



'Y1' CERTIFICATE MANUAL

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CHARACTERISTICS OF U6, U8 AND U10 CHILDREN

Although children differ significantly, there are some common traits that all coaches need to be familiar with and take into account when “coaching” children. If we observe young children closely, we see that many of these characteristics inhibit their ability to play “real soccer” and practice activities are adjusted accordingly. Activities should fit the developmental levels of the children the children should not fit the activities.

U6 Children: (Run with the ball; Turn with the ball; Kick the ball)

- Short attention span – get to activities ASAP
- Most are individually orientated - me, mine, my ball ... I'm not going to pass!
- Psychologically easily bruised – we must consider: how to give feedback, being positive, being the odd one out, our reaction to losing, etc.
- Little or no concern for team activities – teamwork does not exist
- Boys and girls physical development is similar
- Eye hand and eye foot coordination is primitive – simple activities designed to help them gain more coordination are needed
- Love to run around, jump, etc. - so let them (not every activity has to have a ball, try an activity without a ball and then with it)

U8 Children: (Dribble; Run with the ball; Turn; Pass; Receive; Shoot; etc.)

- Attention span beyond U6 but still not extended – we can expand slightly on skill repetition
- Some children inclined toward group activities (pairs) - i.e., passing
- Some children become quite astute and rule conscious – varied abilities
- Still very sensitive – we must consider how to give feedback, etc.
- Growing awareness of space and freedom – soccer must be fun
- Many children still unconcerned with team activities – team practices futile
- Beginning to develop physical coordination – will vary amongst the players
- Boys and girls physical development still similar – but do girls like playing with girls?

U10 Children: (As U8's plus ~~Heading~~, Shielding and Goalkeeping)

- Memory ability develops – players can be asked to recall/perform tasks or ideas taught earlier, i.e., 1 v 1 moves, passing technique
- Can focus on tasks longer – more skill repetition, longer activities, etc.
- Ability to sequence thoughts and/or actions – ‘if I do this, then this can happen,’ A passes to B and B passes to C leads to a pass from C to A
- Become more serious about play – but it's still “play time”
- Think like adults – need a reason to do something
- Association with “team” – but ability to play in large groups primitive
- Motor performance improves significantly – potential to learn new techniques very rapidly
- Differences between girls and boys appear – separate programs preferable
- “Stronger” players may dominate – speed, strength and size can help a player dominate at U10, but this is often a poor indicator of who will develop into the best soccer players

COACHING ACTIVITIES CHECKLIST

1. Are the activities fun for the children? Are they enjoyable to participate in and will they keep the children's interest?
2. Are the activities organized?
3. Are the players involved in the activities? **(NO LINES!)**
4. Is creativity and decision-making being used? Are decisions ever changing or are they just repeating things without thinking?
5. Are the activities developmentally appropriate?
6. Are the spaces used appropriate?
7. Is the coach's feedback appropriate? For younger players feedback should be positive and frequent. **(NO LECTURES!)**
8. Are there implications for the game? Are the objectives of the activities related to the demands they will face in the game? **(NO LAPS!)**

Remember soccer is a unique and dynamic game that involves decision-making. Soccer practices should be active and involve playing the game and SHOULD NOT look like a baseball or football practice.

RISK MANAGEMENT

Accepting a coaching position means accepting responsibilities. Important points to remember:

1. Exercise Reasonable Care (use tried/tested activities, have a first aid kit, take a Red Cross first aid course, have an emergency plan, etc.)
2. Fulfill Your Duties (Be safe, appropriate and reasonable)
3. Use Common Sense to Foresee Potential Problems

ADDITIONAL POINTS

- Never leave a player alone after training or games.
- Be certain that players depart with their parents or designated individual.
- Avoid being left alone with players who are not your children.

MEETING THE PARENTS

All coaches should take time to meet briefly with their players' parents. This meeting should take place after at least one practice. Important things to remember include:

- Prepare information ahead of time.
- Use “we language” when talking about the team, not I/me language.
- Example: We are all responsible for making this season a success for the kids. We need to make sure that the kids have the proper equipment.
- Your expectations of the kids (sportsmanship, commitment, work ethic, attitude)
- Your expectations for parental behavior
 - Communication with you
 - Champion behavior for yourself & for them on the touchlines
 - Clarify their role to team (schedules/locations, attendance, equipment, transportation, snacks, positive support)
- Clarify how your role is different in terms of the 3C's.
- Your Philosophy
- Share your personal coaching goals for the season.
- Share team goals with parents once you've set them *with your team*.
- Outline communication processes and boundaries.
- Discuss playing time philosophy and system for playing time.
- Share team rules and consequences (e.g., coming late, missing practice, poor sportsmanship, violation of team code) once you've set them *with your team*.
- Gather information from parents in survey form (e.g., their concerns/issues, expectations, priorities, goals for child). Short answers.
- Facilitate realistic expectations for their child. (statistics/odds for college, pro participation)
- Decide together how inappropriate adult behavior on the touchlines will be addressed and consequences.
- Ask for volunteers if needed.

(From 2005 Play Like a Champion™ Educational Series, University of Notre Dame)

ADVANTAGES OF PLAYING SMALL-SIDED GAMES

"Kids get tied up in the emotional level of the game. A little one playing 11-a-side says, 'We won!' but he touched the ball three times today. Our responsibility is DEVELOPMENT! So we must play 4 v 4 and 7 v 7 with plenty of time and space to learn – to learn combinations, skills, awareness, 'smartness'." - Rinus Michels, Former Dutch National Team Coach.

The Child Has:

- More practical space to be successful
- Increased number of contacts with the ball
- More actual playing time
- Energetic workouts due to playing both offense and defense
- To make more decisions
- Experience repeating game situations more frequently
- To learn both offense and defense a player will become more complete and will understand more readily the roles and importance of teammates
- More time with the coach

The Small Field Enables:

- More efficient use of space
- Games to be played simultaneously across a full size field
- Children to be physically more efficient in smaller space
- Young players to achieve a shot at goal or advance to goal more easily
- Children to be more actively involved for a longer period of time

GOALKEEPING

Many law changes in soccer have been centered on goalkeeping. How many steps, how quickly the ball is released, what is allowed in the pass-back, etc. More than ever before the goalkeeper cannot detach themselves from the game. They have become vital elements of the attack as well as their more traditional role as the last line of defense. They must be accurate passers of the ball when distributing (feet as well as hands), reliable in receiving the ball under pressure and even show capability in heading when dealing with errant back passes.

In essence, goalkeepers must be as competent with their field skills as any player in the field. Most goalkeeping skills are specific to the position (catching low medium and high balls, diving, throwing). Older players are more likely to take on goalkeeping as a permanent position. How well these players combine the physical and mental skills of both field player and goalkeeper will determine their effectiveness in being the first line of attack and the last line of defense. Goalkeeping starts at U10.

Key Considerations:

- Players at the U-10 level and up should be encouraged and exposed, but not forced, to goalkeeping roles in practice. Many goalkeeping skills are developed at older ages. Exposing many players to the position could help identify a hidden talent ... a player who had never considered trying it before. Exposure to the goalkeeper position may help field players understand the difficulty of the position.
- Goalkeeping should become an active part of every practice. Unfortunately we often set up practices where goalkeepers work by themselves and call on them only for shooting practice. Goalkeepers should be involved early in training when working on technical development with the ball at their feet, and either as targets or in their primary role in front of the goal. They should not only play as shot blockers and distributors of the ball, but as an active communication link with the rest of the team.
- Whenever possible, goalkeepers should distribute the ball. Often coaches do not allow the goalkeeper to distribute the ball, instead ending play on a save or missed shot or the coach handling the distribution. This denies the goalkeeper work in their key offensive role, that of first line of attack.
- Be active. Concentration by the goalkeeper is vitally important to their effectiveness. Goalkeepers who stay on their line or who are not attached to the rest of the team will soon be reacting to a desperate situation instead of a relatively safe one. Encouraging goalkeepers to be involved and ready goes a long way in reducing dangerous situations.
- Goalkeeping is a tough job. Much is expected of goalkeepers, but they receive very little praise. In many ways, goalkeepers are subject to open and unforgiving exposure. Mistakes are clearly showcased and become very personalized, and psychologically deflating. Mistakes will be made. Encouragement and understanding mixed with sound coaching advice will go a long way in creating a stimulating and fun playing environment.
- When to begin is a frequently asked question. It is widely felt that initiating goalkeeping in games prior to age nine is inappropriate. Children should be exposed to body movements that simulate what goalkeepers do, but to put them under the pressure of being a goalkeeper before they have developed some basic psychomotor and cognitive skills is inappropriate.

U6 COACH'S GUIDE

Coaching Emphasis – Individual Play and Fun

Coaches of U5 and U6 children should ensure that their players enjoy their soccer experience and are eager to come back.

Soccer Knowledge

Not using hands (during the game), in & out of play, direction to attack, etc.

Team Positions

NONE – Shape can be addressed, i.e., 'Magic Triangle'. The kids can be set up in a triangle to start the game and at other natural breaks in the game (kick offs, goal kicks, etc.). During the game, children must be allowed to run around freely. UNDER NO CIRCUMSTANCES, SHOULD CHILDREN BE MADE TO STAND IN POSITION, STAND ON A LINE OR STAY IN A CERTAIN AREA, ETC.

Technical Emphasis

The following techniques should be covered indirectly through the use of developmentally appropriate GAMES (NO DRILLS):

1. Running with the ball
2. Changing direction while running with the ball
3. Kicking the ball (with multiple surfaces)

Tactical Emphasis

Players should be aware of the direction they are attacking. In addition, coaches should develop players to be ball-orientated (i.e. always moving toward the ball, always wanting to be involved in the action, etc.)

Practice Schedule

One '45 minute' practice per week.

Recommended Activities

One player-one ball activities (Tag games with/without the ball, target kicking games, maze races [no dribbling around cones set up in a straight line!!!], etc.), 1 v 1 games and small sided scrimmages.

Player Equipment

Size 3 ball, athletic shoes, appropriate clothing, shin guards, water bottle, etc.

Coaching License

"Y1" or "Y2" Certificate

- PINNIES (2 COLORS)
- CONES & FLAGS

SAY . SHOW . DO .

KICK/PASS WITH LACES

U7/U8 COACH'S GUIDE

Coaching Emphasis – Individual Play with “some” passing and fun

Coaches should continue to emphasize fun and encourage their U7/8 players to be ball-orientated. 1 v 1's continue to be important. Older/more insightful children should be gradually encouraged to move away from the 'swarm' around the ball and to recognize moments to pass.

Soccer Knowledge

What constitutes a foul, throw-ins (for players at some clubs), what we do when we lose the ball, etc.

Positions

NONE. Shape can be addressed, i.e. 'Magic Diamond' (one back player, two wide players and one forward). The children can be set up in a diamond to start the game and at other natural breaks in the game (kick-offs, goals kicks, etc.) *During the game, children must be allowed to run around freely.*

UNDER NO CIRCUMSTANCES, SHOULD CHILDREN BE MADE TO STAND IN POSITION, STAND ON A LINE OR STAY IN A CERTAIN AREA, ETC.

Technical Emphasis

The following techniques should be covered with children (most indirectly) through the use of developmentally appropriate GAMES. The key techniques to be covered are:

1. Dribbling and running with the ball
2. Short passing (with multiple surfaces)
3. Shooting the ball (with multiple surfaces with emphasis on striking the ball with the 'laces')

In addition, the following techniques can be addressed indirectly through games:

1. Turning with the ball
2. Receiving the ball
3. Shielding the ball

Tactical Emphasis

Several areas can be covered with U7/U8 players gradually by the recreational coach:

1. Players need continual reinforcement to be ball-orientated.
2. Once most players are ball orientated, coaches can also focus on those players (it is very rare that it will be all players) who show a willingness to break out of the 'swarm' around the ball. As coaches see this happen, they need to encourage it and help teammates recognize a moment to pass.
3. Encouragement and indulging of players that run with the ball and/or dribble past defenders to move the ball forward.
4. Everybody attacks together and everybody defends together. If players are ball orientated this should happen naturally.
5. When the team is not in possession of the ball, what do the players do ... work to get the ball back (this is not an invitation to run defending clinics, but coaches need to clarify the difference between defense and attack with their players).

- INSIDE FOOT FOR PASSING
- KICK BALL TO OPEN SPACE ON FIELD TO ENCOURAGE KIDS TO FIND OPENINGS
- CROSS PASSES OVER FORWARD
(T)

Practice Schedule

One or two '1 hour' practices per week.

Recommended Activities

Tag games with (and without) the ball, gate games, maze games, target games, 1 v 1 games, 2 v 2 games and small-sided scrimmages.

Player Equipment

Size 3 ball, athletic shoes, appropriate clothing, shin guards

Coaching License

"Y1" or "Y2" Certificate

U9/U10 COACH'S GUIDE

Coaching Emphasis – Individual technical development, small-group decision-making and fun

Because of the cognitive and psychomotor abilities of U9/10 children, coaches should focus on teaching their players the key fundamental soccer techniques. Special emphasis should be placed on developing players who are willing and able to go 1v1. Coaches should not sacrifice their players' technical development in order to win games, regardless of what the parents want. Players' decision-making can be enhanced through small group play in small-sided games.

Soccer Knowledge

'Spreading Out' to create length and width when we have the ball, the 'moves' used by professional players and greater awareness of professional teams/players through watching 'pro' games.

Team Positions

Players can be exposed and asked to play a position. Wisconsin Youth Soccer Association recommends 3 defenders and 2 attackers. The goalkeeper should be encouraged to "join in" when the team is in possession and make a diamond on the ball side of the field by positioning between the two defenders on that side. However, coaches must remember that positions are 'fluid' not fixed and that, developmentally, many children will still have a difficult time playing a position. Coaches must make allowances for these children, enable them to roam and adjust their team accordingly. Rotate those players into the goalkeeper position, who are willing to go in goal.

Technique

The following techniques should be covered with children through the use of developmentally appropriate games (especially conditioned small-sided games). Drills are to be avoided by inexperienced coaches (drills focusing on intricate individual technique can be used for short periods by qualified, experienced soccer coaches). The techniques to be covered in the order of importance are:

1. Dribbling the ball (coaches should place special emphasis on developing the skills to go 1v1 and beat defenders).
2. Running with the ball to attack space.
3. Turning with the ball to elude a defender or change direction.
4. Shooting (nurture an aggressive attitude towards shooting and cover multiple shooting skills while stressing the volley and driven techniques).
5. Passing (with inside and outside of foot).
6. Receiving the ball (wedge and cushioning techniques to minimize the number of touches needed to control the ball).
- ~~7. Heading (to be introduced in a 'user friendly' manner).~~
8. Shielding the ball for possession.

Tactics

Below are some tactical considerations for the U10 coach. Coaches must remember that our players' technical development is vastly more important than tactics at this age. However, coaches can help players make better use of their greater technical prowess by making superior decisions. Team tactics can be addressed one practice out of every ten.

1. 1v1 or individual attacking tactics. Players must first be coached to be aggressive to take on defenders 1v1. In addition, they need to learn the techniques used to beat defenders 1v1. Players should be taught an array of 1v1 moves (ball feints, body feints, fakes, turns, etc.). Only then can we guide players to apply them effectively by learning how, when and where to beat defenders. Players need help becoming more comfortable when playing with their back to the opponent's goal.
2. Creativity. Players need to be encouraged to improvise and take risks in solving tactical problems. Coaches and players need to remember the difference between creative decisions (good/unique ideas...that might not always work out) and bad decisions (making the same mistake twice!).
3. Vision. Players should be encouraged to 'get their heads up', to 'see the field' and to scan for options before receiving the ball, so they already know upon controlling the ball what their next action will be.
4. Play quickly but with purpose. Coaches are compelled to discourage 'kick ball'. Players should not be allowed nor encouraged to kick, 'send' or 'dump' the ball aimlessly down the field. However, our players have to be encouraged to play (think, execute) quickly.
5. Small-group play. Focus on support play. Do players move or stand still when not in possession? Do they move into open spaces at the right time? Players should be encouraged to 'find' new positions to help their teammates, rather than be told where and when to move.
6. Individual defending. Do players try to recover the ball after losing possession? Encourage players to defend actively with caution, rather than over pursue the ball. Do not use a sweeper, since this will hinder individual defending development.
7. Team play. Does the team attack and defend together as a large group? Does the team transition quickly (on their own) from attack to defense after losing the ball and from defense to attack after winning the ball?

Practice Schedule

Two 'one hour' practices per week. Practices should not last more than 70 minutes. Players can be encouraged to attend a third 'skills' practice if it is offered by the club.

Recommended Activities

Tag games with the ball, 1v1 games, small group activities, small-sided conditioned games and small-sided scrimmages.

Player Equipment

All U10 players should have their own ball (size 4) to take home and practice, soccer shoes, appropriate clothing, shin guards.

Coaching License

"Y1" or "Y2" Certificate

WHY 70% OF CHILDREN QUIT SPORTS BY AGE 13

The following reasons for kids playing and quitting sports were reported by the Youth Sports Institute in a 1987 study. Follow-up studies have continued to validate these findings.

The 10 most important reasons I play my best sport. (In order of importance)

1. To have fun
2. To improve my skills
3. To stay in shape
4. To do something I'm good at
5. For the excitement of competition
6. To get exercise
7. To play as part of a team
8. For the challenge of competition
9. To learn new skills
10. To Win



The 11 most important reasons I stopped playing a sport. (In order of importance)

1. "I lost interest." (Players don't develop ownership in the sport)
2. "I was not having fun." (Adults are too critical of mistakes and self-expression)
3. "It took too much time." (10,000-hour rule)
4. "Coach was a poor teacher." (Not being taught basic skills)
5. "Too much pressure (Not understood by their coaches or parents/ Pressure to perform)
6. "Wanted a non-sport activity." (Some drop-out in inevitable)
7. "I was tired of it." (Too much too soon?)
8. "Needed more time for study."
9. "Coach played favorites."
10. The sport was boring."
11. "There was an overemphasis on winning"



We want to produce players who are independent-where they don't worry if they look up and the coach is not there. It shouldn't make any difference. We want them to make the decision.... Our view is that if you set the right environment at training, then on the weekend, apart from the team talk before the game and at half-time, they look after themselves.
Dr. Richard Light, Australian Physical Educator.

15 THINGS TO KEEP IN MIND WHILE WATCHING FROM THE SIDELINES

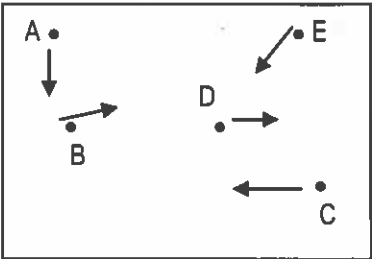
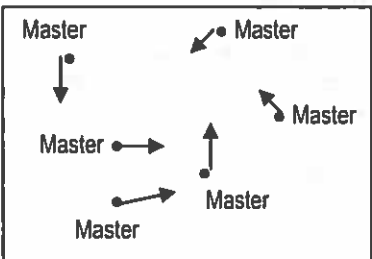
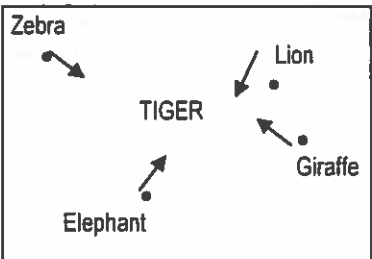
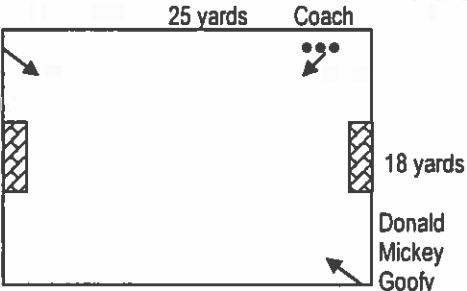
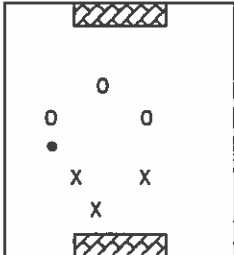
1. Let the coaches' coach. If you are telling your son or daughter - or any other player for that matter - to do something different from what their coach is telling them, you create distraction and confusion.
2. It is very unnerving for many young players to try and perform difficult tasks on the field on the spur of the moment when parents are yelling at them from the sidelines. Let the kids play. If they have been well coached, they should know what to do on the field. If they make a mistake, chances are they will learn from it.
3. Do not discuss the play of specific young players in front of other parents. How many times do you hear comments such as, "I don't know how that boy made this team..." or "she's just not fast enough.". Too many parents act as though their child is a 'star', and the problem is someone else's kid. Negative comments and attitudes are hurtful and totally unnecessary and kill parent harmony, which is often essential to youth team success.
4. Discourage such toxic behavior by listening patiently to any negative comments that might be made, then address issues in a positive way. Speak to the positive qualities of a player, family or coach.
5. Do your level best not to complain about your son or daughter's coaches to other parents. Once that starts, it is like a disease that spreads. Before you know it, parents are talking constantly in a negative way behind a coach's back. (As an aside, if you have what you truly feel is a legitimate beef with your child's coach - either regarding game strategy or playing time, arrange an appointment to meet privately, away from a soccer field.)
6. Make positive comments from the sideline. Be encouraging. Young athletes do not need to be reminded constantly about their perceived errors or mistakes. Their coaches will instruct them, either during the game or at half-time, and during practices. You can often see a young player make that extra effort when they hear encouraging words from the sideline about their hustle.
7. Avoid making any negative comments about players on the other team, this should be simple: we are talking about youngsters, not adults who are being paid to play professionally. I recall being at a rep baseball game some years ago, when parent on one team loudly made comments about errors made by a particular young player on the other team. People on the other side of the diamond were stunned- and angry. Besides being tasteless and classless, these kinds of comments can be hurtful to the young person involved and to their family as well
8. Try to keep interaction with parents on the other team as healthy and positive as possible. Who's kidding whom? You want your child's team to win. So do they. But that should not make us take leave of our senses, especially our common sense. Be courteous 'till it hurts; avoid the 'tit for tat' syndrome.
9. Parents on the 'other' team are not the enemy. Neither are the boys or girls on the other team. We should work to check any negative feelings at the door before we hit the pitch.
10. What is the easiest thing to do in the youth sports world? Criticize the referees. Oh, there are times when calls are missed, absolutely. And that can, unfortunately, directly affect the outcome of a contest. That said, by and large those who officiate at youth soccer games are hardly over-compensated, and give it an honest - and often quite competent - effort. At worst, they at least try to

be fair and objective.

11. On that note, outbursts from parents on the sideline made toward the referees only signal to our on children on the field that they can blame the refs for anything that goes wrong. Blaming others is not a formula for success in sports.
12. Yelling out comments such as "Good call, ref" or "Thanks ref" may only serve to alienate an official. The ref always assumes they made the proper call, that's why they made it. Trying to show superficial support because the call went 'your' way is simply annoying to the officials, and to anyone within earshot.
13. Walking up and down all game long along the sidelines, following the play, is unnerving to players and totally unnecessary- particularly so if you are trying to yell out instructions to various players, including your own son or daughter. It is likely embarrassing to the player/players involved and simply counterproductive. If you want to coach, obtain your coaching certification and then apply for a job.
14. We all feel things and are apt to be tempted to say things in the 'heat of the moment'. But we don't excuse athletes for doing inappropriate things in the 'heat of the moment' (there are penalties, suspensions, etc.) so we should apply similar standards to our own sideline behavior. Quickly check yourself and ask: Will I be proud of what I am about to say or do when I reflect on it tomorrow?
15. The parking lot is not the time to 'fan the flames'. Whether it is a coach's decision, a referee's call, a comment that was made, let it go. Don't harass the coach, or an official, or a parent on the other team after the game is over. Go home, relax, and unwind. Talk positively with your child. The ride home is sometimes as important as the game itself. Make that time a good memory for your son or daughter by discussing as many positives as you can about him/her, her coach, her teammates, etc

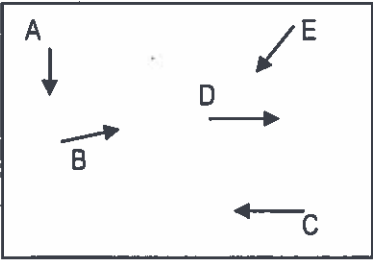
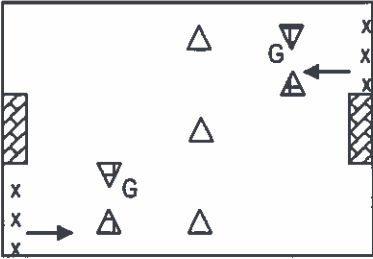
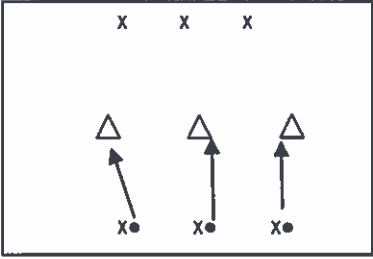
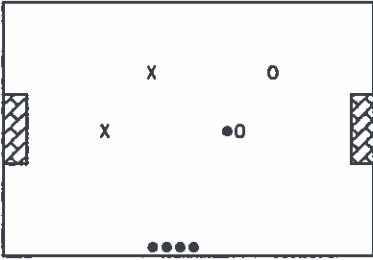
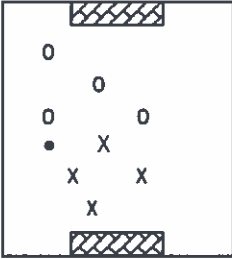
**Wisconsin Youth Soccer Association
PRACTICE LESSON PLAN**

Age: U6
Author: Craig Carlson

Activity	Coaching Points
<p>1st Activity (warm-up)</p> 	<p>IDENTIFIERS</p> <p>Players run around playing area at random, coach calls out identifier of a group of players, or a player, who then become hunters. Who can tag the most players in a minute? Identifiers can be: hair color, t-shirt color, sock colors, letter of name, etc.</p> <p>Progressions: Everyone has a ball; players dribble and "hunt" while keeping the ball close.</p>
<p>2nd Activity</p> 	<p>DOG AND MASTER</p> <p>Each player (master) dribbles their ball (dog). The coach calls out various commands: keep him on a short leash, dog runs away – then catch it, master strokes dog, master jogs with dog, masters swap dogs, etc.</p> <p>Introduce: tall cones as trees (stay away from trees); an evil dog catcher who kicks the ball out of the park (players have to see the park ranger (coach) to get back into the park)</p>
<p>3rd Activity</p> 	<p>TIGERS IN THE JUNGLE</p> <p>Each child chooses to be a type of animal that lives in the jungle and makes the sound of that animal, only tigers are not allowed. The tiger is most feared and kicks the ball out of the jungle into the swamp. If a ball is kicked into the swamp, the animals must bring it back, but must stand with legs apart and ball in air. When another animal dribbles through their legs, they are free to play again.</p> <p>Progressions: Animals dribble only using left foot, outside of feet, etc.</p>
<p>4th Activity</p> 	<p>DISNEY GAME</p> <p>Two teams of equal number stand at each end of a 25 x 18 area. Give each player a Disney character name (make sure there is a matching character at each end). Coach sends in a ball and calls out a character name. These two players come in and play 1 v 1. After a goal is scored or the balls goes out, the players return to their starting spots.</p> <p>Progressions: Two names for 2 v 2. With older players try calling out two different names. (First name from one end, second name from other)</p> <p><i>Don't be afraid to play more than one 1 v1 at a time!</i></p>
<p>5th Activity (the game)</p> 	<p>2 v 2 OR 3 v 3</p>

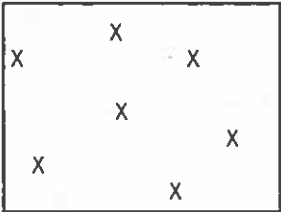
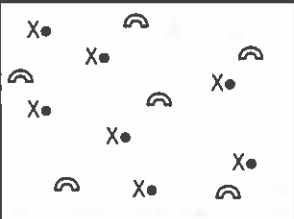
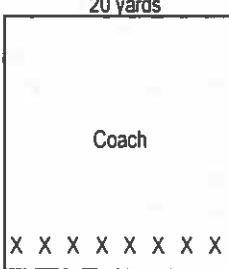
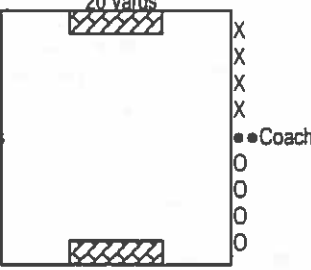
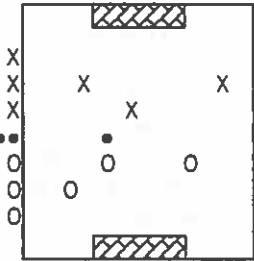
**Wisconsin Youth Soccer Association
PRACTICE LESSON PLAN**

Age: U8
Author: Craig Carlson

Activity	Coaching Points
<p>1st Activity (warm-up)</p> 	<p>TAIL TAG (in a defined area)</p> <p>Each player has a vest/bib tucked into the back of their short. They dribble around until the game is started by the coach. When the game starts, the goal is to steal as many tails as possible. (Keep playing if yours get stolen.) Who grabs the most? Then, play again to see who grabs the most and who is the last to lose their tail!</p> <p><i>Progressions:</i> Each player dribbles a ball, too. Players dribble the ball in a specific method.</p>
<p>2nd Activity</p> 	<p>ENTRANCES AND EXITS</p> <p>Divide players into two groups, one on each end line of a field of an appropriate size. The two teams face each other and each player has a ball. Mark the centerline with a flag or tall cone on each sideline, calling the line between the flags the "bridge". Place one defender on each bridge at the entrance. The X's have to dribble past the guard (G) to get to the other side to shoot. Then let 4 roam inside the two bridges.</p> <p><i>Progressions:</i> At the start allow players to go through as a group. Then have them try to get through individually.</p>
<p>3rd Activity</p> 	<p>BALL HUNTING</p> <p>On the baseline of a rectangular area are 6-8 players. In the middle of the playing area are three cones, each with a ball on top of it. The players shoot from the lines simultaneously trying to knock balls off the cones. Balls that are knocked off are immediately put back on the cones. Who hits the most balls in two minutes?</p> <p><i>Progressions:</i> Shoot using any surface, shoot using laces, shoot using inside of foot, etc.</p>
<p>4th Activity</p> 	<p>"OUT OF THERE"</p> <p>O's attack the left goal, and X's the right goal. If a ball goes over a sideline or end-line everyone is "outta there"! If a team scores they stay on and the other team swaps two players in ASAP. The coach throws balls in quickly as possible as demanded by the game. The coach doesn't say anything when throwing balls in, they control who is out!</p> <p><i>Progressions:</i> Play 1 v 1 then 2 v 2</p>
<p>5th Activity (the game)</p> 	<p>3 v 3 OR 4 v 4</p>

**Wisconsin Youth Soccer Association
PRACTICE LESSON PLAN**

Topic: Movement
Age: U6 to U8
Author: Craig Carlson

Activity Name	Description	Diagram	Purpose/Coaching Points
1 Goofy Says Activities			
<ul style="list-style-type: none"> 30 x 20 yard area Players move freely in the area w/o the ball Coach is name Goofy; Players do what Goofy Says 	Coach demos log roll to players—On Command Players perform log roll and back up and jog—on command players jump up high off two feet then jog—on command players jump up high off one foot—then jog—on command players run fast for 3 seconds (coach counts out) then jog—on command they perform all tasks in a row	Coach  20 yards 30 yards	<ul style="list-style-type: none"> Movement Education – jumping, rolling, change of pace. Add variations, as the mind will wonder (change of direction, running backwards, etc...) Allow players to be Coach Goofy next week – brings ownership to the activities and generates enthusiasm
2 Strawberry Farms			
<ul style="list-style-type: none"> Set up 6 to 8 one-yard gates within a 20 x 30 yard area All players with a ball 	Coach asks players to collect as many Strawberry's they can by dribbling there ball through a gate and bend down and scoop the strawberries. How many. Can you beat you score. Next must step on ball and pull back because the road is closed on other side. Next Step on ball do a front roll turn and run back through with ball. Use your imagination. U8 can take a few balls away now must get ball to get strawberries.	Coach 	<ul style="list-style-type: none"> More Movement Education Also becoming familiar with the ball at feet with turns and others to worry about Eye-foot coordination Good maze game for all around awareness
3 Fisherman Game (Sharks and Minnows)			
<ul style="list-style-type: none"> 20 yards wide x 30 yards long Players w/o a ball Coach is the fisherman; Players are the fish 	Players line up on end line (there pond which has no more food). The coach (fisherman) is in the middle. The players attempt to run across the lake to the other pond that has more fish food. Fisherman attempts to tag players (fish) they become fisherman if tagged. Progress to players dribbling across. Fisherman must clear ball over any line (so fish could win it back if lose ball)	 20 yards 30 yards Coach	<ul style="list-style-type: none"> Directional play – target game Change of speed, change of direction, player imagination: how to trick the fisherman Learning to keep the ball from the opponent Learning to steal the ball from the opponent Running with the ball
4 1 vs 1 to Goals			
<ul style="list-style-type: none"> 20 yards wide x 30 yards long (Beginning in the middle of the sideline.) Players line up on both sides of the coach Balls are at Coach's feet 	Coach explains to teams which direction they are going. Also explains if the other player has the ball try to take it away and score on there goal. First player in each line goes after ball and tries to score when coach sends ball into play. Can have many of them at the same time. If they score both come back to coach and get ready to go again. Progress to 2vs2	 20 yards 30 yards Coach	<ul style="list-style-type: none"> Learning to compete against an opponent Dribbling skills against pressure Changing direction, changing speed, stopping, starting and other basic agility skill sets. 2 vs 2: Intro of teammate (which they will not know what to do with, but will be interesting to see them think)
5 3 vs 3 OR 4 vs 4: Boss of the Balls			
<ul style="list-style-type: none"> Players on sideline with coach Balls on sideline with coach 	3(4) players enter field and play against 3(4) others to goals. If ball goes out of play the coach simply serves another ball into play. When all the balls are gone make subs and have the players collect the balls for you to have by your side to serve into next game	 Coach	<ul style="list-style-type: none"> All facets of the game come into play Many chances to touch the ball in fun, fast-paced game Makes children think fast, as a new ball enters play immediately after going out Little rest Players must think fast and remain involved

1 V 1 TURNS (U10)

Skills to be Taught:

1. **Baggio Turn** (Roll ball with the sole of the right foot under right hip. After rolling the ball, clear out right hip by stepping inside the line of the ball and take away with the inside of the left foot.)
2. **Outside Hook** (Some distance from the ball, reach out with a relatively straight leg and chop down on the ball with the outside of the foot so the ball changes its direction of movement 180 degrees. Take ball away with the outside of the same foot.)

Warm-up (10 Minutes)

"Body-part Dribble." Each player dribbles a ball. Tell the players to stop the ball with a body part...be creative. Also, you can have the players dribble the ball with different surfaces.

Progression:

1. Stop the ball with knee, chest, elbow, head, etc.
2. Dribble the ball using left foot, bottoms of feet, knees, shoulders, head, etc.
3. Dribble the ball but after 5/6 touch, change direction by rolling the ball with sole of foot, using the heel of foot, by stopping the ball, etc.

Skill Teaching (10 Minutes)

Teach the **Baggio and Outside Hook Turns**. This can be done as a large group with a ball each or in a "drill type" activity. If you use a "drill type" activity, it should be completed quickly.

Skill Repetition Game (5 – 10 Minutes)

"Monster Turns." Let the players dribble around in a defined area. 2-4 players do not have a ball and are "taggers". The other players have their ball and dribble around from "tagger to tagger". They must approach a "tagger" and execute a turn without their ball being touched. Play for a minute and see who gets the most turns in without having their ball touched. Switch "taggers" and play again. Add extra points for the featured turns (both left and right).

1 v 1 Games (10 Minutes)

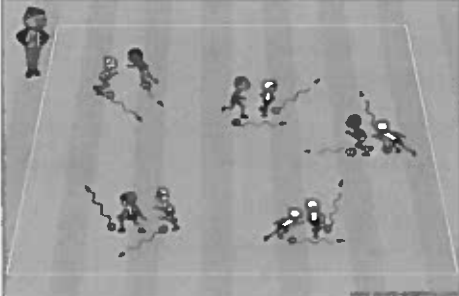
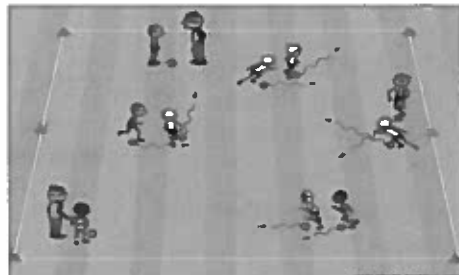
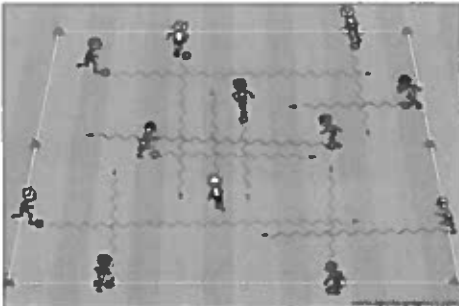
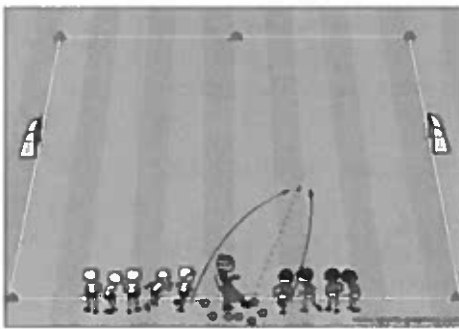
"Multiple Goals Game." Set-up 9 goals throughout your playing area. Players play 1 v 1 and can score in any goal. A player scores by dribbling through a goal and stopping the ball within 2 yards. He then leaves the ball for his partner, who can score in any goal...except the one just scored upon. Show the kids after a couple of games that you can lead your defender to one and then turn to attack another. Add points for executing a Baggio or Outside Hook Turn before scoring.

3 v 3 or 4 v 4 Street Soccer Games (20+ minutes)

4 v 4 games or (3 v 3 with smaller groups) to be played for at least five minutes per game (2 games are played at the same time). Before first game and at the end of each other game, get the children on a line and mix them into different teams (1, 2, 3, 4; 1, 2, 3, 4; etc.) All teams to play a diamond formation (1 defender, 2 midfielders, and 1 forward). You can play the 2 games simultaneously on the same field by having one game played N-S and the other E-W. Keep coaching to a minimum. Keep interruptions to a minimum, but remind the kids to try and maintain the diamond as they play.

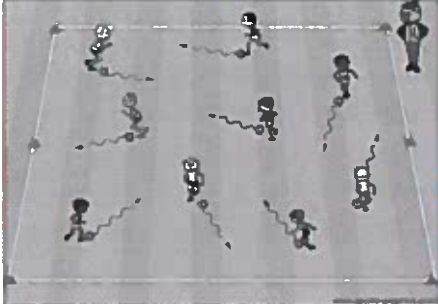
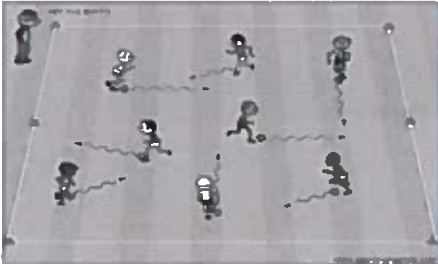
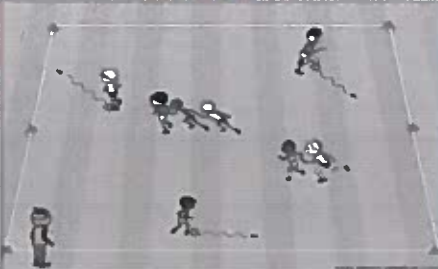
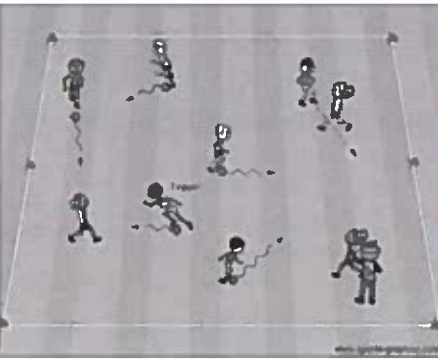


2011 - U6 - Lesson Plan - Week 1

Activity 1	Activity Description	Time
	<p>Tag: All players dribbling a soccer ball will try to tag each other with their hands. Players cannot abandon their own ball to tag.</p> <p>Coach: Have players keep count of their own tags. If playing more than one game, have players improve their tags by 1, 2 or 3 more than before.</p>	<p style="text-align: center;">6 minutes</p>
	<p>Hospital Tag: All players dribbling a soccer ball will try to tag each other with their hands. Once a player is tagged he/she must cover the tagged (injured) spot with one hand, second tag use the other hand, third tag the player must go to the hospital to see the doctor and cure him/her.</p> <p>Coach: Acts as the "doctor" and heals the dribblers so they can keep involved in the activity.</p>	<p style="text-align: center;">6 minutes</p>
	<p>Cross Over Dribbling: All players with a ball standing around the perimeter of a 15x20 yard grid. When the coach says "GO" the players will try to dribble to the other side of the grid. When they reach the other side, the players turn and dribble back to their spots.</p> <p>Variation 2: Have them reach the other side and return to another spot.</p> <p>Variation 3: Time the activity and see how many times the players cross over in 30 seconds or a minute.</p>	<p style="text-align: center;">Time</p> <p style="text-align: center;">6 minutes</p>
	<p>Get "Outta" There: The players are divided into two teams, and positioned at either side of the coach with multiple soccer balls outside a 10x15 yard grid with two small goals on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells "Get outta here".</p> <p>Coach: Can make the games 1v1, 2v2 or 3v3. They should vary the service.</p>	<p style="text-align: center;">6 minutes</p>
<p style="text-align: center;">Scrimmage</p>	<p style="text-align: center;">Activity Description</p>	<p style="text-align: center;">Time</p>
<p style="text-align: center;">3v3 - Dual Field Scrimmage</p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p style="text-align: center;">25 minutes</p>


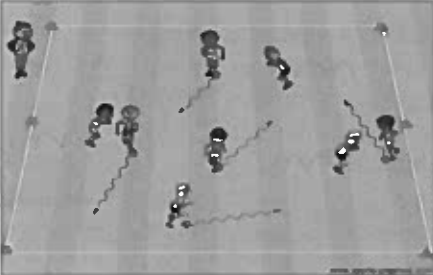
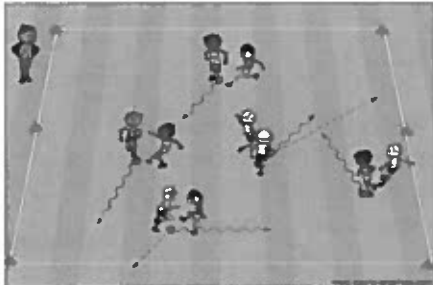
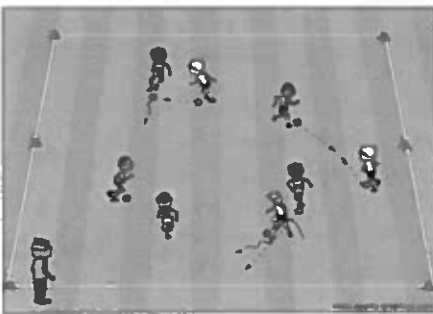


2011 - U6 - Lesson Plan - Week 2

Activity 1	Activity Description	Time
	<p>Free Dribble: All players are dribbling a soccer ball in a 15x20 yard grid using their inside, outside, and the sole of their foot.</p> <p>Coach: Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p>Version 2: Coach can put pressure on players dribbling. Version 3: Players can dribble at each other and perform a move and accelerate away.</p>	<p>6 minutes</p>
	<p>Hit the Dirt: All players are dribbling in a 15x20 yard grid. When the coach says "Hit the Dirt", the players must stop the ball and lie on his/her chest on the ground. When the coach says "Up" each player gets up and dribbles again.</p> <p>Variation 2: When the coach says "Hit the Dirt", the players hit the ground and jump up again.</p>	<p>6 minutes</p>
	<p>Snake: All players are dribbling a soccer ball in a 15x20 yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts.</p> <p>Coach: Encourage the snake players to hiss.</p>	<p>6 minutes</p>
	<p>Freeze Tag: All players are dribbling a soccer ball in a 15x20 yard grid. 1-2 players dribble a soccer ball, but they are the freeze monsters. The freeze monsters tag other players who then freeze with the soccer ball above their head. The activity ends when all players are frozen.</p> <p>Coaches: One coach may be the freeze monster while another is unfreezing players.</p> <p>Version 2: Players can unfreeze each other by tagging them. Version 3: Players can unfreeze each other by kicking the ball through their legs.</p>	<p>6 minutes</p>
<p>Scrimmage</p>	<p>Activity Description</p>	<p>Time</p>
<p>3v3 - Dual Field Scrimmage</p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p>25 minutes</p>

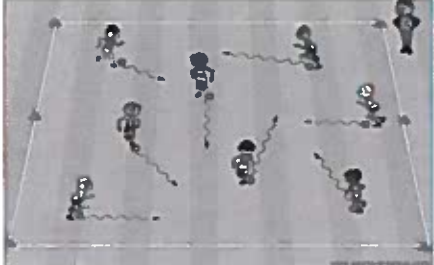
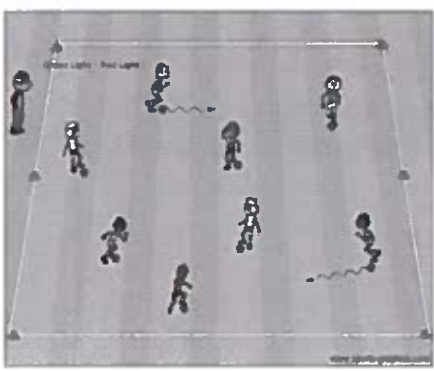
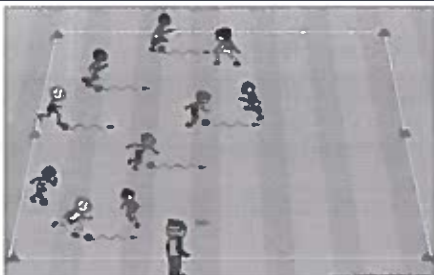
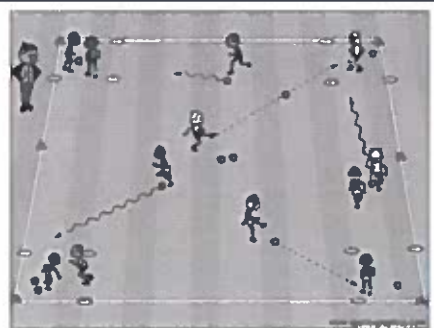


2011 - U6 - Lesson Plan - Week 3

Activity 1	Activity Description	Time
	<p>Paint the Field: All players will dribble their soccer ball in a 15x20 yard grid pretending that it is a paintbrush and wherever it rolls it is painting the field. The players will try to paint as much of the area as possible in the time allotted.</p> <p>Variation 2: Ask the players to dribble their favorite foot and then dribble with your other foot.</p>	<p>6 minutes</p>
	<p>Kangaroo Jack: In a 15x20 yard grid, two or three players are the kangaroos and the other players are dribbling. The kangaroos are trying to tag the dribblers. Once a dribbler is tagged, he/she turns into a kangaroo.</p>	<p>6 minutes</p>
	<p>Crab Soccer: Have 3-4 players without soccer balls inside a 15x 20 yard grid acting as crabs. These crabs are standing upright. The other players start anywhere in the grid and when the coach says "GO" they dribble their soccer balls around, avoiding the crabs. The crabs try to kick the balls out of the grid. If a dribbler's ball goes out of the grid, that player becomes a crab as well. Play until all players turn into crabs.</p>	<p>6 minutes</p>
	<p>Ball Tag: All players are dribbling a soccer ball in a 15x20 yard grid. The players try to hit another player's feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player.</p> <p>Version 2: If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p>	<p>6 minutes</p>
<p>Scrimmage</p>	<p>Activity Description</p>	<p>Time</p>
<p>3v3 - Dual Field Scrimmage</p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p>25 minutes</p>


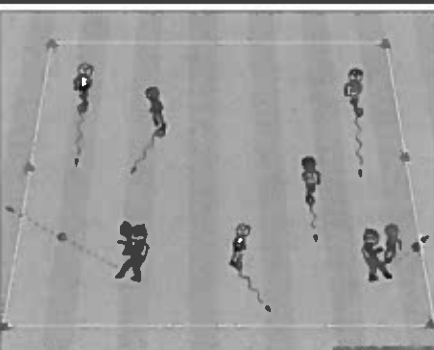
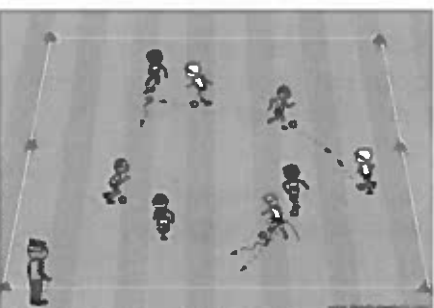



2011 - U6 - Lesson Plan - Week 4

Activity 1	Activity Description	Time
	<p>Paint the Field: All players will dribble their soccer ball in a 15x20 yard grid pretending that is a paintbrush and wherever it rolls it is painting the field. The players will try to paint as much of the area as possible in the time allotted.</p> <p>Variation 2: Ask the players to dribble their favorite foot and then dribble with your other foot.</p>	<p>6 minutes</p>
	<p>Red Light/Green Light: All players are dribbling freely in a 15x20 yard grid. When the coach says "red light" the players must stop and put their foot on the ball. When the coach says "yellow light" the players must dribble slowly, and when the coach says "green light" the players must dribble fast</p> <p>Coach: Control the frequency of light changes.</p> <p>Variation 2: Add other light colors and actions (i.e.: "purple light" = hop back and forth over the ball, "orange light" = run around the ball, "black light" = dance, and "blue light" = hide behind the ball.</p>	<p>6 minutes</p>
	<p>Sharks and Minnows: In a 15x20 yard grid have 3-4 players acting as the sharks. The minnows are in one end of the grid with their soccer balls. When the coach say "GO" the minnows try to dribble to the other end of the grid and the sharks are trying to kick the ball out. When the dribbler's ball goes out, he/she becomes a shark. If the minnows reach the other end, they will wait for the coach's command to play again. The game continues until all players turn into sharks.</p>	<p>6 minutes</p>
	<p>Capture the Balls: Players should be divided into equal teams to play in a grid with each team's home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach's command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent's home bases.</p> <p>Coach: Call time and each team counts the balls they have collected.</p>	<p>6 minutes</p>
Scrimmage	Activity Description	Time
3v3 - Dual Field Scrimmage	Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.	25 minutes

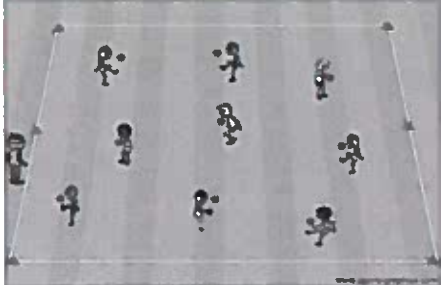
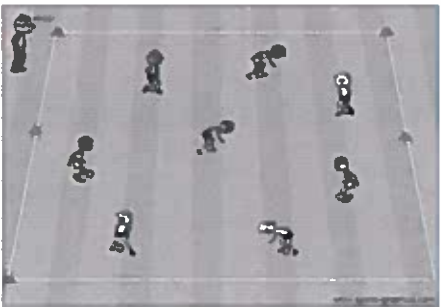
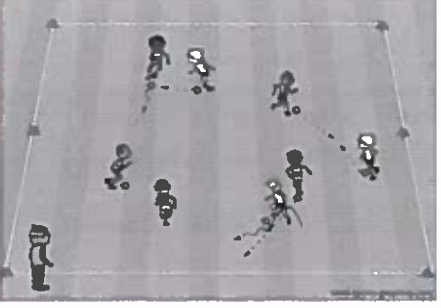
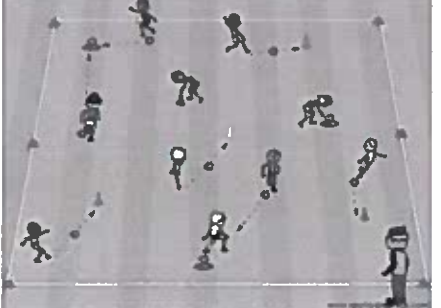


2011 - U6 - Lesson Plan - Week 5

Activity 1	Activity Description	Time
	<p>Free Dribble: All players are dribbling a soccer ball in a 15x20 yard grid using their inside, outside, and the sole of their foot.</p> <p>Coach: Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p>Version 2: Coach can put pressure on players dribbling. Version 3: Players can dribble at each other and perform a move and accelerate away.</p>	<p>6 minutes</p>
	<p>British Bulldog: All players are dribbling a soccer ball from one end to the other end of a 15x20 yard grid. The coach begins as the "bulldog" and tries to kick the dribbling players' soccer balls out of the grid. Once a player's soccer ball is kicked out of the grid, they become a "bulldog".</p> <p>Coach: Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p>Version 2: Players who dribble the soccer ball close to their feet cannot be attacked by the "bulldog."</p>	<p>6 minutes</p>
	<p>Ball Tag: All players are dribbling a soccer ball in a 15x20 yard grid. The players try to hit another player's feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player.</p> <p>Version 2: If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p>	<p>6 minutes</p>
	<p>Get "Outta" There: The players are divided into two teams, and positioned at either side of the coach with multiple soccer balls outside a 10x15 yard grid with two small goals on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells "Get outta here".</p> <p>Coach: Can make the games 1v1, 2v2, or 3v3. They should vary the service.</p>	<p>6 minutes</p>
<p>Scrimmage</p>	<p>Activity Description</p>	<p>Time</p>
<p>3v3 - Dual Field Scrimmage</p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p>25 minutes</p>

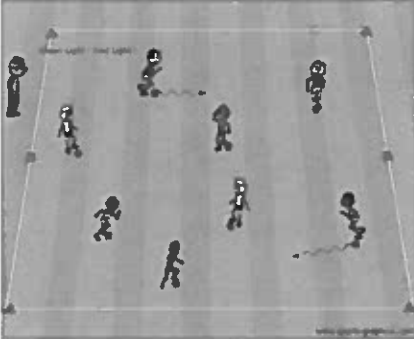





2011 - U6 - Lesson Plan - Week 6

Activity 1	Activity Description	Time
	<p>Juggling: All players with a soccer ball in their hands drop the ball down and try to kick it back up to their hands. Players will try to use their thighs and feet to keep the ball in the air.</p> <p>Coach: Have the players count how many times they touch the ball before it hits the ground.</p> <p>Version 2: Controlled juggling - Thigh, foot, catch. Thigh, thigh, foot, catch. Thigh, thigh, foot, foot, catch.</p>	<p>6 minutes</p>
Activity 2	Activity Description	Time
	<p>Body Part Dribble: All players dribbling a soccer ball. The coach calls out a body part (elbow! - knee!) and the players then touch their ball with that part of the body.</p> <p>Coach: Should vary the body parts, number of body parts he calls out, and rate at which he calls them out.</p>	<p>6 minutes</p>
of Activity 3	Activity Description	Time
	<p>Ball Tag: All players are dribbling a soccer ball in a 15x20 yard grid. The players try to hit another player's feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player.</p> <p>Version 2: If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p>	<p>6 minutes</p>
Activity 4	Activity Description	Time
	<p>Cops and Robbers: The coach sets up 8-10 stand up (tall) cones in a 15x20 yard grid. Robbers will strike the ball and try to knock the cones (the banks) down. The cops (2 or 3 players) are without soccer balls and are trying to stand all the cones back up before all the banks are robbed. Rotate the cops and the robbers.</p> <p>Variation 2: If you do not have tall cones, divide the group in half cops and half robbers, and place the cops' balls on top of discs.</p>	<p>6 minutes</p>
Scrimmage	Activity Description	Time
3v3 - Dual Field Scrimmage	Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.	25 minutes

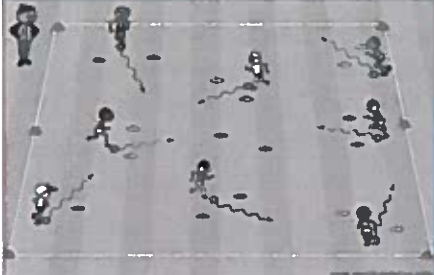
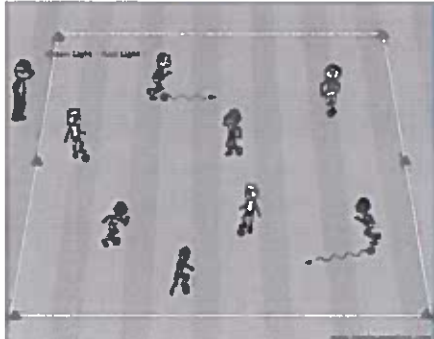
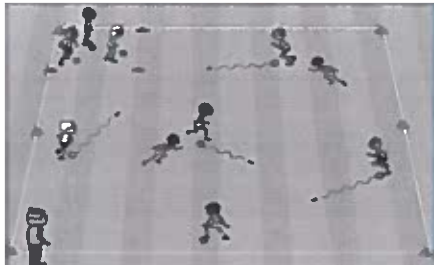
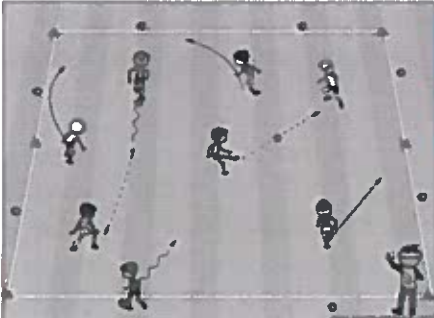


2011 - U6 - Lesson Plan - Week 7

Activity 1	Activity Description	Time
	<p>Red Light/Green Light: All players are dribbling freely in a 15x20 yard grid. When the coach says “red light” the players must stop and put their foot on the ball. When the coach says “yellow light” the players must dribble slowly, and when the coach says “green light” the players must dribble fast.</p> <p>Coach: Control the frequency of light changes. You can also add other light colors (i.e.: “purple light” = hop back and forth over the ball, “orange light” = run around the ball, “black light” = dance, and “blue light” = hide behind the ball).</p>	<p style="text-align: center;">6 minutes</p>
	<p>Sharks and Minnows: In a 15x20 yard grid have 3-4 players acting as the sharks. The minnows are in one end of the grid with their soccer balls. When the coach says “GO” the minnows try to dribble to the other end of the grid and the sharks are trying to kick the ball out. When the dribbler’s ball goes out, he/she becomes a shark. If the minnows reach the other end, they will wait for the coach’s command to play again. The game continues until all players turn into sharks.</p>	<p style="text-align: center;">6 minutes</p>
	<p>Snake: All players are dribbling a soccer ball in a 15x20 yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts.</p> <p>Coach: Encourage the snake players to hiss.</p>	<p style="text-align: center;">6 minutes</p>
	<p>Get “Outta” There: The players are divided into two teams, and positioned at either side of the coach with multiple soccer balls outside a 10x15 yard grid with two small goals on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells “Get outta here”.</p> <p>Coach: Can make the games 1v1, 2v2, or 3v3. They should vary the service.</p>	<p style="text-align: center;">6 minutes</p>
<p style="text-align: center;">Scrimmage</p>	<p style="text-align: center;">Activity Description</p>	<p style="text-align: center;">Time</p>
<p>3v3 - Dual Field Scrimmage</p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p style="text-align: center;">25 minutes</p>

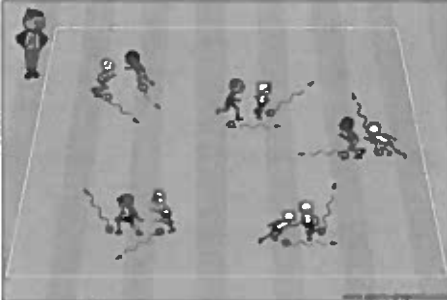
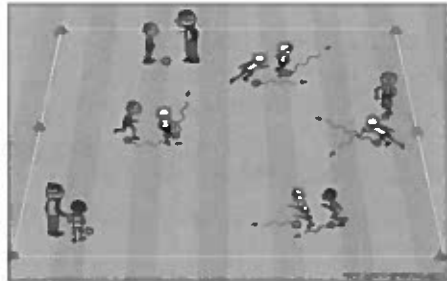

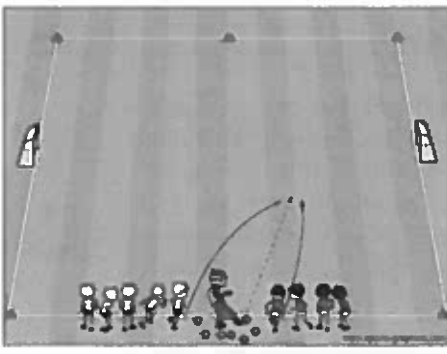


2011 - U6 - Lesson Plan - Week 8

Activity 1	Activity Description	Time
	<p>Gate Dribbling: In a 15x20 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 score 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>	<p>6 minutes</p>
	<p>Red Light/Green Light: All players are dribbling freely in a 15x20 yard grid. When the coach says “red light” the players must stop and put their foot on the ball. When the coach says “yellow light” the players must dribble slowly, and when the coach says “green light” the players must dribble fast</p> <p>Coach: Control the frequency of light changes. You can also add other light colors (i.e.: “purple light” = hop back and forth over the ball, “orange light” = run around the ball, “black light” = dance, and “blue light” = hide behind the ball.</p>	<p>6 minutes</p>
	<p>Shrek/Spiderman/Sponge Bob: All players with a ball (dribblers) with the exception of two players who wear pennies (Shreks) in a 15x20 yard grid. The players with pennies are trying to tag the dribblers. Once tagged, the players must go to the castle/spidernet. Dribblers can only get back if another dribbler tags them or the coach uses his/her magic powers.</p> <p>Coach: Make sure all players have a chance to be a Shrek.</p>	<p>6 minutes</p>
	<p>Catching Robbers: All players are spread around a 15x20 grid; only two players (the cops) have soccer balls. When the coach says “let’s catch some robbers” the cops attempt to catch the robbers who are running around the grid by striking their legs below knee height with their soccer balls. Once a robber is caught he/she goes and gets any ball from the perimeter and becomes a cop.</p> <p>Coach: Place the balls that are not being used around the perimeter of the grid.</p>	<p>6 minutes</p>
<p style="text-align: center;">Scrimmage</p>	<p style="text-align: center;">Activity Description</p>	<p style="text-align: center;">Time</p>
<p style="text-align: center;">3v3 - Dual Field Scrimmage</p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p>25 minutes</p>

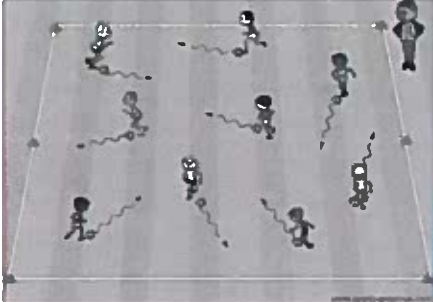
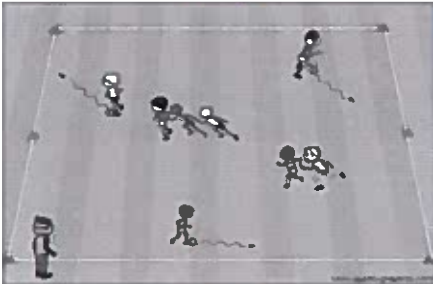
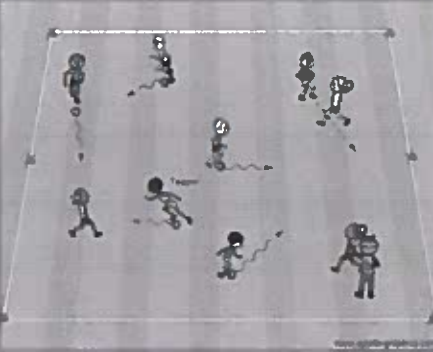
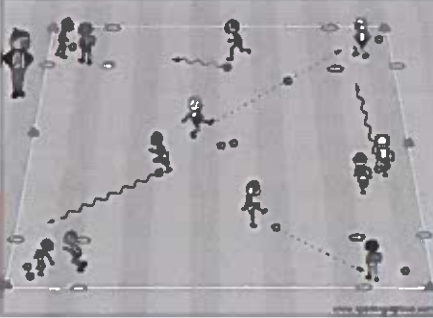


2011 - U6 - Lesson Plan - Week 9

Activity 1	Activity Description	Time
	<p>Tag: All players dribbling a soccer ball will try to tag each other with their hands. Players cannot abandon their own ball to tag.</p> <p>Coach: Have players keep count of their own tags. If playing more than one game, have players improve their tags by 1, 2 or 3 more than before.</p>	<p style="text-align: center;">6 minutes</p>
	<p>Hospital Tag: All players dribbling a soccer ball will try to tag each other with their hands. Once a player is tagged he/she must cover the tagged (injured) spot with one hand, second tag use the other hand, third tag the player must go to the hospital to see the doctor and cure him/her.</p> <p>Coach: Acts as the "doctor" and heals the dribblers so they can keep involved in the activity.</p>	<p style="text-align: center;">6 minutes</p>
	<p>Body Part Dribble: All players dribbling a soccer ball. The coach calls out a body part (elbow! - knee!) and the players then touch their ball with that part of the body.</p> <p>Coach: Vary the body parts, number of body parts he calls out, and rate at which he calls them out.</p>	<p style="text-align: center;">6 minutes</p>
	<p>Get "Outta" There: The players are divided into two teams, and positioned at either side of the coach with multiple soccer balls outside a 10x15 yard grid with two small goals on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells "Get outta here".</p> <p>Coach: Can make the games 1v1, 2v2 or 3v3. They should vary the service.</p>	<p style="text-align: center;">6 minutes</p>
<p style="text-align: center;">Scrimmage</p>	<p style="text-align: center;">Activity Description</p>	<p style="text-align: center;">Time</p>
<p style="text-align: center;">3v3 - Dual Field Scrimmage</p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p style="text-align: center;">25 minutes</p>


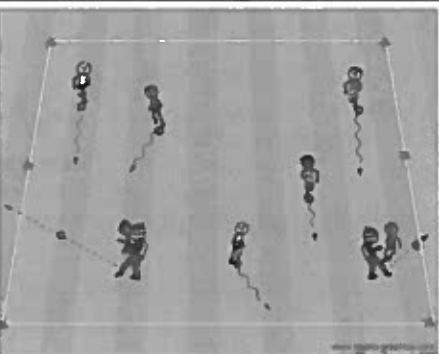
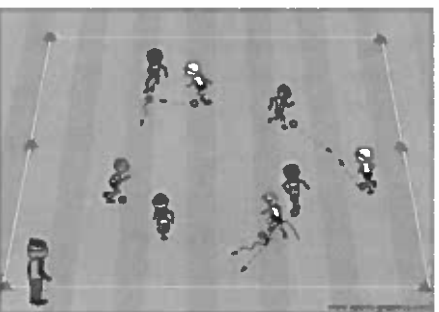
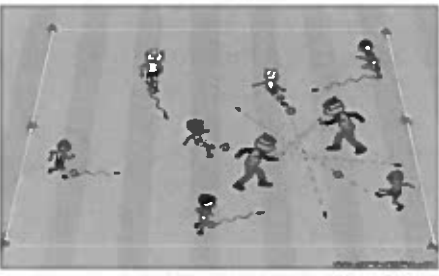


2011 - U6 - Lesson Plan - Week 10

Activity 1	Activity Description	Time
	<p>Free Dribble: All players are dribbling a soccer ball in a 15x20 yard grid using their inside, outside, and the sole of their foot.</p> <p>Coach: Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p>Version 2: Coach can put pressure on players dribbling. Version 3: Players can dribble at each other and perform a move and accelerate away.</p>	<p style="text-align: center;">6 minutes</p>
	<p>Snake: All players are dribbling a soccer ball in a 15x20 yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts.</p> <p>Coach: Encourage the snake players to hiss.</p>	<p style="text-align: center;">6 minutes</p>
	<p>Freeze Tag: All players are dribbling a soccer ball in a 15x20 yard grid. 1-2 players dribble a soccer ball, but they are the freeze monsters. The freeze monsters tag other players who then freeze with the soccer ball above their head. The activity ends when all players are frozen.</p> <p>Coaches: One coach may be the freeze monster while another is unfreezing players.</p> <p>Version 2: Players can unfreeze each other by tagging them. Version 3: Players can unfreeze each other by kicking the ball through their legs.</p>	<p style="text-align: center;">6 minutes</p>
	<p>Capture the Balls: Players should be divided into equal teams to play in a grid with each team's home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach's command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent's home bases.</p> <p>Coach: Call time and each team counts the balls they have collected.</p>	<p style="text-align: center;">6 minutes</p>
<p style="text-align: center;">Scrimmage</p>	<p style="text-align: center;">Activity Description</p>	<p style="text-align: center;">Time</p>
<p style="text-align: center;">3v3 - Dual Field Scrimmage</p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p style="text-align: center;">25 minutes</p>

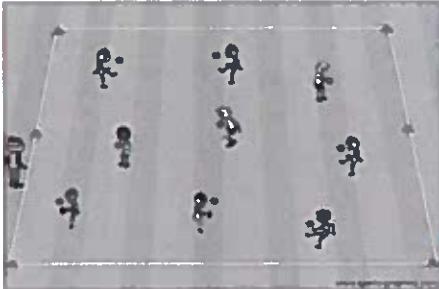
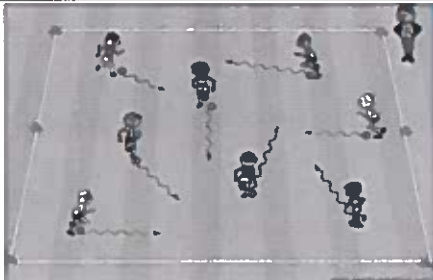
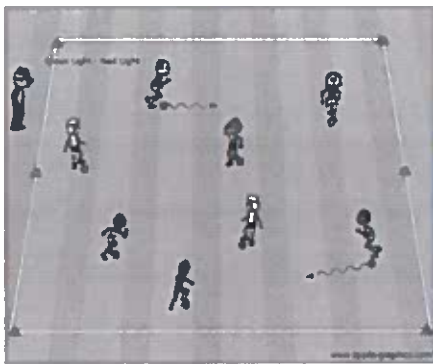
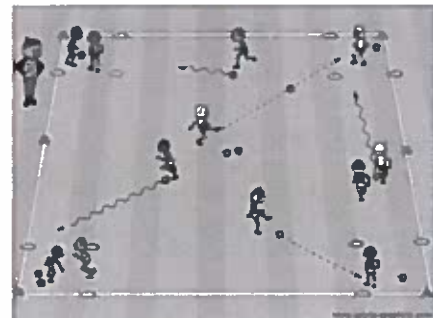


2011 - U6 - Lesson Plan - Week 11

Activity 1	Activity Description	Time
	<p>Free Dribble: All players are dribbling a soccer ball in a 15x20 yard grid using their inside, outside, and the sole of their foot.</p> <p>Coach: Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p>Version 2: Coach can put pressure on players dribbling. Version 3: Players can dribble at each other and perform a move and accelerate away.</p>	<p>6 minutes</p>
	<p>British Bulldog: All players are dribbling a soccer ball from one end to the other end of a 15x20 yard grid. The coach begins as the "bulldog" and tries to kick the dribbling players' soccer balls out of the grid. Once a player's soccer ball is kicked out of the grid, they become a "bulldog".</p> <p>Coach: Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p>Version 2: Players who dribble the soccer ball close to their feet do not get attacked by the bulldog..</p>	<p>6 minutes</p>
	<p>Ball Tag: All players are dribbling a soccer ball in a 15x20 yard grid. The players try to hit another player's feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player.</p> <p>Version 2: If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p>	<p>6 minutes</p>
	<p>Moving Goal: All players are dribbling a soccer ball in a 15x20 yard grid. Two coaches hold a practice vest (penny) between them, forming a goal. The players must try to kick their ball through the goal.</p> <p>Coaches: Move around into open space so that the players have to dribble around and kick their ball through a moving target.</p>	<p>6 minutes</p>
<p>Scrimmage</p>	<p>Activity Description</p>	<p>Time</p>
<p>3v3 - Dual Field Scrimmage</p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p>25 minutes</p>


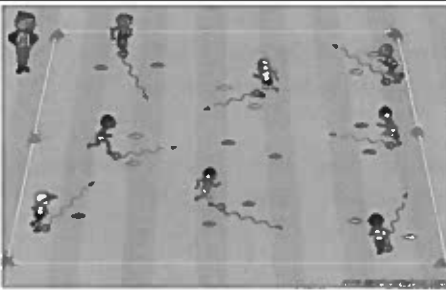
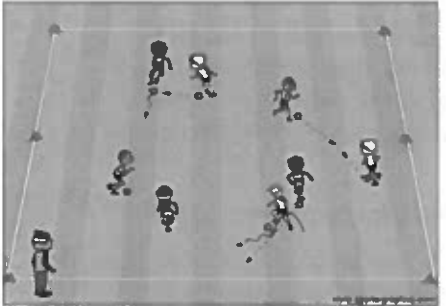
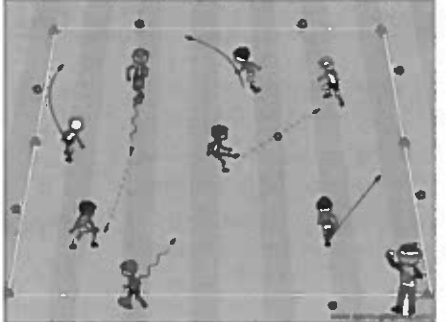


2011 - U6 - Lesson Plan - Week 12

Activity 1	Activity Description	Time
	<p>Juggling: All players with a soccer ball in their hands drop the ball down and try to kick it back up to their hands. Players will try to use their thighs and feet to keep the ball in the air.</p> <p>Coach: Have the players count how many times they touch the ball before it hits the ground.</p> <p>Version 2: Controlled juggling - Thigh, foot, catch. Thigh, thigh, foot, catch. Thigh, thigh, foot, foot, catch.</p>	<p>6 minutes</p>
	<p>Paint the Field: All players will dribble their soccer ball in a 15x20 yard grid pretending that is a paintbrush and wherever it rolls it is painting the field. The players will try to paint as much of the area as possible in the time allotted.</p> <p>Variation 2: Ask the players to dribble only with the left foot, then with right foot.</p>	<p>6 minutes</p>
	<p>Red Light/Green Light: All players are dribbling freely in a 15x20 yard grid. When the coach say "red light" the players must stop and put their foot on the ball. When the coach says "yellow light" the players must dribble slowly, and when the coach says "green light" the players must dribble fast</p> <p>Coach: Control the frequency of light changes.</p> <p>Variation 2: Add other light colors and actions (i.e.: "purple light" = hop back and forth over the ball, "orange light" = run around the ball, "black light" = dance, and "blue light" = hide behind the ball.</p>	<p>6 minutes</p>
	<p>Capture the Balls: Players should be divided into equal teams to play in a grid with each team's home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach's command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent's home bases.</p> <p>Coach: Call time and each team counts the balls they have collected.</p>	<p>6 minutes</p>
<p>Scrimmage</p>	<p>Activity Description</p>	<p>Time</p>
<p>3v3 - Dual Field Scrimmage</p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p>25 minutes</p>

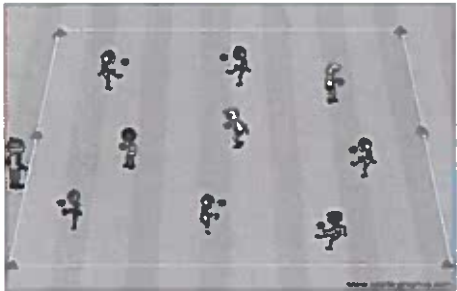
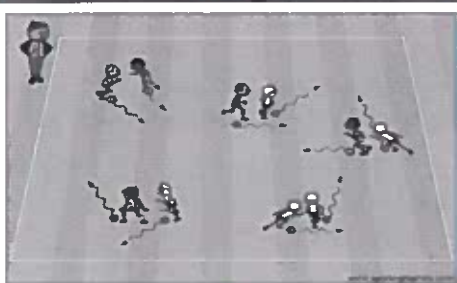
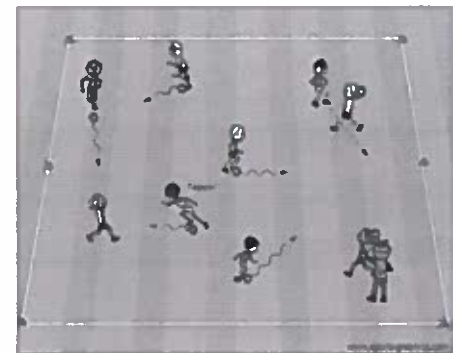
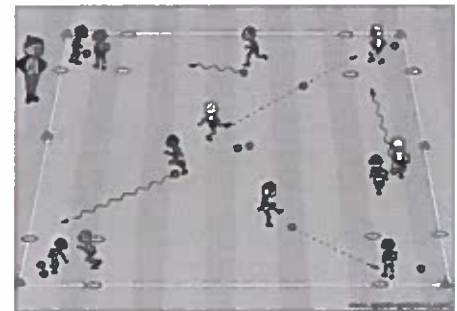


2011 - U6 - Lesson Plan - Week 13

Activity 1	Activity Description	Time
	<p>Body Part Dribble: All players dribbling a soccer ball. The coach calls out a body part (elbow! - knee!) and the players then touch their ball with that part of the body.</p> <p>Coach: Should vary the body parts, number of body parts he calls out, and rate at which he calls them out.</p>	<p>6 minutes</p>
	<p>Gate Dribbling: In a 15x20 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 score 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>	<p>6 minutes</p>
	<p>Ball Tag: All players are dribbling a soccer ball in a 15x20 yard grid. The players try to hit another player's feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player.</p> <p>Version 2: If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p>	<p>6 minutes</p>
	<p>Catching Robbers: All players are spread around a 15x20 grid; only two players (the cops) have soccer balls. When the coach says "let's catch some robbers" the cops attempt to catch the robbers who are running around the grid by striking their legs below knee height with their soccer balls. Once a robber is caught he/she goes and gets any ball from the perimeter and becomes a cop.</p> <p>Coach: Place the balls that are not being used around the perimeter of the grid.</p>	<p>6 minutes</p>
<p>Scrimmage</p>	<p>Activity Description</p>	<p>Time</p>
<p>3v3 - Dual Field Scrimmage</p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p>25 minutes</p>

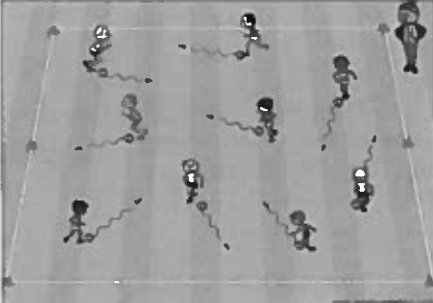
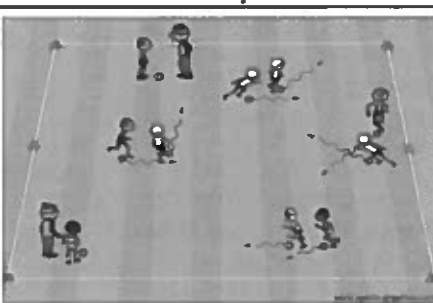
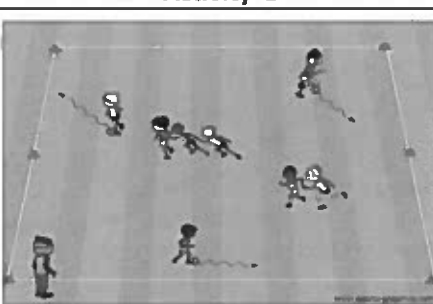
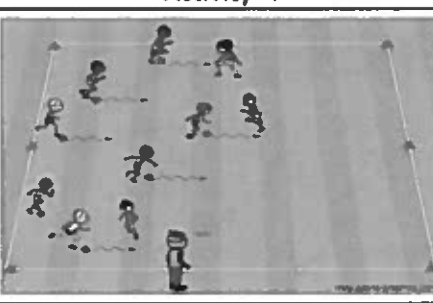


2011 - U6 - Lesson Plan - Week 14

Activity 1	Activity Description	Time
	<p>Juggling: All players with a soccer ball in their hands drop the ball down and try to kick it back up to their hands. Players will try to use their thighs and feet to keep the ball in the air.</p> <p>Coach: Have the players count how many times they touch the ball before it hits the ground.</p> <p>Version 2: Controlled juggling - Thigh, foot, catch. Thigh, thigh, foot, catch. Thigh, thigh, foot, foot, catch.</p>	<p>6 <i>minutes</i></p>
	<p>Tag: All players dribbling a soccer ball will try to tag each other with their hands. Players cannot abandon their own ball to tag.</p> <p>Coach: Have players keep count of their own tags. If playing more than one game, have players improve their tags by 1, 2 or 3 more than before.</p> <p>Version 2: Players must tag other players' knees.</p>	<p>6 <i>minutes</i></p>
	<p>Freeze Tag: All players are dribbling a soccer ball in a 15x20 yard grid. 1-2 players dribble a soccer ball, but they are the freeze monsters. The freeze monsters tag other players who then freeze with the soccer ball above their head. The activity ends when all players are frozen.</p> <p>Coaches: One coach may be the freeze monster while another is unfreezing players.</p> <p>Version 2: Players can unfreeze each other by tagging them. Version 3: Players can unfreeze each other by kicking the ball through their legs.</p>	<p>6 <i>minutes</i></p>
	<p>Capture the Balls: Players should be divided into equal teams to play in a grid with each team's home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach's command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent's home bases.</p> <p>Coach: Call time and each team counts the balls they have collected.</p>	<p>6 <i>minutes</i></p>
<p>Scrimmage</p>	<p>Activity Description</p>	<p>Time</p>
<p>3v3 - Dual Field Scrimmage</p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p>25 minutes</p>



2011 - U6 - Lesson Plan - Week 15

Activity 1	Activity Description	Time
	<p>Free Dribble: All players are dribbling a soccer ball in a 15x20 yard grid using their inside, outside, and the sole of their foot.</p> <p>Coach: Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p>Version 2: Coach can put pressure on players dribbling. Version 3: Players can dribble at each other and perform a move and accelerate away.</p>	<p style="text-align: center;">6 minutes</p>
	<p>Hospital Tag: All players dribbling a soccer ball will try to tag each other with their hands. Once a player is tagged he/she must cover the tagged (injured) spot with one hand, second tag use the other hand, third tag the player must go to the hospital to see the doctor and cure him/her.</p> <p>Coach: Acts as the “doctor(s)” and heal the dribblers so they can keep involved in the activity.</p>	<p style="text-align: center;">6 minutes</p>
	<p>Snake: All players are dribbling a soccer ball in a 15x20 yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts.</p> <p>Coach: May encourage the snake players to hiss.</p>	<p style="text-align: center;">6 minutes</p>
	<p>Sharks and Minnows: In a 15x20 yard grid have 3-4 players acting as the sharks. The minnows are in one end of the grid with their soccer balls. When the coach says “GO” the minnows try to dribble to the other end of the grid and the sharks are trying to kick the ball out. When the dribbler’s ball goes out, he/she becomes a shark. If the minnows reach the other end, they will wait for the coach’s command to play again. The game continues until all players turn into sharks.</p>	<p style="text-align: center;">6 minutes</p>
<p style="text-align: center;">Scrimmage</p>	<p style="text-align: center;">Activity Description</p>	<p style="text-align: center;">Time</p>
<p style="text-align: center;">3v3 - Dual Field Scrimmage</p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p style="text-align: center;">25 minutes</p>


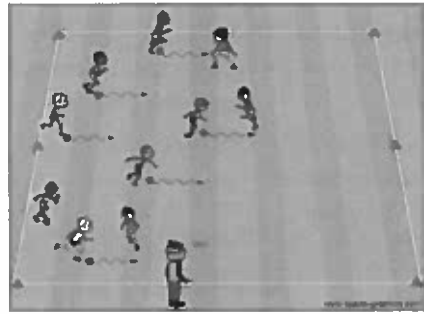
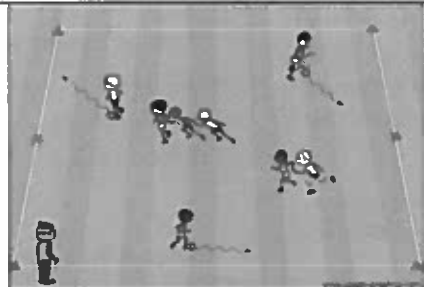
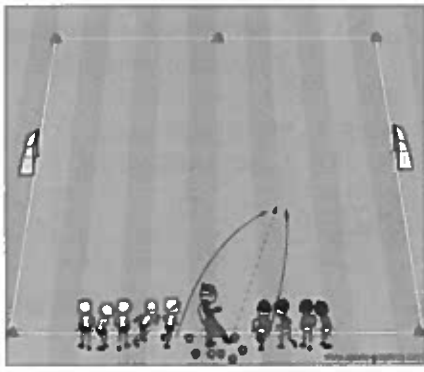


2011 - U6 - Lesson Plan - Week 16

Activity 1	Activity Description	Time
	<p><u>Kangaroo Jack:</u> In a 15x20 yard grid two or three player are the kangaroos and the other players are dribbling. The kangaroos are trying to tag the dribblers. Once a dribbler is tagged, he/she turns into a kangaroo.</p>	<p>6 minutes</p>
	<p><u>Red Light/Green Light:</u> All players are dribbling freely in a 15x20 yard grid. When the coach says “red light” the players must stop and put their foot on the ball. When the coach says “yellow light” the players must dribble slowly, and when the coach says “green light” the players must dribble fast.</p> <p>Coach: Control the frequency of light changes. You can also add other light colors (i.e.: “purple light” = hop back and forth over the ball, “orange light” = run around the ball, “black light” = dance, and “blue light” = hide behind the ball.</p>	<p>6 minutes</p>
	<p><u>Shrek/Spiderman/Sponge Bob:</u> All players with a ball (dribblers) with the exception of two players who wear pennies (Shreks) in a 15x20 yard grid. The players with pennies are trying to tag the dribblers. Once tagged, the players must go to the castle/spidernet. Dribblers can only get back if another dribbler tags them or the coach uses his/her magic powers.</p> <p>Coach: Make sure all players have a chance to be a Shrek.</p>	<p>6 minutes</p>
	<p><u>Cops and Robbers:</u> The coach sets up 8-10 stand up (tall) cones in a 15x20 yard grid. Robbers will strike the ball and try to knock the cone (the banks) down. The cops (2 or 3 players) are without soccer balls and are trying to stand all the cones back up before all the banks are robbed. Rotate the cops and the robbers.</p> <p>Variation 2: If you do not have tall cones, divide the group in half cops and half robbers, and place the cops’ balls on top of discs.</p>	<p>6 minutes</p>
<p>Scrimmage</p>	<p>Activity Description</p>	<p>Time</p>
<p>3v3 - Dual Field Scrimmage</p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p>25 minutes</p>


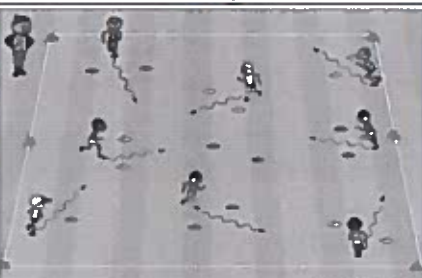
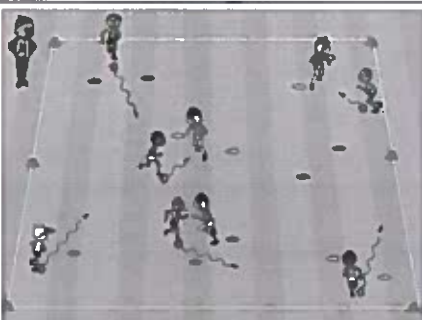
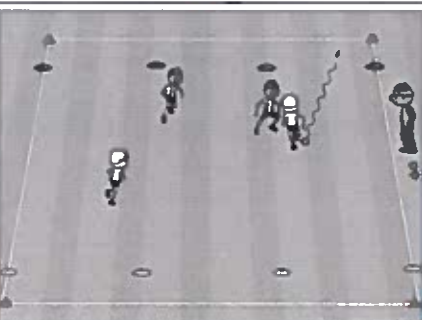


2011 - U8 - Lesson Plan - Week One

Activity 1	Activity Description	Coaching Considerations
	<p>Free Dribble: All players are dribbling a soccer ball in a 20x25 yard grid using their inside, outside, and the sole of their foot.</p> <p>Coach: Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p>Version 2: Coach can put pressure on players dribbling. Version 3: Players can dribble at each other and perform a move and accelerate away.</p>	<ul style="list-style-type: none"> • Challenge players to use different surfaces of foot • Players must dribble with their head up • Encourage the players to try a new move <p style="text-align: right;">Time: 8 minutes</p>
	<p>Sharks and Minnows: In a 20x25 yard grid have 3-4 players acting as the sharks. The minnows are in one end of the grid with their soccer balls. When the coach say "GO" the minnows try to dribble to the other end of the grid and the sharks are trying to kick the ball out. When the dribbler's ball goes out, he/she becomes a shark. If the minnows reach the other end, they will wait for the coach's command to play again. The game continues until all players turn into sharks.</p>	<ul style="list-style-type: none"> • Keep ball close • Changing speed and direction • Running with the ball • Defending – 1v1 <p style="text-align: right;">Time: 8 minutes</p>
	<p>Snake: All players are dribbling a soccer ball in a 20x25 yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts.</p> <p>Coach: Encourage the snake players to hiss.</p>	<ul style="list-style-type: none"> • Keep ball close • Changing speed and direction • Running with the ball • Sudden stops and going <p style="text-align: right;">Time: 8 minutes</p>
	<p>Get "Outta" There with Numbers: The players are divided into two teams, with each player given a number from 1-4 or 5 (depending on total amount of players). Players are positioned at either side of the coach, with multiple soccer balls, outside a 10x15 yard grid with two small goals on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells "Get outta there".</p> <p>Coach: Can make the games 1v1, 2v2, or 3v3. They should vary the service.</p>	<ul style="list-style-type: none"> • 1v1 dribbling • 1v1 defending • Scheming and creativity • Decision making <p style="text-align: right;">Time: 8 minutes</p>
<p style="text-align: center;">Scrimmage</p>	<p style="text-align: center;">Activity Description</p>	<p style="text-align: center;">Time</p>
<p style="text-align: center;">4v4 - Dual Field Scrimmage</p>	<p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p style="text-align: center;">30 minutes</p>

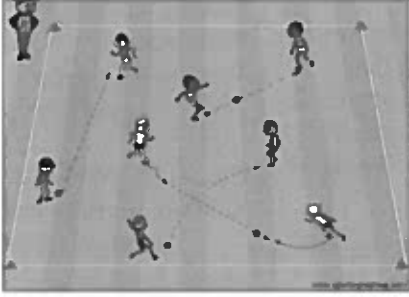
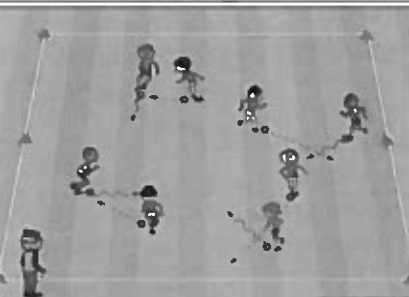
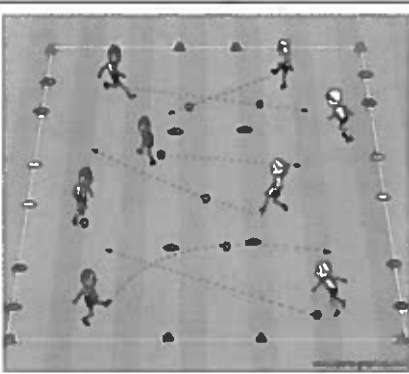
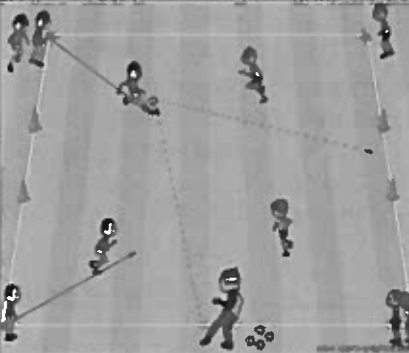


2011 - U8 - Lesson Plan - Week Two

Activity 1	Activity Description	Coaching Considerations
	<p>Shadow Dribble: 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"> • Keep ball close • Changing directions • Dribbling using different surfaces of the foot <p style="text-align: right;">Time: 8 minutes</p>
	<p>Gate Dribbling: 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"> • Keep ball close • Changing direction • Acceleration after going through a gate • Decision making <p style="text-align: right;">Time: 8 minutes</p>
	<p>Dribbling Gates With Bandits: 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"> • Keep ball close • Changing direction • Acceleration after going through a gate • Decision making • 1v1 defending <p style="text-align: right;">Time: 8 minutes</p>
	<p>2v2 to End Zones: 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"> • Application of dribbling, and passing-receiving technique under pressure • 1v1 defending • Decision making <p style="text-align: right;">Time: 8 minutes</p>
<p style="text-align: center;">Scrimmage</p>	<p style="text-align: center;">Activity Description</p>	<p style="text-align: center;">Time</p>
<p style="text-align: center;">4v4 - Dual Field Scrimmage</p>	<p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p style="text-align: center;">30 minutes</p>

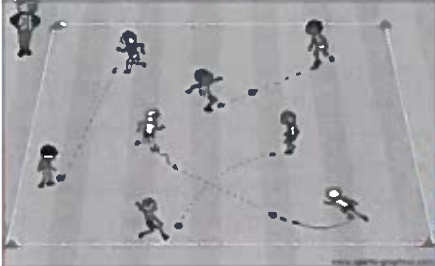
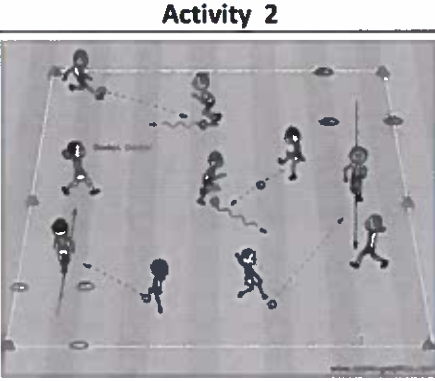
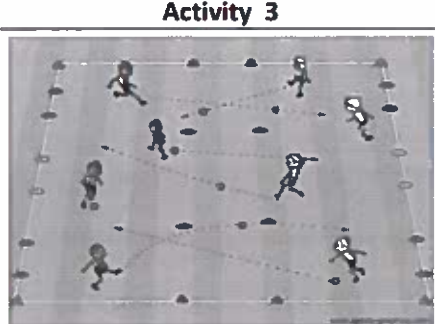
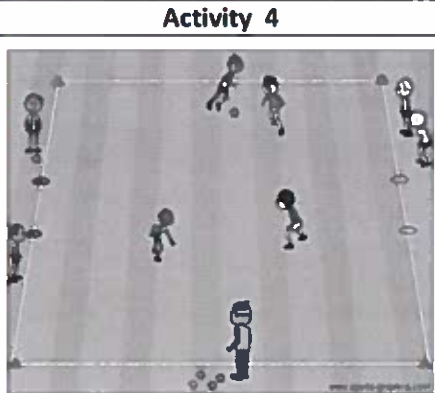


2011 - U8 - Lesson Plan - Week Three

Activity 1	Activity Description	Coaching Considerations
	<p>Paint the Field- Passing: 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>Team Tag: 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>Clean Your Backyard: 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>4 Corner Shooting Without Goalkeepers: 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>
<p style="text-align: center;">Scrimmage</p>	<p style="text-align: center;">Activity Description</p>	<p style="text-align: center;">Time</p>
<p>4v4 - Dual Field Scrimmage</p>	<p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p style="text-align: center;">30 minutes</p>

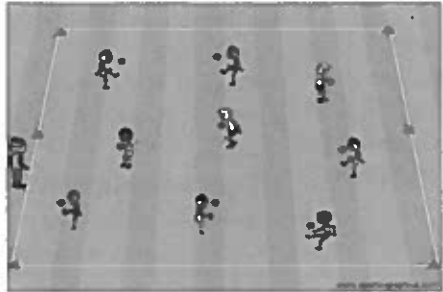
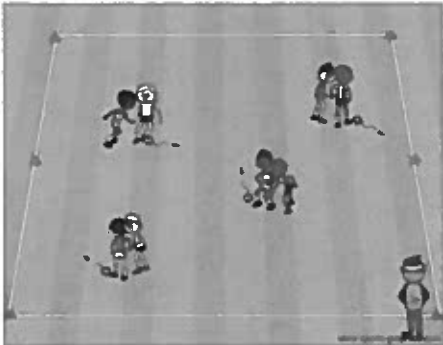
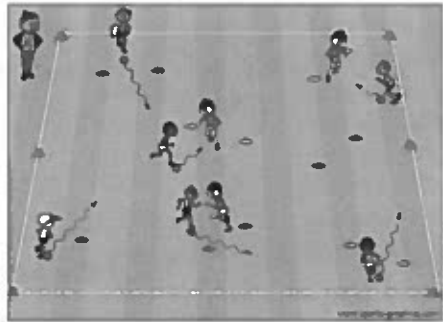
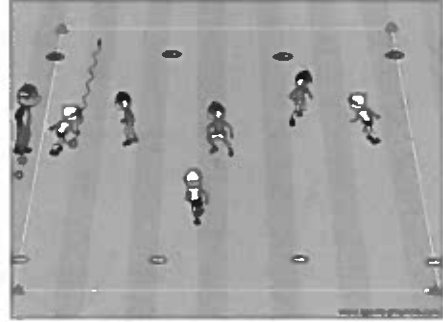


2011 - U8 - Lesson Plan - Week Four

Activity 1	Activity Description	Coaching Considerations
	<p>Paint the Field- Passing: 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 is 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>Time: 8 minutes</p>
	<p>Doctor, Doctor: Divide the group into two teams. Send them to their hospital (corner boxes). Each team selects a doctor. He/she will cure (unfreeze) his/her team's players. Teams try to freeze each other by hitting the players with their soccer balls below knees or striking their balls. When frozen, players must put ball above head, remain in place, and yell "Doctor, Doctor". The Doctor is without a ball, and is safe in the hospital, but when he comes out, he can be frozen. When the doctor is frozen the game is over.</p>	<ul style="list-style-type: none"> • Dribbling Technique • Protect the ball • Passing technique • Wight and accuracy of the pass <p>Time: 8 minutes</p>
	<p>Clean Your Backyard: 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 on 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 • Shoot, Shoot, Shoot! <p>Time: 8 minutes</p>
	<p>2v2 to Small Goals: Divide the 20x25 yard grid into two equal grids of 12x20 yards, with a one yard buffer zone in between. Place a 3yard goal with cones on each end line. Players will score by dribbling or passing through the goal they are attacking.</p> <p>Coach: have two games going at the same time. If you have extra players, make sure you sub them in.</p>	<ul style="list-style-type: none"> • Application of dribbling, passing-receiving and shooting technique under pressure • 1v1 defending • Decision making <p>Time: 8 minutes</p>
<p>Scrimmage</p>	<p>Activity Description</p>	<p>Time</p>
<p>4v4 - Dual Field Scrimmage</p>	<p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p>30 minutes</p>

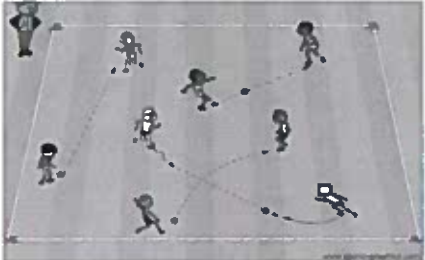
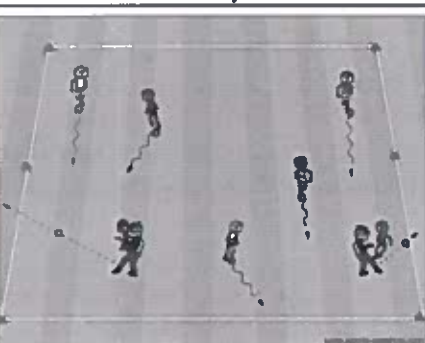
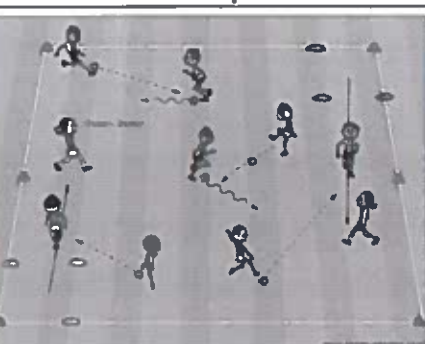
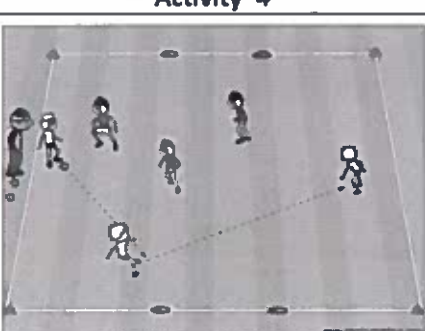


2011 - U8 - Lesson Plan - Week Five

Activity 1	Activity Description	Coaching Considerations
	<p>Juggling: All players with a soccer ball in their hands drop the ball down and try to kick it back up to their hands. Players will try to use their thighs and feet to keep the ball in the air. Coach: Have the players count how many times they touch the ball before it hits the ground. Version 2: Controlled juggling - Thigh, foot, catch. Thigh, thigh, foot, catch. Thigh, thigh, foot, foot, catch.</p>	<ul style="list-style-type: none"> • Hand, foot, eye coordination • Use foot and thigh <p style="text-align: right;">Time: 6 minutes</p>
	<p>Steal-Shield: Pair up the players with one ball. One player starts with the ball and at coach's command his/her partner tries to steal the ball away. Play 30-45 second matches. The player who ends with the ball gets a point. If the ball goes out of bounds, one of the players must get it back in play very quickly. Coach: Show proper shielding technique during the demonstration. Fix technical shielding errors throughout the activity to assure that the group is doing it properly.</p>	<p>Coaching Considerations</p> <ul style="list-style-type: none"> • Body sideways on to opponent • Use arm to protect and know where defender is going • Knees bent • Turn as defender attacks or reaches for the ball <p style="text-align: right;">Time: 8 minutes</p>
	<p>Dribbling Gates With Bandits: In a 20x25 yard grid, set up many gates (two cones about 2 yards apart). Select two players to be the "Bandits". They will try to dispossess the players while trying to score points by dribbling through the gates. When the bandit steals the soccer ball, the player who lost the ball becomes the bandit. Coach: Play multiple 1-2 minute games. Award a point to all players that have a soccer ball at the end of each game.</p>	<p>Coaching Considerations</p> <ul style="list-style-type: none"> • Keep ball close • Changing direction • Acceleration after going through a gate • Decision making • 1v1 defending <p style="text-align: right;">Time: 8 minutes</p>
	<p>3v3 to End Zones: In a 20x25 yard grid, place an End Zone of one yard wide 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>	<p>Coaching Considerations</p> <ul style="list-style-type: none"> • Application of dribbling, and passing-receiving technique under pressure • 1v1 defending • Decision making <p style="text-align: right;">Time: 8 minutes</p>
<p style="text-align: center;">Scrimmage</p>	<p style="text-align: center;">Activity Description</p>	<p style="text-align: center;">Time</p>
<p style="text-align: center;">4v4 - Dual Field Scrimmage</p>	<p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p style="text-align: center;">30 minutes</p>

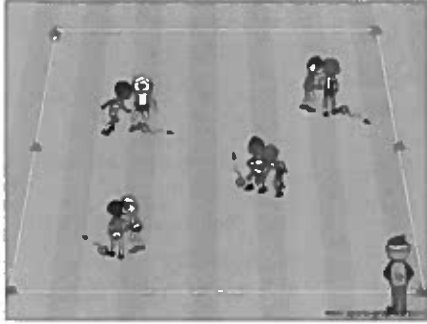
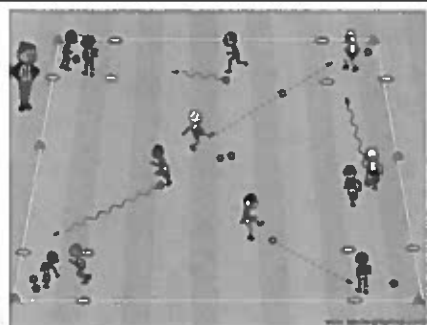
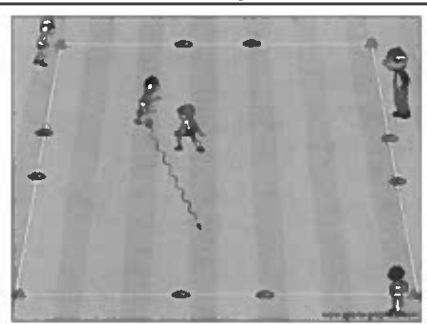
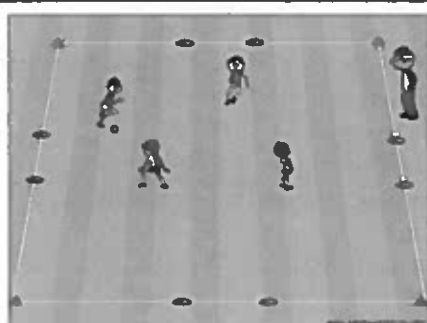


2011 - U8 - Lesson Plan - Week Six

Activity 1	Activity Description	Coaching Considerations
	<p>Paint the Field- Passing: 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 is 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>Time: 6 minutes</p>
	<p>British Bulldog: All players are dribbling a soccer ball from one end to the other end of a 20x25 yard grid. The coach begins as the "bulldog" and tries to kick the dribbling players' soccer balls out of the grid. Once a player's soccer ball is kicked out of the grid, he/she becomes a "bulldog". Coach: Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p>Version 2: Players who dribble the soccer ball close to their feet do not get attacked by the bulldog.</p>	<ul style="list-style-type: none"> • Changing speed and direction • Running with the ball • Keep the ball close • 1v1 defending <p>Time: 8 minutes</p>
	<p>Doctor, Doctor: Divide the group into two teams. Send them to their hospital (corner boxes). Each team selects a doctor. He/she will cure (unfreeze) his/her team's players. Teams try to freeze each other by hitting the players with their soccer balls below knees or striking their balls. When frozen, players must put ball above head, remain in place, and yell "Doctor, Doctor". The Doctor is without a ball, and is safe in the hospital, but when he comes out, he can be frozen. When the doctor is frozen the game is over.</p>	<ul style="list-style-type: none"> • Dribbling Technique • Protect the ball • Passing technique • Weight and accuracy of the pass <p>Time: 8 minutes</p>
	<p>3v3 to Small Goals: Divide the 20x25 yard grid into to equal grids of 12x20 yards. Place a 3yard goal with cones on each end line. Players will score by dribbling or passing through the goal they are attacking.</p> <p>Coach: If you have extra players, make sure you sub them in.</p>	<ul style="list-style-type: none"> • Application of dribbling, passing-receiving and shooting technique under pressure • 1v1 defending • Decision making <p>Time: 8 minutes</p>
<p>Scrimmage</p>	<p>Activity Description</p>	<p>Time</p>
<p>4v4 - Dual Field Scrimmage</p>	<p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p>30 minutes</p>


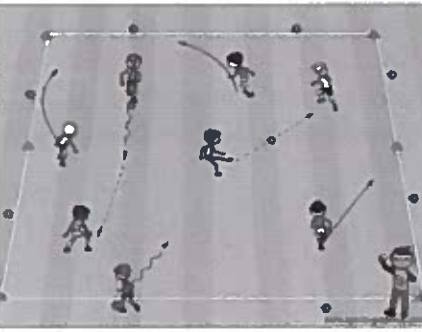
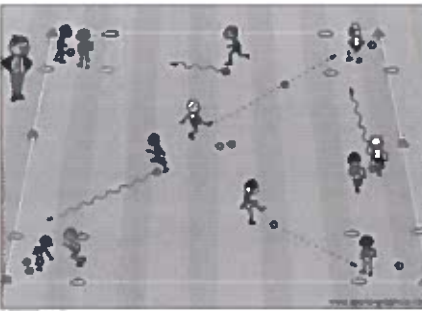
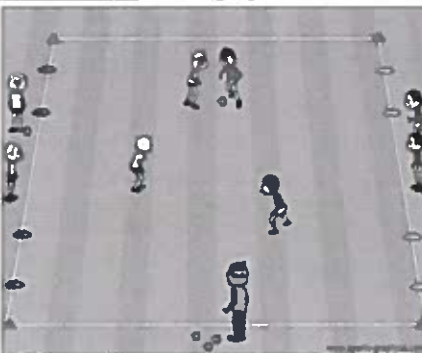


2011 - U8 - Lesson Plan - Week Seven

Activity 1	Activity Description	Coaching Considerations
	<p>Steal-Shield: Pair up the players with one ball. One player starts with the ball and at coach's command, his/her partner tries to steal the ball away. Play 30-45 second matches. The player that ends with the ball gets a point. If the ball goes out of bounds, one of the players must get it back in play very quickly.</p> <p>Coach: Show proper shielding technique during the demonstration. Fix technical shielding errors throughout the activity to assure that the group is doing it properly.</p>	<ul style="list-style-type: none"> • Body sideways on to opponent • Use arm to protect and know where defender is going • Knees bent • Turn as defender attacks or reaches for the ball <p style="text-align: right;">Time: 8 minutes</p>
	<p>Capture the Balls: Players should be divided into equal teams to play in a grid with each team's home in the corners. Soccer balls are in the middle of the grid, with all players starting inside their home bases. On the coach's command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent's home bases.</p> <p>Coach: Call time and each team counts the balls they have collected.</p>	<ul style="list-style-type: none"> • How to get the balls from the center or other home bases • How to defend their home base • Decision making: pass or dribble <p style="text-align: right;">Time: 8 minutes</p>
	<p>1v1 to Cross Goals: In a 12x12yd grid, set up a two yard goal (two red and blue goals) on each side of the grid. Divide the team into two groups. One attacker starts with a soccer ball, trying to score by dribbling through any of the two further goals. The defender is trying to defend the goals closest to them, If the defender gets the ball, he/she tries to score in the opponent's goal. The game ends when one player scores or the ball rolls out. Two new players go.</p>	<ul style="list-style-type: none"> • Keep soccer ball close to feet • Sudden change of direction • Burst of speed • Defending – tackling • Shielding • Decision making <p style="text-align: right;">Time: 8 minutes</p>
	<p>2v2 to Cross Goals: In a 12x12yd grid, set up a two yard goal (two red and blue goals) on each side of the grid. Divide the team into two groups. The attackers start with a soccer ball, trying to score by dribbling or passing through any of the two further goals. The defenders are trying to defend the goals closest to them. If a defender gets the ball, he/she tries to score in the opponent's goal.</p>	<ul style="list-style-type: none"> • Application of dribbling, passing-receiving technique under pressure • 1v1 defending • Decision making <p style="text-align: right;">Time: 8 minutes</p>
<p style="text-align: center;">Scrimmage</p>	<p style="text-align: center;">Activity Description</p>	<p style="text-align: center;">Time</p>
<p style="text-align: center;">4v4 - Dual Field Scrimmage</p>	<p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p style="text-align: center;">30 minutes</p>

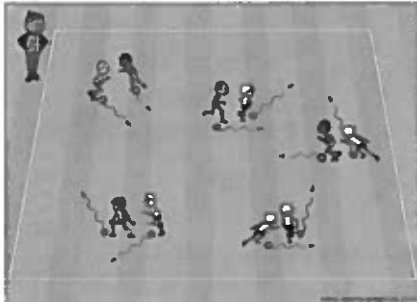

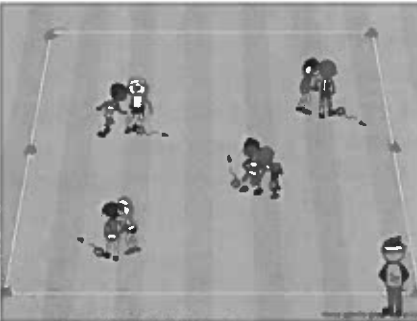
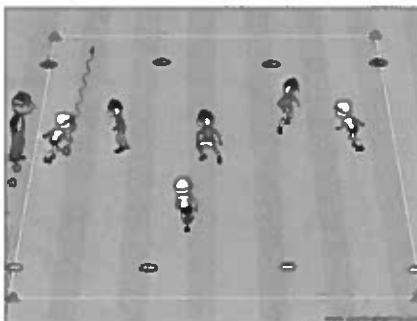


2011 - U8 - Lesson Plan - Week Eight

Activity 1	Activity Description	Coaching Considerations
	<p>Gate Passing: In a 20x25 yard grid, set up many gates (two cones about 2 yards apart). Players are now in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate in order to score a point. Coach: Players count how many points they score in a minute. Repeat asking the players to beat their score by one or more points. You can also ask them to pass with the inside or outside of the foot, and using their favorite foot or with the other foot.</p>	<ul style="list-style-type: none"> • Passing and receiving technique • Dribbling Technique • Decision Making • Weight and accuracy of the pass • Communication and mobility <p style="text-align: right;">Time: 6 minutes</p>
	<p>Catching Robbers: All players are spread around a 20x25 grid. Only two players (the cops) have soccer balls. When the coach says "let's catch some robbers", the cops attempt to catch the robbers who are running around the grid by striking their legs below knee height with their soccer balls. Once a robber is caught, he/she goes and gets any ball from the perimeter and becomes a cop. Coach: Place the balls that are not being used around the perimeter of the grid.</p>	<ul style="list-style-type: none"> • Passing technique • Weight of the pass • Accuracy of the pass <p style="text-align: right;">Time: 8 minutes</p>
	<p>Capture the Balls: Players should be divided into equal teams to play in a grid with each team's home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach's command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent's home bases. Coach: Call time and each team counts the balls they have collected.</p>	<ul style="list-style-type: none"> • How to get the balls from the center or other home bases • How to defend their home base • Decision making: pass or dribble <p style="text-align: right;">Time: 8 minutes</p>
	<p>2v2 to 4 Goals: Divide the 20x25 yard grid into two equal grids of 12x20 yards with a one yard buffer zone in between. Place a two 2 yard goal with cones close to the each corners of each end line. Players will score by dribbling or passing through any of the two goals they are attacking. Coach: have two games going at the same time. If you have extra players, make sure you sub them in.</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>
<p style="text-align: center;">Scrimmage</p>	<p style="text-align: center;">Activity Description</p>	<p style="text-align: center;">Time</p>
<p style="text-align: center;">4v4 - Dual Field Scrimmage</p>	<p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p style="text-align: center;">30 minutes</p>

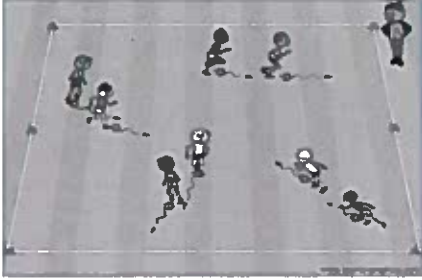
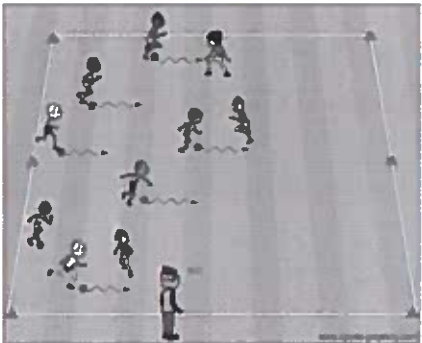
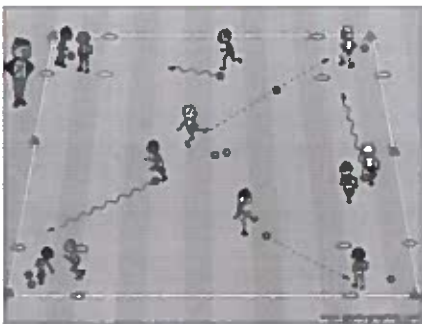
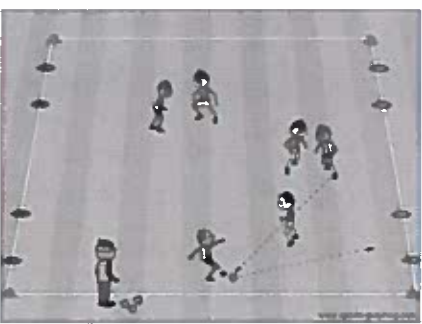


2011 - U8 - Lesson Play - Week Nine

Activity 1	Activity Description	Coaching Considerations
	<p>Tag: All players dribbling a soccer ball will try to tag each other with their hands. Players cannot abandon their own ball to tag.</p> <p>Coach: Have players keep count of their own tags. If playing more than one game, have players improve their tags by 1, 2 or 3 more than before.</p>	<ul style="list-style-type: none"> • Dribbling with different surfaces of the foot • Ability to stop and go • Dribble with the head up • Sudden change of direction <p style="text-align: right;">Time: 6 minutes</p>
	<p>Knock Out: All players are dribbling in a 20x25 yard grid and are trying to knock other dribblers' balls outside the grid. Players must retrieve the ball quickly and get back in the game.</p> <p>Coach: Have your players perform a skill task before re-entering the grid. i.e.: juggling 3-5 times, ball taps.</p>	<ul style="list-style-type: none"> • Protecting the ball • Dribbling with different surfaces of the foot <p style="text-align: right;">Time: 8 minutes</p>
	<p>Steal-Shield: Pair up the players with one ball. One player starts with the ball and at coach's command, his/her partner tries to steal the ball away. Play 30-45 second matches. The player that ends with the ball gets a point. If the ball goes out of bounds, one of the players must get it back in play very quickly.</p> <p>Coach: Show proper shielding technique during the demonstration. Fix technical shielding errors throughout the activity to assure that the group is doing it properly.</p>	<ul style="list-style-type: none"> • Body sideways on to opponent • Use arm to protect and know where defender is going • Knees bent • Turn as defender attacks or reaches for the ball <p style="text-align: right;">Time: 8 minutes</p>
	<p>3v3 to End Zones: In a 20x25 yard grid, place an End Zone of one yard wide 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"> • Application of dribbling, and passing-receiving technique under pressure • 1v1 defending Decision making <p style="text-align: right;">Time: 8 minutes</p>
<p style="text-align: center;">Scrimmage</p>	<p style="text-align: center;">Activity Description</p>	<p style="text-align: center;">Time</p>
<p>4v4 - Dual Field Scrimmage</p>	<p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p style="text-align: center;">30 minutes</p>

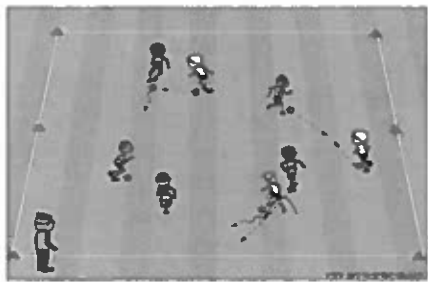
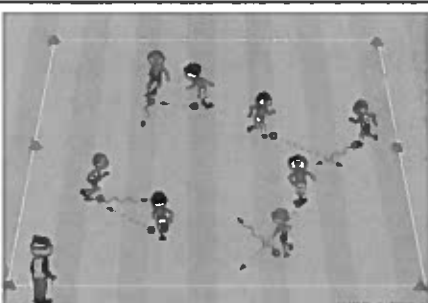
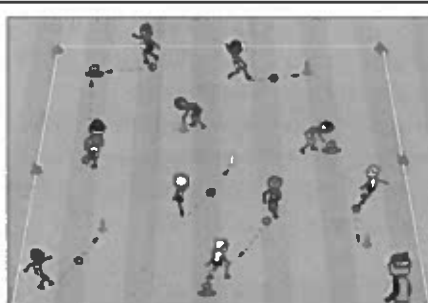
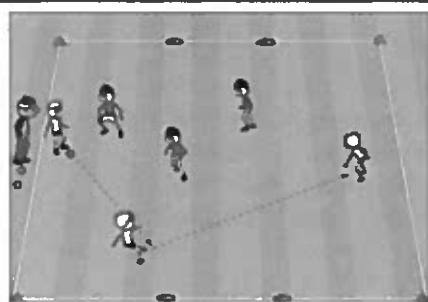


2011 - U8 - Lesson Play - Week Ten

Activity 1	Activity Description	Coaching Considerations
	<p>Shadow Dribble: Two players (Leader and Shadow) each with a ball will dribble their soccer balls 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"> • Dribbling with head up • Running with the ball • Using different foot surfaces • Changing direction <p style="text-align: right;">Time: 6 minutes</p>
	<p>Sharks and Minnows: In a 20x25 yard grid, have 3-4 players acting as the sharks. The minnows are in one end of the grid with their soccer balls. When the coach says "GO", the minnows try to dribble to the other end of the grid and the sharks are trying to kick the ball out. When the dribbler's ball goes out, he/she becomes a shark. If the minnows reach the other end, they will wait for the coach's command to play again. The game continues until all players turn into sharks.</p>	<ul style="list-style-type: none"> • Changing speed and direction • Running with the ball • Keep the ball close • 1v1 defending <p style="text-align: right;">Time: 8 minutes</p>
	<p>Capture the Balls: Players should be divided into equal teams to play in a grid with each team's home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach's command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent's home bases.</p> <p>Coach: Call time and each team counts the balls they have collected.</p>	<ul style="list-style-type: none"> • How to get the balls from the center or other home bases • How to defend their home base • Decision making: pass or dribble <p style="text-align: right;">Time: 8 minutes</p>
	<p>3v3 to 4 Goals: In a 20x25 yard grid, place a two yard goal with cones close to the corners of each end line. Players will score by dribbling or passing through any of the two goals they are attacking.</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>
<p style="text-align: center;">Scrimmage</p>	<p style="text-align: center;">Activity Description</p>	<p style="text-align: center;">Time</p>
<p>4v4 - Dual Field Scrimmage</p>	<p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p style="text-align: center;">30 minutes</p>


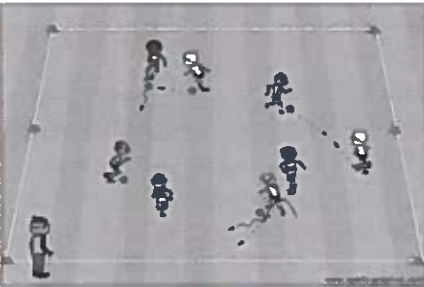
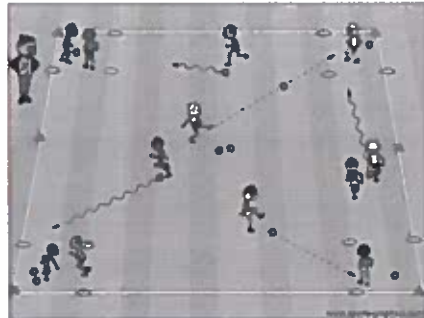
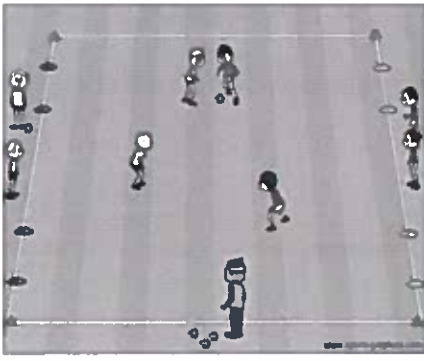


2011 - U8 - Lesson Plan - Week Eleven

Activity 1	Activity Description	Coaching Considerations
	<p>Ball Tag: All players are dribbling a soccer ball in a 20x25 yard grid. The players try to hit another player's feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player.</p> <p>Version 2: If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p>	<ul style="list-style-type: none"> • Dribbling technique • Passing technique • Weight of the pass • Accuracy of the pass <p style="text-align: right;">Time: 6 minutes</p>
	<p>Team Tag: 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 determined time, the teams switch roles.</p> <p>Coach: Can help taggers add their points.</p> <p>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>Cops and Robbers: The coach sets up 8-10 stand up (tall) cones in a 20x25 yard grid. Robbers will strike the ball and try to knock the cone (the bank) down. The cops (2 or 3 players) are without soccer balls and are trying to stand all the cones back up before all the banks are robbed. Rotate the cops and the robbers.</p> <p>Variation 2: If you do not have tall cones, divide the group into half cops and half robbers, and place the cops' balls on top of discs.</p>	<ul style="list-style-type: none"> • Passing and receiving technique • Weight of the pass • Accuracy of the pass • Dribbling Technique <p style="text-align: right;">Time: 8 minutes</p>
	<p>3v3 to Small Goals: Divide the 20x25 yard grid into to equal grids of 12x20 yards. Place a 3yard goal with cones on each end line. Players will score by dribbling or passing through the goal they are attacking.</p> <p>Coach: If you have extra players, make sure you sub them in.</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>
<p style="text-align: center;">Scrimmage</p>	<p style="text-align: center;">Activity Description</p>	<p style="text-align: center;">Time</p>
<p>4v4 - Dual Field Scrimmage</p>	<p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p style="text-align: center;">30 minutes</p>

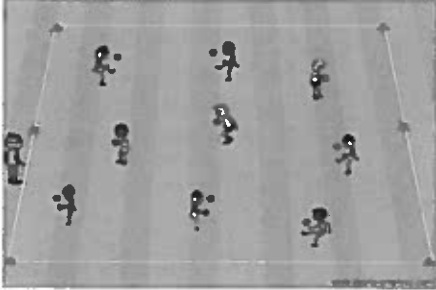
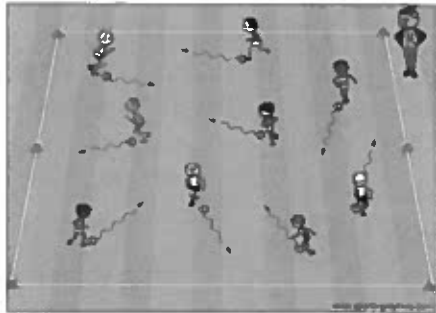
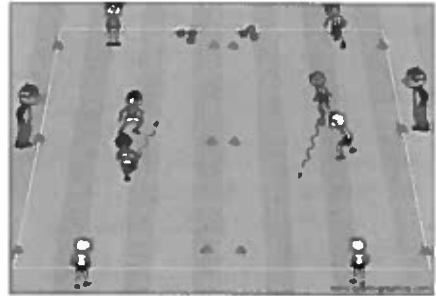



2011 - U8 - Lesson Plan - Week Twelve

Activity 1	Activity Description	Coaching Considerations
	<p>Gate Passing: In a 20x25 yard grid, set up many gates (two cones about 2 yards apart). Players are now in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate in order to score a point. Coach: Players count how many points they score in a minute. Repeat asking the players to beat the score by one or more points. You can also ask them to pass with the inside or outside of the foot, and using their favorite foot or with their other foot.</p>	<ul style="list-style-type: none"> • Passing and receiving technique • Dribbling technique • Decision making • Weight and accuracy of the pass • Communication and mobility <p style="text-align: right;">Time: 8 minutes</p>
	<p>Ball Tag: All players are dribbling a soccer ball in a 15x20 yard grid. The players try to hit another player's feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player. Version 2: If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p>	<ul style="list-style-type: none"> • Dribbling technique • Passing technique • Weight of the pass • Accuracy of the pass <p style="text-align: right;">Time: 8 minutes</p>
	<p>Capture the Balls: Players should be divided into equal teams to play in a grid with each team's home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach's command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent's home bases. Coach: Call time and each team counts the balls they have collected.</p>	<ul style="list-style-type: none"> • How to get the balls from the center or other home bases • How to defend their home base • Decision making: pass or dribble <p style="text-align: right;">Time: 8 minutes</p>
	<p>2v2 to 4 Goals: Divide the 20x25 yard grid into two equal grids of 12x20 yards with a one yard buffer zone in between. Place a two 2 yard goal with cones close to the each corners of each end line. Players will score by dribbling or passing through any of the two goals they are attacking. Coach: have two games going at the same time. If you have extra players, make sure you sub them in.</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>
<p style="text-align: center;">Scrimmage</p>	<p style="text-align: center;">Activity Description</p>	<p style="text-align: center;">Time</p>
<p>4v4 - Dual Field Scrimmage</p>	<p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p style="text-align: center;">30 minutes</p>


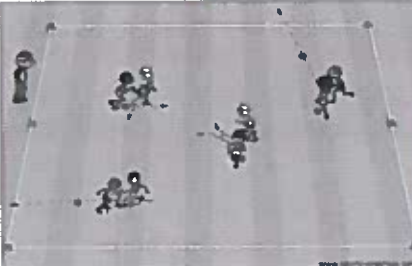
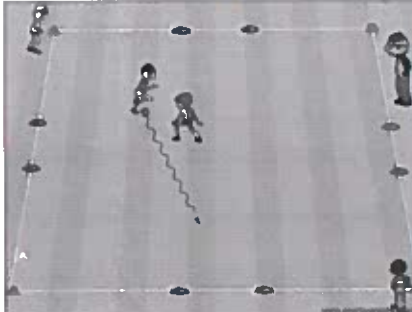
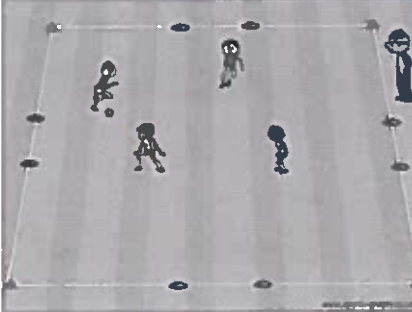


2011 - U8 - Lesson Plan - Week Thirteen

Activity 1	Activity Description	Coaching Considerations
	<p>Juggling: All players with a soccer ball in their hands drop the ball down and try to kick it back up to their hands. Players will try to use their thighs and feet to keep the ball in the air. Coach: Have the players count how many times they touch the ball before it hits the ground. Version 2: Controlled juggling - Thigh, foot, catch. Thigh, thigh, foot, catch. Thigh, thigh, foot, foot, catch.</p>	<ul style="list-style-type: none"> • Hand, eye, foot coordination • Use foot and thigh <p style="text-align: right;">Time: 6 minutes</p>
	<p>Free Dribble: All players are dribbling a soccer ball in a 20x25 yard grid using the inside, outside, and sole of their foot. Coach: Have players change direction and accelerate away. Have players demonstrate a move and accelerate away. Version 2: Coach can put pressure on players dribbling. Version 3: Players can dribble at each other and perform a move and accelerate away.</p>	<ul style="list-style-type: none"> • Challenge players to use different surfaces of foot • Players must dribble with their heads up • Encourage the players to try a new move <p style="text-align: right;">Time: 8 minutes</p>
	<p>1v1 to End-Lines: Divide a 20x25 yard grid into two even grids. Make two groups, one with the balls and the other without the balls at opposite ends of the grid. At coach's command, the 1v1 game begins. The game ends when the player with the ball scores by dribbling under control over the opposing players' line. If the defender gets the ball, he/she tries to score. Coaches: After each 1v1 bout, players switch sides.</p>	<ul style="list-style-type: none"> • Keep soccer ball close to feet • Sudden change of direction • Burst of speed • Defending – tackling • Shielding • Decision making <p style="text-align: right;">Time: 8 minutes</p>
	<p>2v2 to End Zones: Divide the 20x25 yard grid into two equal grids of 12x12 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"> • Application of dribbling, and passing-receiving technique under pressure • 1v1 defending • Decision making <p style="text-align: right;">Time: 8 minutes</p>
<p style="text-align: center;">Scrimmage</p>	<p style="text-align: center;">Activity Description</p>	<p style="text-align: center;">Time</p>
<p style="text-align: center;">4v4 - Dual Field Scrimmage</p>	<p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p style="text-align: center;">30 minutes</p>

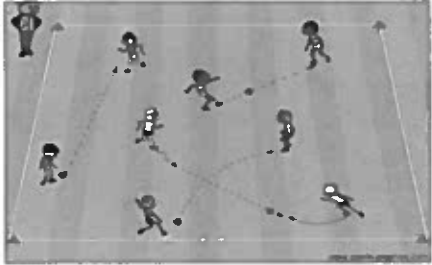
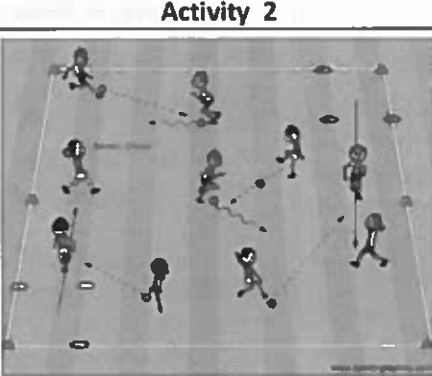
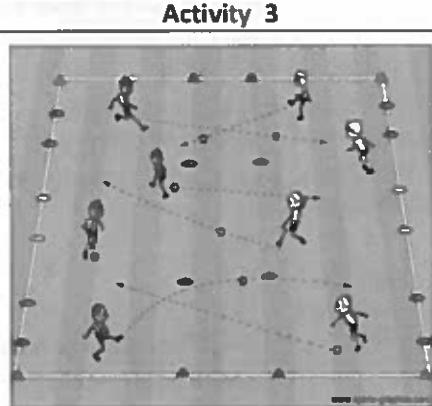
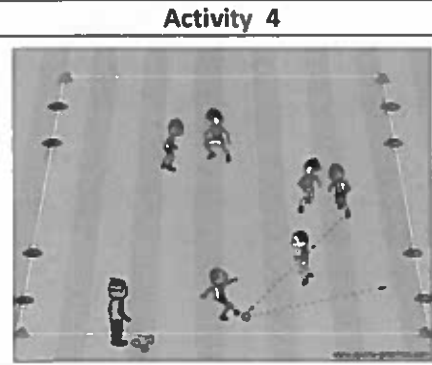


2011 - U8 - Lesson Plan - Week Fourteen

Activity 1	Activity Description	Coaching Considerations
	<p>Shadow Dribble: Two players (Leader and Shadow) each with a ball. They will dribble all over 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.</p> <p>Version 3: Leader must make a move.</p>	<ul style="list-style-type: none"> • Keep ball close • Changing directions • Dribbling using different surfaces of the foot <p style="text-align: right;">Time: 6 minutes</p>
	<p>Knock Out: All players are dribbling in a 20x25 yard grid and are trying to knock other dribblers' balls outside the grid. Players must retrieve the ball quickly and get back in the game.</p> <p>Coach: Have your players perform a skill task before re-entering the grid. i.e.: juggling 3-5 times, ball taps.</p>	<ul style="list-style-type: none"> • Protecting the ball • Dribbling with different surfaces of the foot <p style="text-align: right;">Time: 8 minutes</p>
	<p>1v1 to Cross Goals: In a 10x15yd grid, set up a two yard goal (two red and blue goals) in each side of the grid. Divide the team into two groups. The attacker starts with a soccer ball trying to score by dribbling through any of the two further goals. The defender is trying to defend the goals closest to him/her. If the defender gets the ball, he/she tries to score in the opponent's goal. The game ends when one player scores or the ball rolls out. Two new players go.</p>	<ul style="list-style-type: none"> • Keep soccer ball close to feet • Sudden change of direction • Burst of speed • Defending – tackling • Shielding • Decision making <p style="text-align: right;">Time: 8 minutes</p>
	<p>2v2 to Cross Goals: In a 12x12yd grid, set up a two yard goal (two red and blue goals) on each side of the grid. Divide the team into two groups. The attackers start with a soccer ball, trying to score by dribbling or passing through any of the two further goals. The defenders are trying to defend the goals closest to them. If a defender gets the ball, he/she tries to score in the opponent's goal.</p>	<ul style="list-style-type: none"> • Application of dribbling, passing-receiving technique under pressure • 1v1 defending • Decision making <p style="text-align: right;">Time: 8 minutes</p>
<p style="text-align: center;">Scrimmage</p>	<p style="text-align: center;">Activity Description</p>	<p style="text-align: center;">Time</p>
<p style="text-align: center;">4v4 - Dual Field Scrimmage</p>	<p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p style="text-align: center;">30 minutes</p>

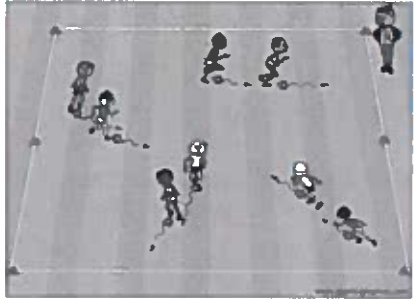
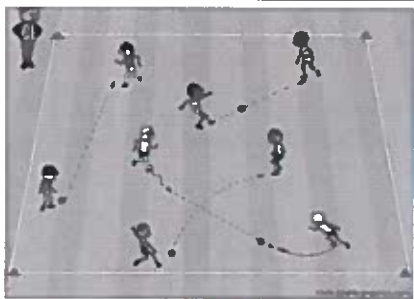
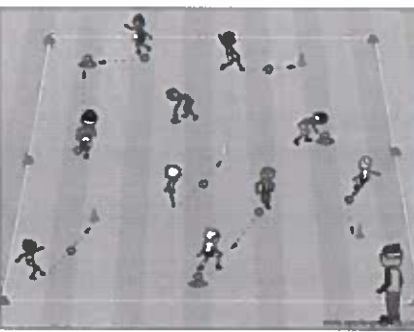
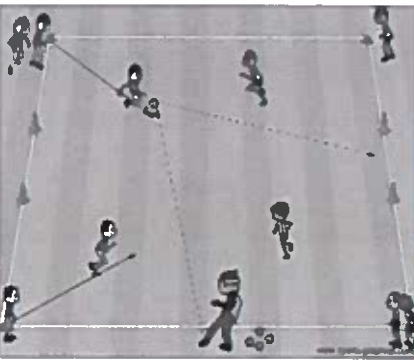


2011 - U8 - Lesson Plan - Week Fifteen

Activity 1	Activity Description	Coaching Considerations
	<p>Paint the Field- Passing: 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 to paint as much of the grid as possible in the allotted time.</p> <p>Version 2: Tell the players to use their 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>Time: 6 minutes</p>
	<p>Doctor, Doctor: Divide the group into two teams. Send them to their hospital (corner boxes). Each team selects a doctor. He/she will cure (unfreeze) his/her team's players. Teams try to freeze each other by hitting the players with their soccer balls below knees or striking their balls. When frozen, players must put ball above head, remain in place, and yell "Doctor, Doctor". The Doctor is without a ball, and is safe in the hospital, but when he comes out, he can be frozen. When the doctor is frozen the game is over.</p>	<ul style="list-style-type: none"> • Dribbling technique • Protect the ball • Passing technique • Weight and accuracy of the pass <p>Time: 8 minutes</p>
	<p>Clean Your Backyard: 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 on each team will try to shoot/pass and score below knee height in any of the other team's goals.</p> <p>Coach: Allow players to enter the buffer zone to retrieve any ball that has stopped in there.</p> <p>Version 2: Allow teams to defend the goals using their hands</p>	<ul style="list-style-type: none"> • How to get the balls from the center or other home bases • How to defend their home base • Decision making: pass or dribble <p>Time: 8 minutes</p>
	<p>3v3 to 4 Goals: In a 20x25 yard grid, place a two yard goal with cones close to the corners of each end line. Players will score by dribbling or passing through any of the two goals they are attacking.</p>	<ul style="list-style-type: none"> • Application of dribbling, passing-receiving and shooting technique under pressure • 1v1 defending • Decision making <p>Time: 8 minutes</p>
<p>Scrimmage</p>	<p>Activity Description</p>	<p>Time</p>
<p>4v4 - Dual Field Scrimmage</p>	<p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p>30 minutes</p>



2011 - U8 - Lesson Plan - Week Sixteen

Activity 1	Activity Description	Coaching Considerations
	<p>Paired Tag: In a 20x25 yard grid, pair players up (Tagger and Dribbler) each with soccer balls. The Dribblers are given a 2 second start to get away from the taggers. The tagger dribbling his/her soccer ball tries to tag the dribbler. Once the dribbler is tagged, the roles reverse and the chase starts again.</p>	<ul style="list-style-type: none"> • Keep ball close • Changing directions • Dribbling using different surfaces of the foot <p style="text-align: right;">Time: 6 minutes</p>
	<p>Paint the Field- Passing: 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 their 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>Cops and Robbers: The coach sets up 8-10 stand up (tall) cones in a 20x25 yard grid. Robbers will strike the ball and try to knock the cone (the bank) down. The cops (2 or 3 players) are without soccer balls and are trying to stand all the cones back up before all the banks are robbed. Rotate the cops and the robbers.</p> <p>Variation 2: If you do not have tall cones, divide the group into half cops and half robbers, and place the cops' balls on top of discs.</p>	<ul style="list-style-type: none"> • Passing and receiving technique • Weight of the pass • Accuracy of the pass • Dribbling Technique <p style="text-align: right;">Time: 8 minutes</p>
	<p>4 Corner Shooting Without Goalkeepers: 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.</p> <p>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>
<p style="text-align: center;">Scrimmage</p>	<p style="text-align: center;">Activity Description</p>	<p style="text-align: center;">Time</p>
<p>4v4 - Dual Field Scrimmage</p>	<p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p style="text-align: center;">30 minutes</p>