



Lesson Plan

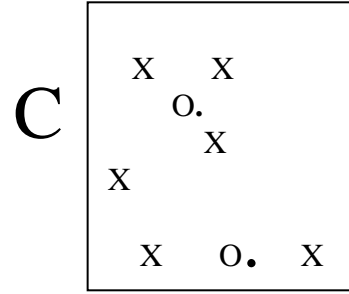
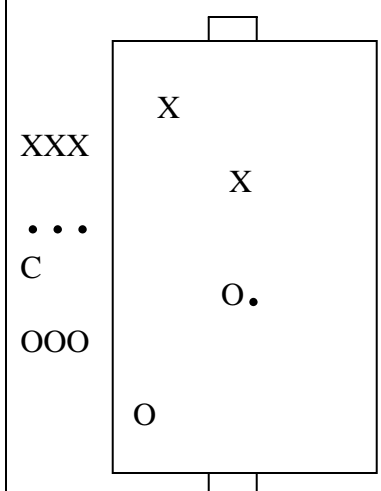


Topic: Dribbling

Age: U8

Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1. Gate Dribbling</p> <p>Activity time: 5 – 8 min</p>	<p>a. every player with a ball</p> <p>b. one more gate than the number of players</p> <p>c. must dribble through free gate</p> <p>d. 1 point for each gate</p> <p>e. play again, improve by 1 point</p>		<p>a. see ball through 'bottom of eyes'</p> <p>b. keep ball rolling</p> <p>c. use foot brake</p> <p>d. different surfaces</p>
Water Break (2 min)			
<p>Stop & Go</p> <p>Activity time: 5 – 8 min</p>	<p>a. every player dribbling a ball</p> <p>b. on whistle, players stop ball and then go with speed</p> <p>c. coach demonstrates stop & go, and players try to copy</p> <p>d. players invent their own stop & go</p> <p>e. coach observes, and choose players to demonstrate their stop & go for others to copy</p> <p>f. may create field and upon go command, first one to a sideline or end line wins</p>		<p>a. see ball through bottom of eyes</p> <p>b. speed up after stop</p> <p>c. change of direction</p> <p>d. different surfaces</p>
Water Break (2 min)			

Remember: NO LAPS, NO LINES, NO LECTURES

<p>3. Pac-Man</p> <p>Activity time: 8 – 12 min</p>	<ol style="list-style-type: none"> a. Create 20 x 20 box b. two or three players are “it” to start, and have balls c. if you are “it”, try to dribble and hit others with passes below the knees d. players who are not “it” may run and jump to avoid being hit e. if you are hit with a pass, you freeze (with legs open), you are unfrozen by team mate crawling through your legs. While under team mate you are “safe” 		<ol style="list-style-type: none"> a. keep ball rolling b. eyes up to find space and who is “it” c. change direction and speed d. fake passes e. agility & opponent awareness for others
<p>Water Break (2 min)</p>			
<p>4. 2v2 “Get Outta There”</p> <p>X & O = players</p> <p>C = coach</p> <p>• = ball</p> <p>Activity time: 10 min</p>	<ol style="list-style-type: none"> a. coach as boss of the balls b. coach passes ball onto field to start play c. two players from each team play until a goal is scored or the ball goes out of bounds d. out of bounds, coach yells “get outta there,” and two new players from each team go on with the next ball e. goal is scored, 2 who scored stay on, and two new players from the other team play against them 		<ol style="list-style-type: none"> a. keep ball rolling b. first try to solve game by dribbling c. player w/o ball find big, easy spot to receive a pass

FINISH PRACTICE with 3v3 or 4v4 game. No coaching necessary.

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