

Warm-Up

"Network"

Place two different colors of cones around field.

Each player stands by a cone. Players dribble their ball from same color cone to same color cone. Progress to players "striking" the ball at their colored cone.



1st Game

"Moving Goal"

Every player has a ball.

Two adults hold a "pool noodle"



1 Goofy Says Activities

30x20 yard area

Players move freely in the area w/o the ball

Coach is named Goofy; Players do what Goofy says.

ADD VARIATIONS:

CHANGE DIRECTIONS, BACKWARDS, ETC..



2 Strawberry Farms

Set up 6 to 8 one-yard gates within a 20x30 yard area

All players with a ball

MORE MOVEMENT EDUCATION

FAMILIARITY WITH THE BALL

EYE-FOOT COORDINATION,

AWARENESS.



3 Fisherman Game (Sharks and Minnows)



U8 LESSON PLAN

1 "Principles of Youth Coaching"

The game of soccer provides them with the opportunity to think creatively and solve problems while moving and combining with other players.

1. Training activities must be inclusive and developmentally appropriate.
2. Information must be clear, concise and correct.
3. Activities must be presented from simple to complex.
4. Players must train in a safe and appropriate environment.
5. There must be decision making for players in all activities.
6. All activities must have implications for the game.
7. It must be a FUN environment.

U8 players go all-out (100 miles an hour) for a little while and then collapse from exhaustion. After a short rest, they're ready to go again. Their play consists of imagination and pretend activities. They are "egocentric"...they see the world only from their perspective, although they are making the transition to cooperation at this age. Predominately the U8 player can only attend to one task at a time. They are just beginning to sequence two actions together – receive and then dribble for example.

As you consider these training activities, keep in mind that you can adjust the activities, the size of the playing areas, the rules and the numbers to make them developmentally appropriate in order to benefit the players.

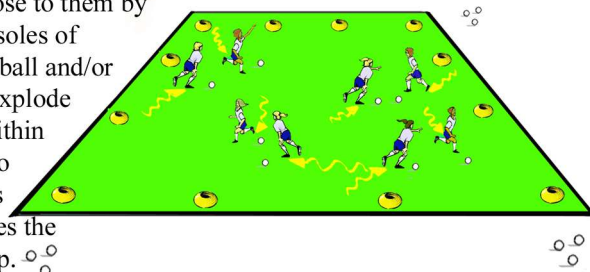


2 Stop and Go

In a 15 yd x 20 yd grid, each player has a ball.

Players dribble freely in various directions. On the coach's command (whistle, "NOW", etc.), the players "stop and go" quickly, continuing to dribble the ball. When the coach says "change", the players change direction while dribbling.

Players must keep the ball close to them by using the inside, outside and soles of their feet. After they stop the ball and/or change direction, they must explode into space keeping the ball within playing distance (1-3 steps) so they can dribble it again. This type of dynamic activity forces the players to keep their heads up.

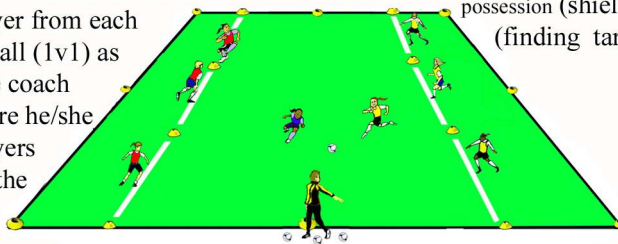


3 Combat

Open area (no boundaries). Players divided into 2 teams. Each team lines up single file on opposite sides of the coach facing the open area. There should be no more than 5 players in a line. If there are more than 10 players on the team, simply have another coach or parent work with half of the players. 1-2 balls.

If the coach says, "ONE" before he/she kicks the ball, one player from each team chases after the ball (1v1) as explained above. If the coach calls out, "TWO" before he/she kicks the ball, two players from each team chase the ball and play 2v2.

Quickness, speed, dribbling for possession (shielding), vision (finding target = coach), passing.

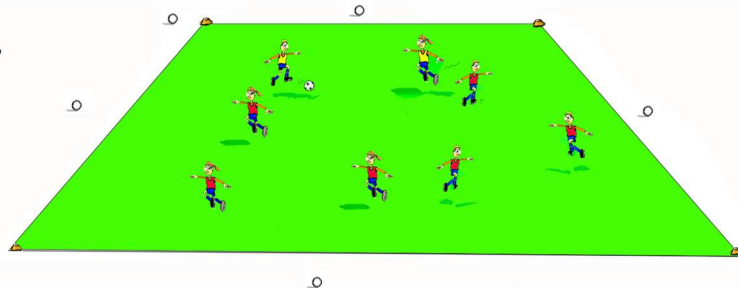


4 The Glob

All players are in a 20 yd x 25 yd grid. 2 players (the Globbs) start with a ball at their feet. All of the other players do not have soccer balls. Many soccer balls are placed outside around the grid.

Allow a maximum of 3-4 balls in the game. Now the Globbs will have to pass to each other sometimes (teamwork/cooperation) in order to hit a player without a soccer ball.

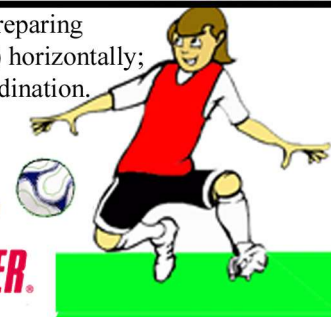
Agility, balance, vision, dribbling, passing.



5 Cool Down Activity...Juggling
Open area. Each player has a soccer ball.

Coach can call out "thigh, foot, catch" or "foot, foot, catch". For more advanced players, try "thigh, thigh, foot, catch" or "thigh, thigh, foot, foot, catch". It's a challenge, every player can participate at his or her own level and it's great fun!

Eye on ball; preparing surface (thigh) horizontally; hand-eye coordination.

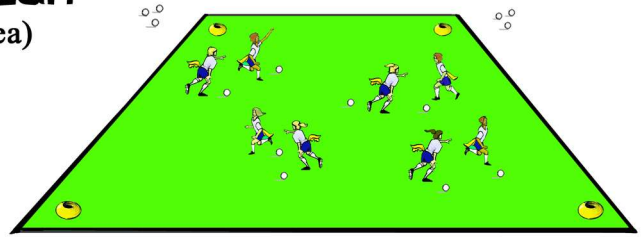


US LESSON PLAN

1st Activity (warm-up)

TAIL TAG (in a defined area)

Each player has a vest/bib tucked into the back of their short. They dribble around until the game is started by the coach. When the game starts, the goal is to steal as many tails as possible. (Keep playing if yours get stolen.) Who grabs the most? Then, play again to see who grabs the most and who is the last to lose their tail!

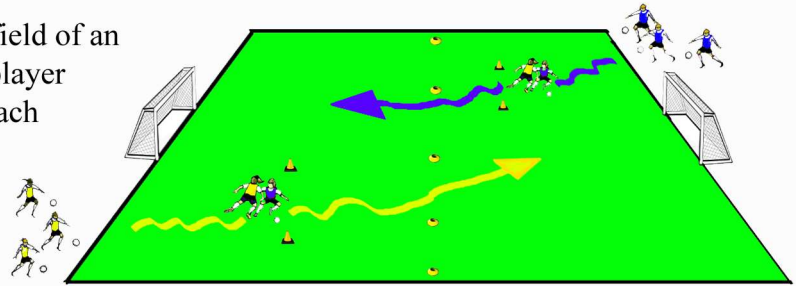


Progressions: Each player dribbles a ball, too. Players dribble the ball in a specific method.

2nd Activity

ENTRANCES AND EXITS

Divide players into two groups, one on each end line of a field of an appropriate size. The two teams face each other and each player has a ball. Mark the centerline with a flag or tall cone on each sideline, calling the line between the flags the "bridge". Place one defender on each bridge at the entrance. The players have to dribble past the guard to get to the other side to shoot. Then let 4 roam inside the two bridges.

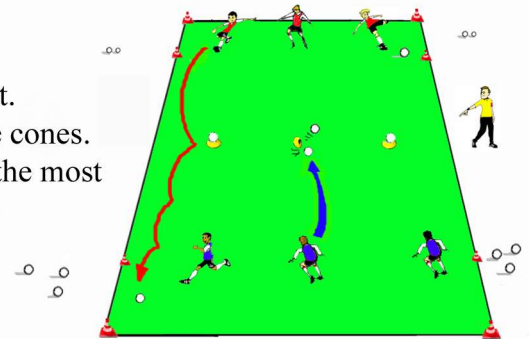


Progressions: At the start allow players to go through as a group. Then have them try to get through individually.

3rd Activity

BALL HUNTING

On the baseline of a rectangular area are 6-8 players. In the middle of the playing area are three cones, each with a ball on top of it. The players shoot from the lines simultaneously trying to knock balls off the cones. Balls that are knocked off are immediately put back on the cones. Who hits the most balls in two minutes?

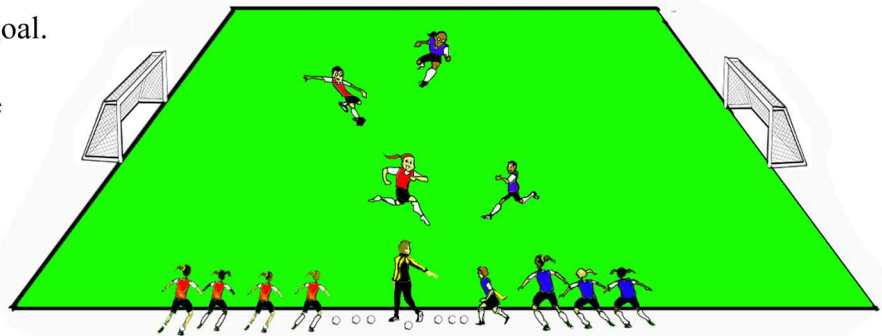


Progressions: Shoot using any surface, shoot using laces, shoot using inside of foot, etc.

4th Activity

"OUT OF THERE"

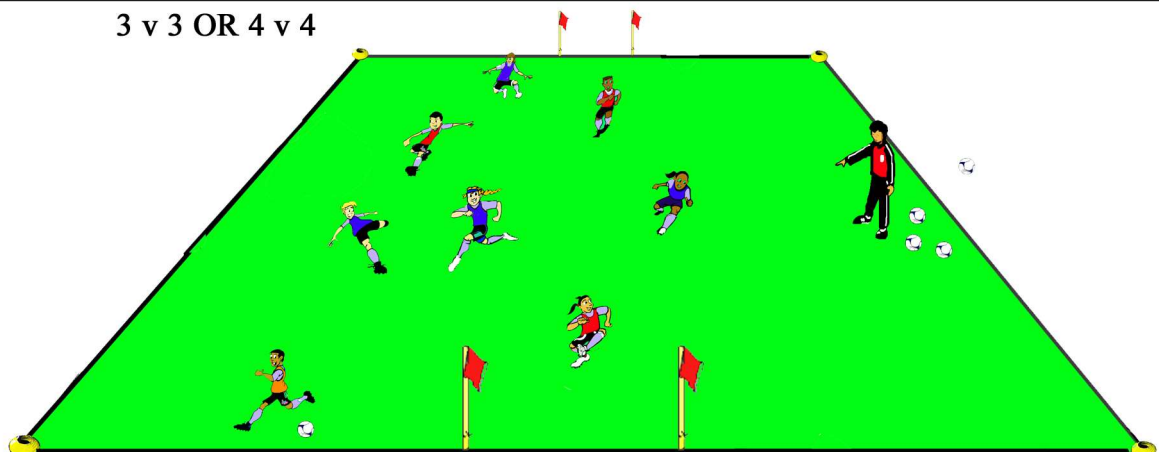
Reds attack the left goal, and Blues attack the right goal. If a ball goes over a sideline or end-line everyone is "outta there"! If a team scores they stay on and the other team swaps two players in ASAP. The coach throws balls in quickly as possible as demanded by the game. The coach doesn't say anything when throwing balls in, they control who is out!



Progressions: Play 1 v 1 then 2 v 2

5th Activity (the game)

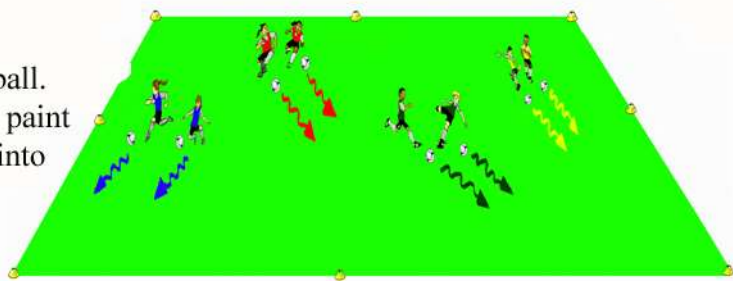
3 v 3 OR 4 v 4



U-8 LESSON PLAN: COOPERATIVELY COMPETING

Warm-Up "Paint The Square"

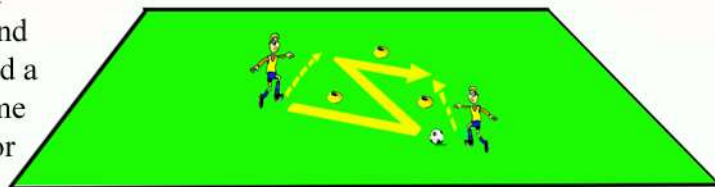
Players pair up with a teammate. They each share have a soccer ball. Tell them to pretend the ball is a paint brush and as a pair try and paint the entire square by passing the ball around the square. Progress into having them create or "paint" a picture with the ball by passing. A good "paint stroke" only counts when the ball is on the ground.



Guided Discovery Question: "How can you make sure your pass stays on the ground?"
Answer: By hitting the middle of the ball.

1st Activity - Triangles

Two players take 3 cones and spread them about a yard apart into a triangle shape. One player passes the ball through a pair of cones and the other player will then receive the ball and to take the ball around a cone and then back through for the other player to repeat. Every time they can do this successfully it is a point. Anytime they hit a cone or the pass isn't completed, it is not a point. See which pair can get the most.



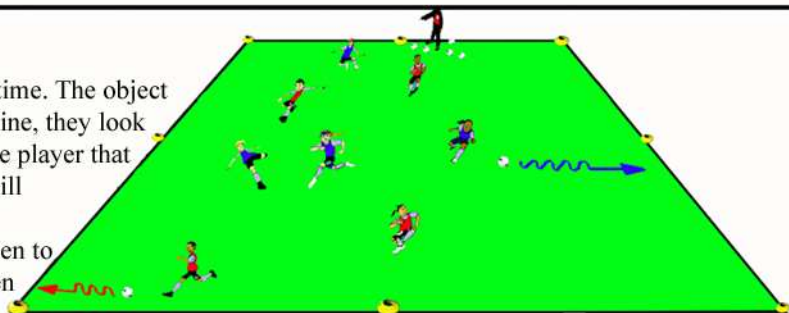
Guided Discovery Question: How can you and your partner score more points?
Answer: By always being ready to receive a pass. By always making a good pass to our teammate.

2nd Activity

"Matthews" Line Game

This is a 4v4 game but it is always played with 2 balls going at the same time. The object is to dribble the ball over a line. When a team scores by dribbling over a line, they look for a new ball that is delivered by the coach. An extra point is scored if the player that dribbled over the line can tell the coach who passed them the ball. This will encourage them to pass a little bit more.

Guided Discovery Question: How do you know when to dribble and when to pass?
Answer: We can dribble when we have space. We need to pass when someone comes to try and get the ball from us.

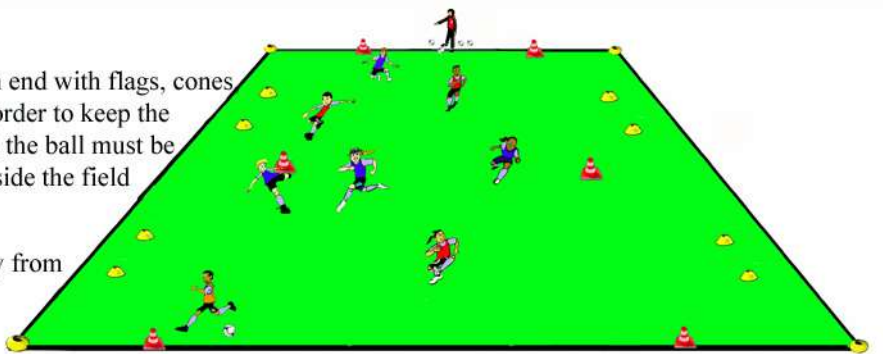


3rd Activity

"Outside" Goals

Divide into two teams of 3-4 players each. Make 2 goals on each end with flags, cones outside the normal playing field. Coach has a supply of balls in order to keep the game flowing. A goal can only be scored from inside the field so the ball must be passed through the goals that are outside. Players can not go outside the field to score.

Guided Discovery Question: Is it better to try and score far away from the outside goals or closer?
Answer: Closer. Follow up with "how does this happen"?
Answer: By finding a teammate who is closer to an outside goal.

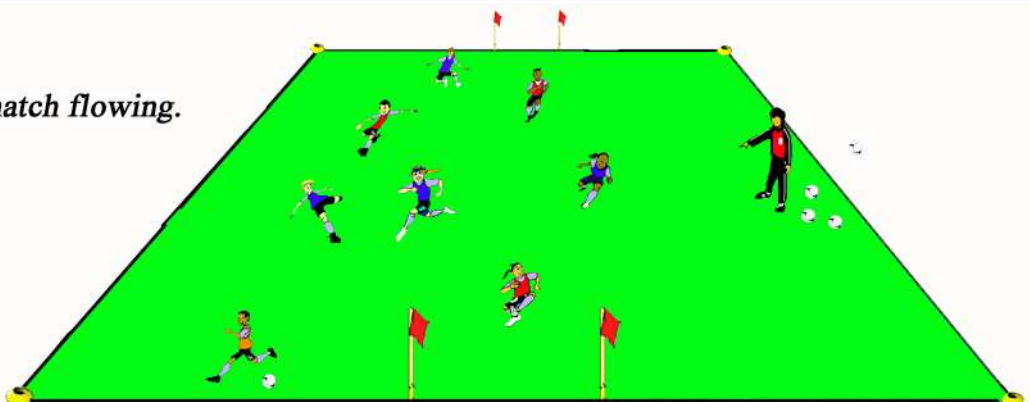


Final Activity-The Match

Play 4v4 to goals

Coach has a supply of balls to keep match flowing.

"CELEBRATE"



U-8 LESSON PLAN: COOPERATIVELY COMPETING (EMPHASIS ON DRIBBLING)

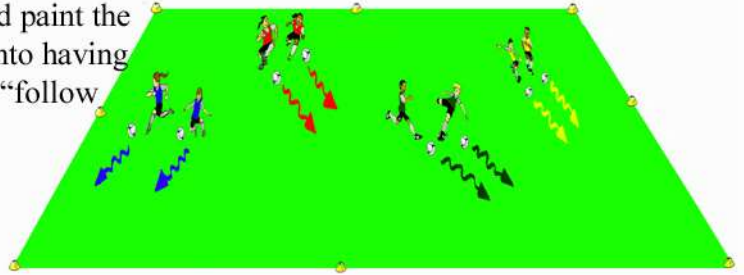
Warm-Up

“Paint The Square”

Players pair up with a teammate. They each share have a soccer ball. Tell them to pretend the ball is a paint brush and as a pair try and paint the entire square by dribbling the ball around the square. Progress into having them create or “paint” a picture with the ball by dribbling. Like “follow the leader”. Make sure you have them switch who the leader is.

Guided Discover question: How can you and your partner “paint” more of the field?

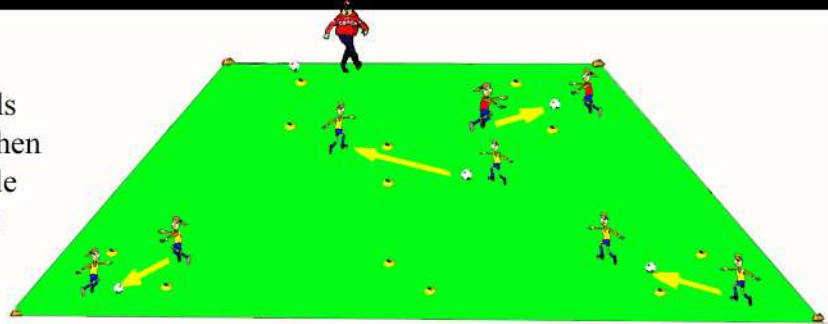
Answer: Communicating and getting our head up while we dribble.



1st Activity-

Buddy “Gates”

Players are still paired up with their teammate. Small goals (gates) are created in the field. Each pair scores a point when either of the two dribbles through a gate. After they dribble through they need to find their teammate so they can pass the ball to them. Progress to adding parents/coach blocking a gate so they have to choose another one.



Guided Discovery question: How can you and your partner score more points?

Answer: By getting our head up after we dribble through the gate to score.

2nd Activity “Two headed Sharks”

This is a variation of “sharks and minnows”. Players are paired up with a teammate and share one ball. Two players are in the middle and each share a bib, towel, etc (do not link arms). The “two headed” shark can not split up. The two players in the middle are it. They are trying to tag someone that has a ball. If a player gets tagged then they along with their partner are it and become a two headed shark as well. The paired up players that are not “it” try to get their ball from one end to the other end without getting tagged by a “two headed” shark. The one rule is that both players in a pair must dribble the ball to the other line. This will force them to play with their teammate.



Guided discovery question: How can you and your partner make it easier to not get tagged?

Answer: By spreading out and also coming to help when they are about ready to be tagged.

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Answer: We can dribble when we have space. We need to pass when someone comes to try and get the ball from us.



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Coach has a supply of balls to keep match flowing.

“CELEBRATE”

