


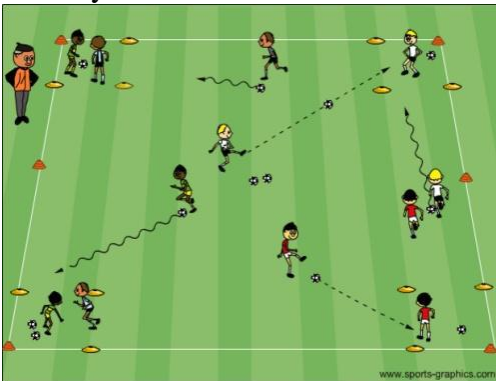


U8 - Lesson Plan #4

Activity Diagram	Activity Description	Time
<p>Activity 1</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.</p> <p>Version 3: Players can unfreeze each other by kicking the ball through their legs.</p>	<p>6 minutes</p>
<p>Activity 2</p> 	<p>Gates Passing In a 20x25 yard space, use cones to set up many small goal (gates) approximately 2 yards wide all around the playing area. Players are now paired up with one ball and must successfully pass the ball through the gates to their teammate to earn a point. Players try to accumulate as many points as possible in the time allotted. Coach can manipulate the game by requiring the players to pass only with their left foot, right foot, or the outside of their foot.</p>	<p>6 minutes</p>
<p>Activity 3</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>Activity 4</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>Field Scrimmage</p>	<p>Scrimmage against team identified on the schedule.</p>	<p>25 minutes</p>