

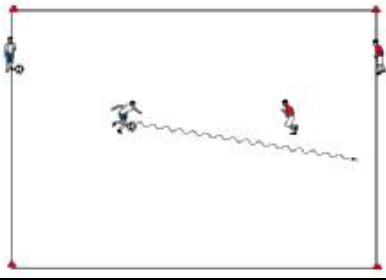
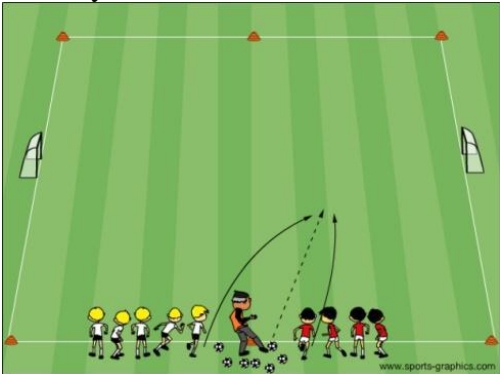


U8 - Lesson Plan #5

Activity Diagram	Activity Description	Time
<p>Activity 1</p> 	<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>Activity 2</p> 	<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.</p> <p>Version 3: Players can dribble at each other and perform a move and accelerate away.</p>	<p>6 minutes</p>
<p>Activity 3</p> 	<p>1 vs. 1 to Endlines In a space that is wider than long (15 x 20 yds) each player defends one endline and attacks the other. Players score by dribbling the ball in control over the opposing player's endline.</p> <p>Note: Coaches should make multiple 1v1 fields and have 1 or 2 players on deck at each field.</p>	<p>6 minutes</p>
<p>Activity 4</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>Field Scrimmage</p>	<p>Scrimmage against team identified on the schedule.</p>	<p>25 minutes</p>