

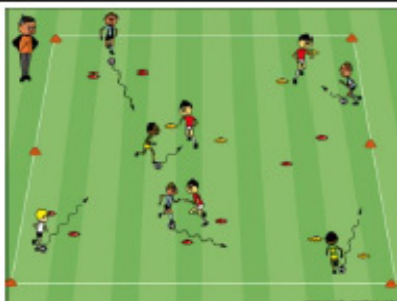





## U7, U8 Lesson Plan - Week 2

Activity 1	Activity Description	Coaching Considerations
	<p><b>Shadow Dribble:</b> Two players (Leader and Shadow) both with a ball each and will dribble their soccer ball in a 20x25 yard grid. The leader will determine where they are going while the shadow will try to keep up with the leader.</p> <p>Coach: Call the change from leader to shadow</p> <p>Version 2: Use only favorite foot or other foot. Version 3: Leader must make a move.</p>	<ul style="list-style-type: none"> <li>• Keep ball close</li> <li>• Changing directions</li> <li>• Dribbling using different surfaces of the foot</li> </ul> <p style="text-align: right;">Time: <i>8 minutes</i></p>
	<p><b>Gate Dribbling:</b> In a 20x25 yard grid set up as many gates (two cones about 2 yards apart). All players with a ball must dribble through the gate in order to score a point.</p> <p>Coach: Have players keep count of how many points they scored in 30 seconds or a minute. Repeat asking the players to beat the score by one or more points. You can also ask them to dribble with the left or right foot only.</p>	<ul style="list-style-type: none"> <li>• Keep ball close</li> <li>• Changing direction</li> <li>• Acceleration after going through a gate</li> <li>• Decision making</li> </ul> <p style="text-align: right;">Time: <i>8 minutes</i></p>
	<p><b>Dribbling Gates With Bandits:</b> In a 20x25 yard grid, set up many gates (two cones about 2 yards apart). Select 2-3 players to be the "Bandits"; they will try to dispossess the players with trying to score points by dribbling through the gates. When the bandit steals the soccer ball, the player that lost the ball becomes the bandit.</p> <p>Coach: Play multiple 1-2 minute games. Award a point to all players who have a soccer ball at the end of each game.</p>	<ul style="list-style-type: none"> <li>• Keep ball close</li> <li>• Changing direction</li> <li>• Acceleration after going through a gate</li> <li>• Decision making</li> <li>• 1v1 defending</li> </ul> <p style="text-align: right;">Time: <i>8 minutes</i></p>
	<p><b>2v2 to End Zones:</b> Divide the 20x25 yard grid into two equal grids of 12x20 yards, with a one yard buffer zone in between. Make a one yard wide End Zone along each end line. Players will score by dribbling and stopping the soccer ball in the End Zone. Defenders can't defend in the End Zone.</p>	<ul style="list-style-type: none"> <li>• Application of dribbling, and passing-receiving technique under pressure</li> <li>• 1v1 defending</li> <li>Decision making</li> </ul> <p style="text-align: right;">Time: <i>8 minutes</i></p>
<b>Scrimmage</b>	<b>Activity Description</b>	<b>Time</b>
<b>4v4 - Dual Field Scrimmage</b>	Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.	<b>30 minutes</b>