it?</li> </ul>
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



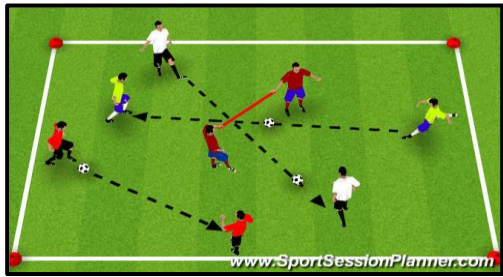
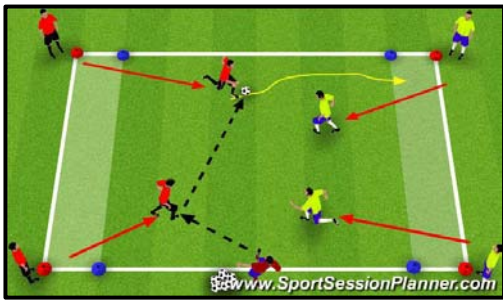
Stage	Activity Description	Diagram	Checking for Understanding
<b>Activity 1</b>	<p><b><u>Protect, Turn or Get Tagged:</u></b> In a 20Wx30L grid, put the players in groups of 2. One is the tagger the other is the protector. The tagger scores 1 point by throwing his/her ball and hitting the protector's ball or by the protector dribbling the ball out of bounds. Switch players after 1.5 minutes.</p>		<p><b>Coach's Observations:</b></p> <ul style="list-style-type: none"> <li>Who doesn't understand the game?</li> <li>Where do the players put their bodies when shielding the ball?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>Am I protecting/shielding the ball?</li> <li>Am I keeping the ball close?</li> <li>Am I changing direction?</li> </ul>
<b>Activity 2</b>	<p><b><u>Gate Dribbling:</u></b> 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.</p> <p><b>Coach:</b> 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.</p> <p><b>Version 2:</b> Add "bandits" or defenders</p>		<p><b>Coach's Observations:</b></p> <ul style="list-style-type: none"> <li>What surface are the players using to dribble?</li> <li>When do they change speed and direction?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>Am I going fast after I get through a gate?</li> <li>Am I looking at the next gate?</li> <li>Am I avoiding the other dribblers?</li> </ul>
<b>Activity 3</b>	<p><b><u>Gate Passing:</u></b> 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.</p> <p><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> <ul style="list-style-type: none"> <li>Add two defenders to guard the gates</li> </ul>		<p><b>Coach's Observations:</b></p> <ul style="list-style-type: none"> <li>What part of the foot are they using to pass and receive the ball?</li> <li>When can you tell they are working together? Who needs help?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>Am I using the correct surface of my foot to pass the soccer ball?</li> <li>Am I using my first touch to get me closer to my next goal?</li> </ul>
<b>Activity 4</b>	<p><b><u>2v2 Combat:</u></b> 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.</p> <p><b>Variation:</b> Players must connect one pass before going to goal. Increase numbers to 2v2, 3v2 and 3v3's.</p>		<p><b>Coach's Observations:</b></p> <ul style="list-style-type: none"> <li>What influences the decision to pass, dribble or turn?</li> <li>Where does the player without the ball go to help?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>Am I working with my teammate to score?</li> <li>Am I shooting when I see the goal?</li> </ul>
<b>Match</b>	<b>4v4 - Dual Field Scrimmage</b>	Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.	<b>25 minutes</b>


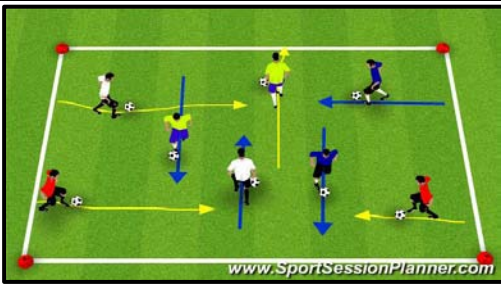

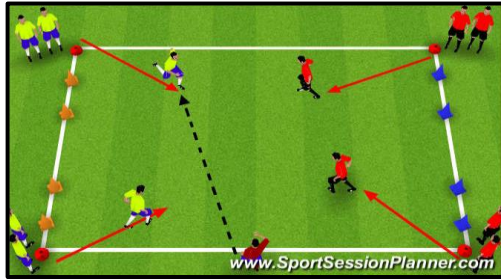
Stage	Activity Description	Diagram	Checking for Understanding
<b>Activity 1</b>	<p><b>4 Surfaces:</b> Each player has a ball. Have the players try to use the 4 surfaces of the foot in 1 fluid motion in this order: Outside, Inside, Laces and Bottom, Transfer the ball from the right to left foot after 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:</p> <ul style="list-style-type: none"> <li>○ Outside of the foot touch - Inside of the foot touch - Laces (push) - Stop with bottom of the foot and Change foot</li> </ul>		<p><b>Coach's Observations:</b></p> <ul style="list-style-type: none"> <li>• What surfaces of the foot are the players using?</li> <li>• What surface is the most difficult for the players to use?</li> <li>• Why would you ask them to "Talk to your feet"?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>• Am I keeping the ball close to my feet?</li> <li>• Am I looking up or at my feet?</li> </ul>
<b>Activity 2</b>	<p><b>Receive, Pass and Dribble:</b></p> <ul style="list-style-type: none"> <li>• Set up as many 5Wx10L grids with 3 or 4 players, 2 at one end.</li> <li>• 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</li> <li>• Player should not stop the ball when receiving it but redirect it towards the direction they want to go</li> </ul>		<p><b>Coach's Observations:</b></p> <ul style="list-style-type: none"> <li>• What surface of the foot are they using to dribble, pass and receive?</li> <li>• When should they change speed?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>• Do I have the soccer ball under control while dribbling?</li> <li>• Are my passes to my teammate?</li> </ul>
<b>Activity 3</b>	<p><b>2v1 to Goal:</b> 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.</p> <ul style="list-style-type: none"> <li>• If the attackers score: 1 point.</li> <li>• If the defender steals the ball and scores: 5 points.</li> </ul>		<p><b>Coach's Observations:</b></p> <ul style="list-style-type: none"> <li>• Why do they try to beat the defender by themselves?</li> <li>• When should they pass the soccer ball?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>• Am I trying to score by myself?</li> <li>• Sometimes, do I give the ball to my teammate so he/she can score?</li> <li>• Have I shot yet?</li> </ul>
<b>Activity 4</b>	<p><b>Up and Down Numbers Get "Outta" There :</b> 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. <b>Coach:</b> play 1v2, 2v3, or 4v3. Vary the service.</p>		<p><b>Coach's Observations:</b></p> <ul style="list-style-type: none"> <li>• Where do the players go to score?</li> <li>• When do they change direction to go to the open goal?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>• Am I shooting as fast as I can?</li> <li>• If I can't get to the goal, can I find my teammate?</li> </ul>
<b>Match</b>	<b>4v4 - Dual Field Scrimmage</b>	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**



Stage	Activity Description	Diagram	Checking for Understanding
<b>Activity 1</b>	<p><b>Cats and Dogs:</b> 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.</p>		<p><b>Coach's Observations:</b></p> <ul style="list-style-type: none"> <li>• What surfaces are the players using to dribble the ball?</li> <li>• When should the players change speeds?</li> </ul> <p><b>Player challenges:</b></p> <ul style="list-style-type: none"> <li>• Am I controlling the ball or kicking it far?</li> <li>• Do I use both feet to dribble?</li> </ul>
<b>Activity 2</b>	<p><b>Gate Problems:</b></p> <ul style="list-style-type: none"> <li>• In a 20Wx30L yard grid, place several gates of 1.5 yards each. You need more gates than pairs.</li> <li>• The coach will tell the players how they can score through the gates. The first pair to 10 will win the round.</li> <li>• Each round has a different task that makes the players cooperate in problem solving: Complete 2 passes in every gate, etc.</li> </ul> <p><b>Variation:</b> After every gate the players will find a new partner.</p>		<p><b>Coach's Observations:</b></p> <ul style="list-style-type: none"> <li>• Where should the receiver move to be successful?</li> <li>• When should the passer play the ball?</li> </ul> <p><b>Player challenges:</b></p> <ul style="list-style-type: none"> <li>• Is the ball going where I want?</li> <li>• Am I able to receive the ball?</li> </ul>
<b>Activity 3</b>	<p><b>2v1 Keep the Treasure:</b> 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.</p>		<p><b>Coach's Observations:</b></p> <ul style="list-style-type: none"> <li>• When should the players pass v dribble?</li> <li>• Where should players move to help support the ball?</li> </ul> <p><b>Player challenges:</b></p> <ul style="list-style-type: none"> <li>• Am I helping my teammates?</li> <li>• Should I pass or dribble away from defenders?</li> </ul>
<b>Activity 4</b>	<p><b>Get "Outta" There in 2's or 3's:</b> 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. <b>Coach:</b> Can make the games 1v2, 2v2, 2v3 or 3v3. Coach should vary the service to different areas of the field.</p>		<p><b>Coach's Observations:</b></p> <ul style="list-style-type: none"> <li>• What technique is being used to score? (pass/dribble/shoot?)</li> <li>• Where should players move to have a better passing lane?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>• How can I work with my teammates to score?</li> <li>• Am I trying to score quickly or am I being patient?</li> </ul>
<b>Match</b>	<b>4v4 - Dual Field Scrimmage</b>	Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.	<b>25 minutes</b>



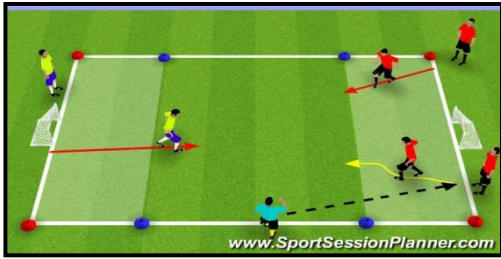

Stage	Activity Description		Diagram	Checking for Understanding	
<b>Activity 1</b>	<p><b>Cops and Robbers I:</b></p> <ul style="list-style-type: none"> <li>The coach sets up 8-10 stand up (tall) cones in a 15x20 yard grid. Robbers will strike the ball and try to knock the cone (the banks) down. The cops (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.</li> <li>The Coach starts as the guard, and then selects players to be the guard.</li> </ul>			<p><b>Coach's Observation:</b></p> <ul style="list-style-type: none"> <li>When should the players change directions?</li> <li>Why should a player shield the ball?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>Do I change directions with the ball or always run forward?</li> <li>Am I using all parts of my foot to control the ball?</li> </ul>	
<b>Activity 2</b>	<p><b>Gates Passing with Bandits:</b></p> <p>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.</p> <p>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.</p>			<p><b>Coach's Observation:</b></p> <ul style="list-style-type: none"> <li>What surfaces are the players using to pass the ball?</li> <li>Where should players move to score more often?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>Am I passing the ball through the gate accurately?</li> <li>Where should I move to help my teammate score in a different gate?</li> </ul>	
<b>Activity 3</b>	<p><b>Moving Goal in 2's:</b></p> <p>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.</p> <p><b>Coach:</b> give more points for long passes made away from the moving goals.</p>			<p><b>Coach's Observation:</b></p> <ul style="list-style-type: none"> <li>What surface are they using to pass and receive the ball?</li> <li>What types of passes are being made? (short/long)</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>Am I following the goal?</li> <li>Is my teammate where I can see them?</li> </ul>	
<b>Activity 4</b>	<p><b>4 Corner Dribbling to End Zones:</b></p> <p>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.</p>			<p><b>Coach's Observation:</b></p> <ul style="list-style-type: none"> <li>Why should players dribble v pass?</li> <li>Where is the space on the field for players to utilize?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>Am I controlling the ball?</li> <li>Am I helping my teammate?</li> <li>Am I too close to my teammate?</li> <li>Am I too far from my teammate?</li> </ul>	
<b>Match</b>	<b>4v4 - Dual Field Scrimmage</b>	Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.		<b>25 minutes</b>	

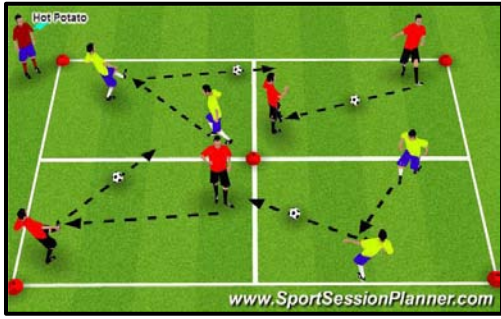
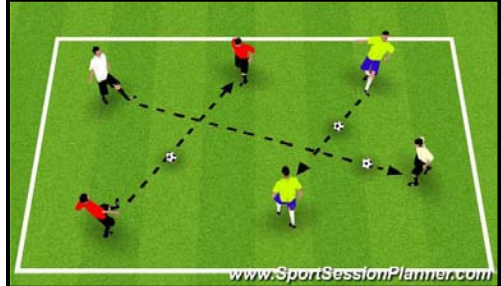
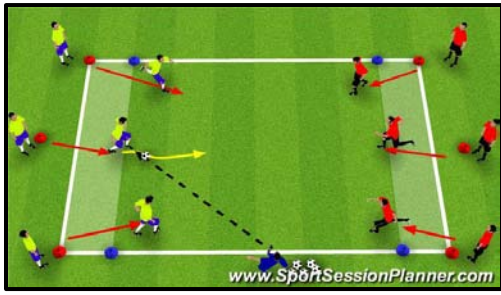

Stage	Activity Description	Diagram	Checking for Understanding
<b>Activity 1</b>	<p><b>Follow the Leader:</b> Set up a course as shown with same colored cones opposite each other. 1 player is the leader the other player is the follower. Leader dribbles to a cone of a different color and then waits for the follower to get to the opposite cone of the same color. <b>Variation:</b> 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><b>Coach's Observation:</b></p> <ul style="list-style-type: none"> <li>• Are the players engaged in the activity?</li> <li>• What surface of the foot can the players use to stop the ball?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>• Am I following my partner?</li> <li>• Am I stopping the ball at the cone?</li> </ul>
<b>Activity 2</b>	<p><b>Cross Over Dribbling:</b> 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. <b>Variation 2:</b> Have them reach the other side and return to another spot. <b>Variation 3:</b> Do 10 toe taps once they got back to encourage them to stop the ball.</p>		<p><b>Coach's Observation:</b></p> <ul style="list-style-type: none"> <li>• What surface of the foot should the players use to go around other players?</li> <li>• What surface are they using to turn?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>• Am I keeping the ball under control?</li> <li>• Am I keeping my head up?</li> </ul>
<b>Activity 3</b>	<p><b>2v2 Combat:</b> 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. <b>Variation:</b> Players must connect one pass before going to goal. Increase numbers to 2v2, 3v2 and 3v3's.</p>		<p><b>Coach's Observation:</b></p> <ul style="list-style-type: none"> <li>• Where does the player with the ball go?</li> <li>• When can you tell they are working together to score?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>• Am I helping my teammate to score?</li> <li>• Am I able to pass to my teammate?</li> </ul>
<b>Activity 4</b>	<p><b>4 Corners to 4 Goals:</b> 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><b>Coach's Observation:</b></p> <ul style="list-style-type: none"> <li>• What are the players without the ball doing to help?</li> <li>• When does the player with the ball shoot?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>• I am able to score in the far goal?</li> <li>• I am striking the ball with the appropriate surface of my foot?</li> </ul>
<b>Match</b>	<b>4v4 - Dual Field Scrimmage</b>	Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.	<b>25 minutes</b>



# 2014 - U8 - Spring Lesson Plan - Week 8



Stage	Activity Description	Diagram	Checking for Understanding
<b>Activity 1</b>	<p><b><u>Cops and Robbers II:</u></b></p> <ul style="list-style-type: none"> <li>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).</li> <li>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.</li> <li>The Coaches may start as the cone guards, then they select players to be cone guards.</li> </ul>		<p><b>Coach's Observation:</b></p> <ul style="list-style-type: none"> <li>Are all of the players engaged in the activity?</li> <li>Are the pairs working together?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>Am I getting to the next back quickly?</li> <li>Am I helping my partner to rob a bank?</li> </ul>
<b>Activity 2</b>	<p><b><u>Boston Bulldog with Goals:</u></b></p> <p>Divide your playing area in three sections. The shooting zone, the defending zone and the starting zone. 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. 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>		<p><b>Coach's Observation:</b></p> <ul style="list-style-type: none"> <li>What moves are players using to get around defenders?</li> <li>When should players change speed and direction?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>How do I get past the defenders?</li> <li>Where can I go fast?</li> <li>When do I shoot for the goal?</li> </ul>
<b>Activity 3</b>	<p><b><u>2v1 to Goal:</u></b></p> <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"> <li>If the attackers score: 1 point.</li> <li>If the defender steals the ball and scores: 5 points.</li> </ul>		<p><b>Coach's Observation:</b></p> <ul style="list-style-type: none"> <li>What is the first choice of the players with the ball?</li> <li>What methods are the players using to score goals?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>Am I getting into scoring position?</li> <li>Am I helping my partner to score?</li> </ul>
<b>Activity 4</b>	<p><b><u>4 Corner Shooting Without Goalkeepers:</u></b></p> <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>		<p><b>Coach's Observation:</b></p> <ul style="list-style-type: none"> <li>What tells you that they are cooperating to score goals?</li> <li>Where does the player without the ball run?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>Am I ready to receive the ball from the coach?</li> <li>Am I taking shots when I have the ball?</li> </ul>
<b>Match</b>	<b>4v4 - Dual Field Scrimmage</b>	Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.	<b>25 minutes</b>

Stage	Activity Description	Diagram	Checking for Understanding
<b>Activity 1</b>	<p><b>Hot Potato:</b> 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. <b>Variation:</b> have a group of 3 in each area</p>		<p><b>Coach’s Observation:</b></p> <ul style="list-style-type: none"> <li>• Are all of the players engaged in the activity?</li> <li>• If not how do you get that to happen?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>• Am I able to pass the ball to my teammate?</li> <li>• Can I control the ball when I get it?</li> </ul>
<b>Activity 2</b>	<p><b>Paint the Field- Passing:</b> 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. <b>Version 2:</b> Tell the players to use their other foot</p>		<p><b>Coach’s Observation:</b></p> <ul style="list-style-type: none"> <li>• Where are the players moving together to paint the field?</li> <li>• What unorthodox ways are the players using to paint the field?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>• Am I following my partner?</li> <li>• Am I helping my partner paint the field?</li> </ul>
<b>Activity 3</b>	<p><b>4 Corner 3v3 Dribbling to End Zones:</b> 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.</p>		<p><b>Coach’s Observation:</b></p> <ul style="list-style-type: none"> <li>• When are the players taking chances to get by a defender and score a goal?</li> <li>• Why is it good to improvise?</li> <li>• When is it better to play simple?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>• Am I ready when the ball is played onto the field?</li> <li>• Did I score a goal by: <ul style="list-style-type: none"> <li>○ Dribbling?</li> <li>○ Passing to a teammate?</li> <li>○ Shooting?</li> </ul> </li> </ul>
<b>Activity 4</b>	<p><b>4 Corner 3v3 to 4 Goals:</b> 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.</p>		<p><b>Coach’s Observation:</b></p> <ul style="list-style-type: none"> <li>• When are the players taking chances to get by a defender and score a goal?</li> <li>• Why is it good to improvise?</li> <li>• When is it better to play simple?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>• Am I ready when the ball is played onto the field?</li> <li>• Did I score a goal by: <ul style="list-style-type: none"> <li>○ Dribbling?</li> <li>○ Passing to a teammate?</li> <li>○ Shooting?</li> </ul> </li> </ul>
<b>Match</b>	<b>4v4 - Dual Field Scrimmage</b>	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**