



2013 - U8 - Spring Lesson Plan - Week Eight



Stage	Activity Description	Diagram	Coaching Considerations
Activity 1	<p>6 Surfaces: 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, Sole, 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>The sequence is: Outside of the foot touch - Inside of the foot touch - Laces push - Stop with sole and - Push with the toe, Turn with the Heel and Change foot.</p>		<ul style="list-style-type: none"> • Players should start slow and increase the speed as they go • Touches should be soft but able to move the ball • Keep the soccer ball close and under control • Players should talk to their feet: <ul style="list-style-type: none"> ○ “Outside –Inside - Laces - Sole, Toe and Heel Turn”
Activity 2	<p>Boston Bulldogs In a 15x20 yard grid, the dribblers will try to cross the city by eluding the Bulldogs. Place two Bulldogs inside a 5x 15 yard area in the middle of the grid. Place half of the players (Dribblers) with a ball at each end of the grid. At 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 becomes a bulldog. Can they switch instead of accumulate defenders?</p>		<ul style="list-style-type: none"> • Changing speed and direction • Running with the ball • Keep the ball close • 1v1 attacking • 1v1 defending
Activity 3	<p>2v1 Pass or Dribble Coach sets up a 15x20 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 get the ball over the opposite end-line under control. If the attackers score: 1 point. If the defender steals the ball and scores: 2 points.</p>		<ul style="list-style-type: none"> • Application of dribbling, passing-receiving technique under pressure • 2v1 attacking • 1v1 defending • Decision making
Activity 4	<p>Clean your Castle: I like this game This game is exactly the opposite of “Capture the Ball”. 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 another team’s Castle. Coach: Call time and each team counts the balls they have in their castles. Do not let players just kick the ball away.</p>		<ul style="list-style-type: none"> • How to get the balls from the center or other home bases • How to defend their home base • Decision making: pass or dribble
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