



# 2013 - U8 - Spring Lesson Plan - Week Four



Stage	Activity Description		Diagram	Coaching Considerations
Activity 1	<p><b>Math Dribble:</b> Divide the playing area in two halves. Have the players dribble. Coach shout a number – “2” or “3”. The players must dribble and gather to form a group equal to the number. 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>• Keep ball close to feet</li> <li>• Changing directions</li> <li>• Running with the ball</li> <li>• How control or stop the ball</li> </ul>
Activity 2	<p><b>Gate Dribbling:</b> In a 20x25 yard grid set up as many gates (two cones about 2 yards apart). All players with a ball must dribble through the gate in order to score a point. <b>Coach:</b> Have players keep count of how many points they scored in 30 seconds. Repeat asking the players to beat the score by one or more points. You can also ask them to dribble with the left or right foot only. <b>Version 2:</b> Add “bandits” or defenders</p>			<ul style="list-style-type: none"> <li>• Keep ball close</li> <li>• Changing direction</li> <li>• Acceleration after going through a gate</li> <li>• Decision making</li> </ul>
Activity 3	<p><b>Gate Passing:</b> In a 20x25 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. <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. • Add two defenders to guard the gates</p>			<ul style="list-style-type: none"> <li>• Passing and receiving technique</li> <li>• Dribbling Technique</li> <li>• Decision Making</li> <li>• Weight and accuracy of the pass</li> <li>• Communication and mobility</li> </ul>
Activity 4	<p><b>4 Corner to 4 Goals:</b> In 20x25 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>• Application of dribbling, passing-receiving and shooting technique under pressure</li> <li>• 1v1 defending</li> <li>• Decision making</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