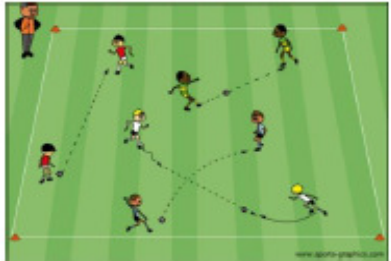


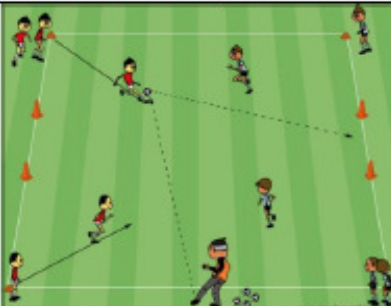




U7, U8 Lesson Plan - Week 3

Activity 1	Activity Description	Coaching Considerations
	<p><u>Paint the Field- Passing:</u> In pairs, players will pass the soccer ball back and forth in a 20x25 yard grid. Explain to the players that their soccer ball is a paint brush and wherever it rolls it will paint the area. Their task to pass (kick) the soccer ball to paint as much of the grid as possible in the allotted time.</p> <p>Version 2: Tell the players to use the other foot</p>	<ul style="list-style-type: none"> • Passing and receiving technique • Weight of the pass • Ability to pass through traffic • Communication and mobility of the players <p style="text-align: right;">Time: 8 minutes</p>
	<p><u>Team Tag:</u> Split the players into two teams (Dribblers and Taggers). The taggers are trying to tag the dribblers' feet or soccer ball with their soccer ball. The taggers need to keep track of their tags. The dribblers are trying to keep their ball from being tagged by shielding it. After a determine time, the teams switch roles. Coach: Can help taggers adding their points. Version 2: Taggers can only tag the dribblers' ball.</p>	<ul style="list-style-type: none"> • Dribbling technique • Passing and receiving technique • Weight of the pass • Accuracy of the pass • Protecting the ball <p style="text-align: right;">Time: 8 minutes</p>
	<p><u>Clean Your Backyard:</u> Split the players into two teams to play in a 20x25 yard grid. With cones, divide the field into three portions. The central portion (the buffer zone) is 6yds wide and no one can enter it. Place three goals (3yds each) at the far ends of the grid. Players in each team will try to shoot/pass and score below knee height in any of the other team's goals. Coach: Allow players to enter the buffer zone to retrieve any ball that has stopped in there. Version 2: Allow teams to defend the goals using their hands.</p>	<ul style="list-style-type: none"> • Basic Shooting technique • Simple decision making <p style="text-align: right;">Time: 8 minutes</p>
	<p><u>4 Corner Shooting Without Goalkeepers:</u> In 20x25 yard grid with cone goals at each end, players of the same team are placed by the corner cones of the goal they are defending. Half of the team is in a line at one cone and the other half at the other cone. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball into the field. The game is over when one team scores or the ball goes out of bounds. Players need to get out of the field quickly and get back in line. Version 2: Add Goalkeepers</p>	<ul style="list-style-type: none"> • Application of dribbling, passing-receiving and shooting technique under pressure • 1v1 defending • Decision making <p style="text-align: right;">Time: 8 minutes</p>
Scrimmage	Activity Description	Time
4v4 - Dual Field Scrimmage	Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.	30 minutes