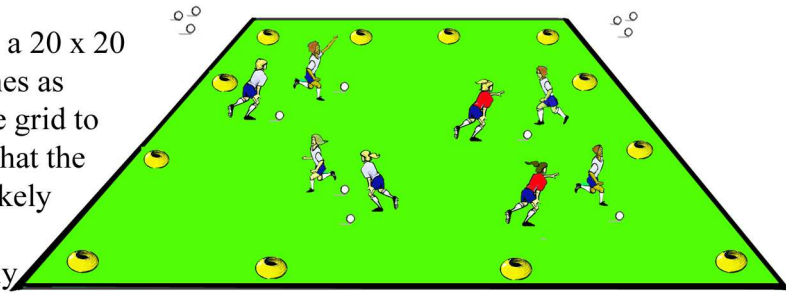


# U8 LESSON PLAN: BALL POSSESSION

## WARM UP TAG

The coach picks two people who must chase everyone else and tag them. Tagged players can't move until you allow them. The chasers don't have a ball; all others do.

For the U8 age group go to a 20 x 20 yard grid. Use as many cones as needed to clearly define the grid to the players. Keep in mind that the younger they are the less likely they are to comprehend boundaries. Don't be overly concerned when they dribble out-of-bounds. Simply corral them back toward the grid.



This game improves dribbling in a fun; competitive environment.

## 2ND ACTIVITY BALL RETRIEVE

The coach has a pile of 6 or 7 balls. The coach kicks or throws these in all directions. The players should chase any ball and dribble it back to the pile at the coach's feet. Never letting the pile get down to zero is the player's objective. Balls are thrown or kicked 10-20 yards.

The space is a 20 x 20 yard grid. Use tall cones to designate the corners. For the U8 age group more cones will be necessary along the border lines to concretely designate the grid.

The emphasis here is on visual tracking and dribbling to a designated place.

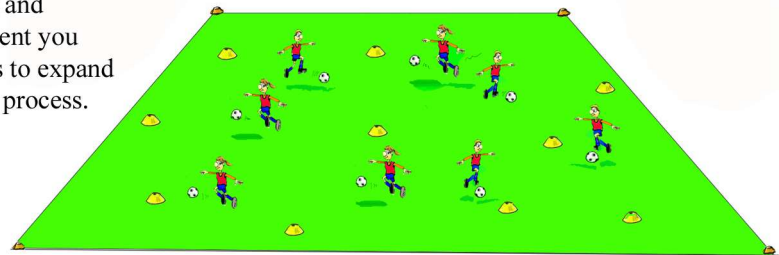


## 3RD ACTIVITY DRIBBLE TO THE CONE

Put out as many cones or markers as there are players. Have the players dribble randomly until you command they dribble to a cone. They should all run to the nearest marker and freeze with the ball.

Beyond the dribbling and movement enhancement you are asking the players to expand their decisionmaking process.

Use either a 10 x 10 yard or 15 x 15 yard grid as you see appropriate for the players' abilities.



## 4TH ACTIVITY 1 VS. 2

In groups of 3, play 1v2. The one who has the ball must dribble and keep it. Those who don't have a ball try to get one.

The activity creates situations in which players become familiar with the pressures of the game. Speed of response and the ability to beat an opponent are emphasized.

For the U8 age group use a 10 x 10 yard space or up to 15 x 15 yards.



## 5TH ACTIVITY 50/50 BALL

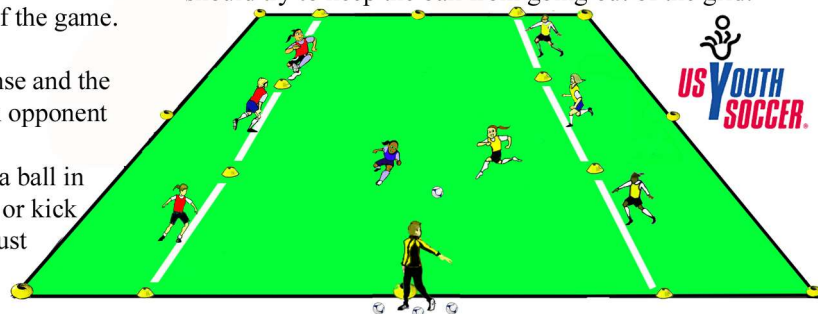
Set up a game in which two teams of 3-4 players line up across from each other at a distance of 15 yards. On command (call players by name), one player from each side runs to win the ball and dribbles it back to the team. The other player tries to prevent this from occurring and attempts to dribble back to the other line. Keep score when playing this activity with the U8 age group.

In this activity players become familiar with:  
-The pressures of the game.

-Speed of response and the ability to beat an opponent

Don't start with a ball in the middle. Roll or kick it out so they must react to it.

Use a 20 x 20 yard grid in which are the two 15 yard lines. When a player dribbles back across his or her team line they should try to keep the ball from going out of the grid.



# US LESSON PLAN: PASSING

## Warm-Up

Retrieval Activity in Pairs-getting them to work together

Every pair gives their ball to the coach and the coach tosses the ball out for each player to collect individually. Players bring the ball back by: 1) Picking up the ball and running back to the coach; 2) Picking up the ball and hopping back to the coach; 3) Picking up the ball and skipping back to the coach; 4) Running after the ball and passing the ball the ball back to the coach. The coach walks around while the players dribble the ball back to them.



## 2ND ACTIVITY

"Marbles"

Players get into pairs. Each player has a ball. One player starts by passing his/her ball out front. The other player attempts to pass their ball and hitting the other person's ball for a point. If a ball gets hit, then the player who hit the ball starts off with another "break". Progress to moving quicker. Give two points if the players can pass and hit a moving ball.



## 3RD ACTIVITY

Gates Passing

All players have a ball inside a playing area. Set up gates/small goals throughout the playing area. Players dribble and pass the ball through as many of the gates as time allows.

Variations: a) Players work in pairs and must pass through a gate to their teammate who is on the other side.



## 4th ACTIVITY "Gates"

4 Gate/Goal Game

Divide into two teams of 3-4 players each. Make a goal with flags, cones, etc in the corners of the field, but they are diagonal. Coach has a supply of balls in order to keep the game flowing. When a goal is scored or the ball goes out, the coach plays in a new ball. The object of the game is to score thru any of the 4 corner goals. The only way to score is to pass the ball through the goals.



4v4 game with no goalkeepers.

Play 4v4 game with no goalkeepers

LET THEM PLAY!



## LESSON PLAN: US RECEIVING

### WARM UP:

#### "Juggling Balloons or Beach Balls"

Each player tries to keep their balloon or beach ball up in the air using any body part except for hands. Count how many touches. If it falls to the ground, pick it up try again.



- Follow object/ball with your eyes.
- Move to get behind and in line with it
- don't stretch for it

### 2ND ACTIVITY:

#### "Juggling with a Partner"

Same as one but now 2 players compete against other pairs to keep the object up in the air using as many touches in 3 minute period.



- Move to get behind and in line with object.
- Select the surface quickly.

### 3RD ACTIVITY:

#### "Soccer Newcomb"

(use size 3 ball not too inflated)  
20x15 (one yd. "dead space" for net).  
2 teams of 2 play toss-receive-catch over the net. If caught point-if hits ground no point-toss it over. Allow 1 bounce. Partner helps catch/control



- Move quickly to get behind and in line with flight of ball -Select surface early -"withdraw" on contact

### 4TH ACTIVITY:

#### "Toss-control-catch"



- Move to the ball
- Select surface early
- Look, get head up quickly
- Move to open space

4v4 in 40x30 yard area (includes 5 yd. end-zone on each end).  
Toss-receive-catch to advance ball.  
If ball drops to ground goes to other team.  
Score by receiving and catching in your end zone.  
Opponent cannot block the toss.

### 5TH ACTIVITY:

#### "The Game"



- Move to the ball
- Move to open space
- Look
- Choose surface early

4v4 in 45x30 with 4 yd wide goals no GK.  
Coach is boss of Balls. Toss new one to a player after a goal or out of play. 1 pt for goal, 2 pts for volley goal.

# US LESSON PLAN: COOPERATIVE PASSING

## 1ST ACTIVITY

Warm-Up: "Retrieval in Pairs"

Players pair up with a partner. The coach throws out a ball and has each pair bring the ball back in a variety of ways:

- 1) all four hands on ball;
- 2) 3 hands and an elbow;
- 3) back-back; 4) with the feet (passing);
- 5) give them a certain number of passes that they have to do to get the ball back to you. Coach moves to another spot after throwing.



COACHING POINTS:

Heads Up!

"How can you get the ball back quicker?"

## 2ND ACTIVITY

(Maze activity)  
"Gates"

Players partner up and try to pass the ball between the gates to each other. Time them and see how many they can get.

Build into having parent(s) and coach walk around and stand in a gate. If an adult is in a gate, they can't go through it. This introduces a defender.



Guided Discovery Question:

"What part of the foot can you use to pass the ball? (toes, side, maybe outside)"  
"How can you and your partner pass the ball between two gates quicker?" (not stop the ball after receiving a pass, pass sooner)

## 3RD ACTIVITY

4 Gate/Goal Game

Divide into two teams of 3-4 players each. Make a goal with flags, cones, etc in the corners of the field, but they are diagonal. Coach has a supply of balls in order to keep the game flowing. The coach gets 4 volunteer parents to stand in the goals.

When the ball is played in, the coach points to one of the adults standing in one of the four goals. When that happens, the parent steps back leaving the goal open. The coach can then tell the parent/adult to step back in and then points to another gate to open up that goal. The object is to find the goal that is open and score through it.



Guided Discovery Questions:

"Where should your head be?" (up!)  
"What happens when a goal is closed?" (need to find the open goal/space).  
"How can you and your teammates work together?" (passing the ball)

## 4th ACTIVITY

4v4 game with no goalkeepers.

Play 4v4 game with no goalkeepers



LET THEM PLAY!

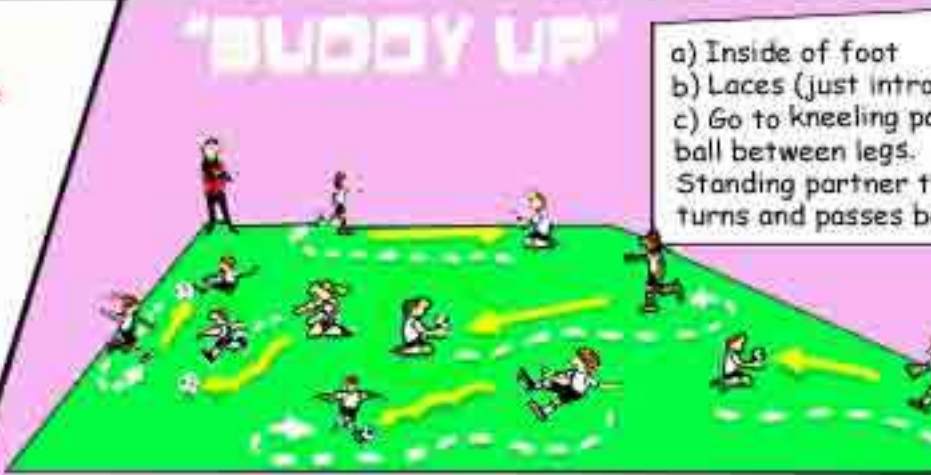
  
US YOUTH  
SOCCER.

Warm-Up "Buddy Up"

# LESSON PLAN U8

## "STRIKING THE BALL"

Players are in pairs, each pair has one ball. One partner kneels/sits and rolls ball to their partner. The partner standing then passes ball back to the kneeling partner and then goes to a new person.



Introduction to mechanics of...  
Note: Don't get too caught up in their laces.  
Can they get it back to the kneeling partner without making them move?

1st Game Junkyard Soccer

Divide team into two teams. Each team goes to a half. Use an odd number of balls, like 5. The objective of the game is to strike the ball into the other team's yard. Each team wants to have a clean yard when time is called by the coach.

The team that has the fewest balls on their side when time is called gets a point. Play to a certain amount of points or for time.



Variation: to be made before the ball is struck back to the other half.

Introduce mechanics of strike. Strike the ball for a purpose. They should be trying to strike where the other team can't.

2nd Game "Shootout"  
No Goalkeepers

Two goals are placed on the ends. Two teams of 4-6. Each team is attacking a goal and defending a goal. Two teams each take a place behind the goals. The coach will yell out a number of players and a direction like "2 Right".

# "SHOOTOUT!"



Two players from by the right side then come in. Take any number and the coach yells a direction, then the players. Play a certain amount.

Scoring Concept

Game 4v4  
No goalkeepers



PLAY A 4V4 GAME WHERE 1 GOAL EQUALS ONE MILLION POINTS!

