

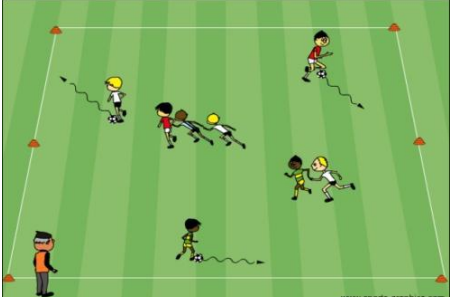



## U8 - Lesson Plan – Week 9

Activity Diagram	Activity Description	Time
<p>Activity 1</p> 	<p><b>Free Dribble:</b> All players are dribbling a soccer ball in a 15x20 yard grid using their inside, outside, and the sole of their foot. <b>Coach:</b> Have players change direction and accelerate away. Have players demonstrate a move and accelerate away. <b>Version 2:</b> Coach can put pressure on players dribbling. <b>Version 3:</b> Players can dribble at each other and perform a move and accelerate away.</p>	6 minutes
<p>Activity 2</p> 	<p><b>Sharks and Minnows</b> Set up a grid roughly 10yds x 15yds. Have 3-4 players inside the grid acting as sharks. The sharks do not have a soccer ball. The rest of the players (Minnows) start at one end of the grid and when the coach says “Go”, they attempt to dribble their soccer balls to the other end of the grid. The sharks try to kick their soccer balls out of the grid. If a dribbler’s ball goes out of the grid, that player becomes a shark as well. If the minnows reach the other end of the grid with their soccer ball, they wait for the coach’s command and play again. Play continues until all players turn into sharks.</p>	6 minutes
<p>Activity 3</p> 	<p><b>Snake:</b> 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. <b>Coach:</b> Encourage the snake players to hiss.</p>	6 minutes
<p>Activity 4</p> 	<p><b>Get “Outta” There with Numbers:</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 players on each team are assigned numbers (1-4 or 1-5, depending on the total number of players). The coach then calls out a number, kicks a ball onto the field and the player assigned that number on each team enters the field to play 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”. <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