

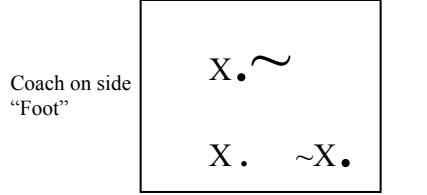
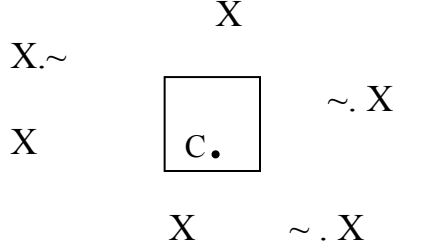
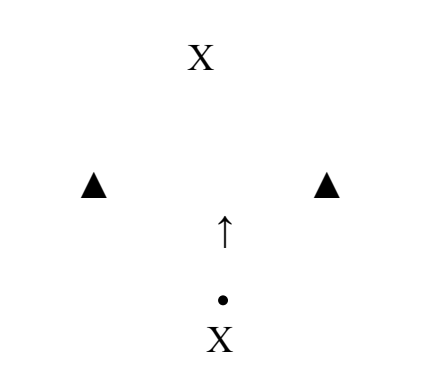


Lesson Plan



Topic: Dribbling, Passing

Age: U8

Activity Name	Description	Diagram	Purpose/Coaching Points
Dribbling: Body Part Stop Activity time: 5 min	Create a 8 yd x 8yd Grid (Box) Ask players to dribble in box without leaving the area. Coach calls out “foot” – players must stop ball with their foot. Continue using various body parts.		Dribbling technique. Identifying field space. Control – ability to keep ball close enough to stop it quickly. “collect cones” command
Water Break (2 min)			
Dribbling/receiving: Coach toss, player retrieve Activity time: 5 min	Coach stands in grid as boss of all the balls: coach will toss balls out of grid calling name – that player retrieves ball and dribbles back to coach as quickly as possible. Var – players stand outside grid		Receiving technique. Dribbling technique over distance.
Water Break (2 min)			
Passing: Ping Pong Activity time: 5 – 10 min	Give two cones to each pair. They place cones to create a “gate” to pass through. One partner on each side, the players try to pass the ball to each other, through the gate, as many time as possible in a minute. Players should attempt to keep ball moving. As they improve, gate may become smaller or they may move further apart.		Passing technique & working with a partner. Passing accuracy. Instilling concept of continuous ball movement.

Remember: NO LAPS, NO LINES, NO LECTURES



Lesson Plan



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<p>Sharks and Minnows</p> <p>Activity time: 10 min. (or longer if kids into it)</p>	<p>The minnows, the players with a ball, line up shoulder to shoulder on one end of the grid. Two players are designated as sharks and are positioned inside of the grid without soccer balls. On the coach's command, the minnows must dribble their ball through the grid and get to the other side without getting their ball stolen or kicked away by the sharks. If a player loses their ball while crossing the grid, he/she becomes a shark.</p>	<p>Coach</p> <div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> <p style="text-align: center;">25 yds.</p> <p style="text-align: center;">M. M. M. M.</p> <p style="text-align: center;">↓ ↓ ↓</p> <p style="text-align: center;">↑ ↑</p> <p style="text-align: center;">← S S</p> <p style="text-align: center;">20 yds.</p> </div>	<p>FUN...Dribbling under pressure; decision making; change of speed; change of direction; defending. This is an inclusive game...the players are either dribbling a ball or trying to get one back.</p>
<p>Water Break (2 min)</p>			
<p>Scrimmage:</p> <p>No limitation scrimmage</p> <p>10 min with some instruction</p> <p>10 min without any instruction</p>	<p>Play on regular sized field, 3v3. If you have 7 or 8 ... can expand to 4v4.</p>	<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> <p style="text-align: center;">X X</p> <p style="text-align: center;">O</p> <p style="text-align: center;">X • O</p> <p style="text-align: center;">O X</p> <p style="text-align: center;">O</p> </div>	<p>Game related exercise. Coach can point out (few) rules of game. Coach should let players play at this point without much/any instruction.</p>

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