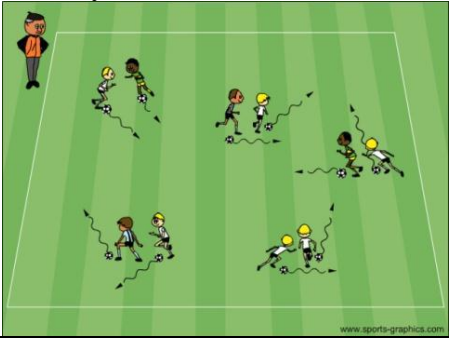
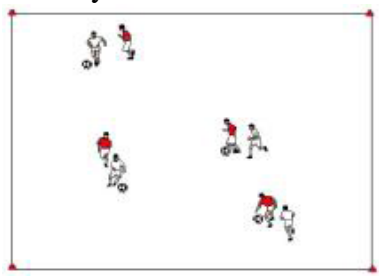
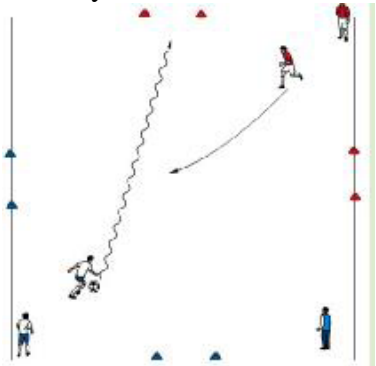
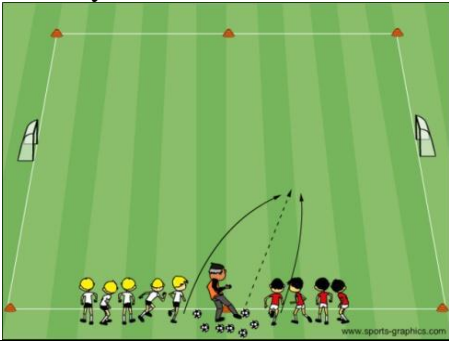


## U8 - Lesson Plan – Week 7

Activity Diagram	Activity Description	Time
<p>Activity 1</p> 	<p><b>Tag:</b> 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><b>Coach:</b> 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>	6 minutes
<p>Activity 2</p> 	<p><b>Shield-Steal</b>---Two players (partners) with one ball. One player starts with the ball and, on the coach's command, her partner tries to steal the ball from her. Play 30-45 second matches. Whoever has the ball at the end of the time allotment, receives a point. Play many matches. If ball goes out of bounds, one of the players must get it back into play quickly.</p> <p><b>Coaching points:</b> Show shielding technique with body sideways on to opponent, arm providing protection, ball on outside foot, knees bent, turning as defender attacks, using feel to understand where defender is going. Fix technical shielding errors throughout this activity and make sure entire group knows how to properly shield. Field size same as previous activity.</p>	6 minutes
<p>Activity 3</p> 	<p><b>1v1 to Cross Goals</b> On a 15x10 yard field, set up a two yard goal on each side of the field. Divide your team into two groups and have one group start with the ball and the other group without. Group with the ball will try to dribble the ball through two of the goals furthest from them (score on the red goals) and defend the two goals closest to them (defend the blue goals). If the defender wins the ball, they now try to score on the two goals at the opposite side.</p> <p>Game ends when the ball rolls out and two new players begin the game.</p>	6 minutes
<p>Activity 4</p> 	<p><b>Get "Outta" There:</b> 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><b>Coach:</b> Can make the games 1v1, 2v2 or 3v3. They should vary the service.</p>	6 minutes
<p><b>Field Scrimmage</b></p>	<p>Scrimmage against team identified on the schedule.</p>	25 minutes