



Under 8

2012

Fall

Training

Sessions

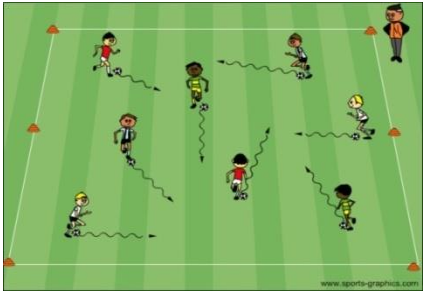
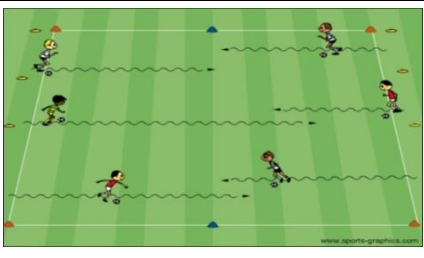

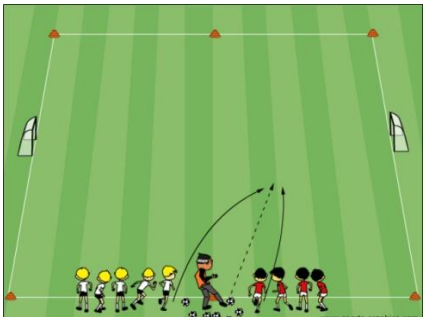


2012 - U8 - Fall Lesson Plan



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2012 - U8 - Fall Lesson Plan - Week 1

Stage	Organization	Activity Description	Coaching Considerations
Activity 1 6 minutes		<p>4 Surfaces: Each player has a ball. Have the players try to use the 4 surfaces of the foot in 1 fluid motion in this order: Outside, Inside, Laces and Bottom, Transfer the ball from the right to left foot after the stop the ball with the sole (bottom). When the players display proficiency, challenge them to do it faster and in a smaller space. The sequence is:</p> <ul style="list-style-type: none"> ○ Outside of the foot touch - Inside of the foot touch ○ Laces push - Stop with sole and change foot 	<ul style="list-style-type: none"> ● Players should start slow and increase the speed as they go ● Touches should be soft but able to move the ball ● Keep the soccer ball close and under control ● Players should talk to their feet: <ul style="list-style-type: none"> ○ “Outside –Inside- Laces push and stop”
Activity 2 8 minutes		<p>Cross the River: Get the players in pairs and place them on opposite sides of the soccer grid. At coaches command, the players will dribble the soccer ball to the other side of the grid. They will try to cross the river as fast as they can. When they arrive to the other side they must control the soccer ball within the end zone in order to get a point. Players must call out their name when they have full control of the ball. Start with Foundation moves then running with the ball.</p>	<ul style="list-style-type: none"> ● Get a forward first touch ● Use front part of the foot ● Run in a straight line ● Head up
Activity 3 8 minutes		<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
Activity 4 8 minutes		<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”. 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
Match	3v3 or 4v4 Dual Field Scrimmage	Set up two fields of 15 x 20 yards with a 5 yd. space between them in order to keep the majority of your team playing.	25-30 minutes



2012 - U8 - Fall Lesson Plan - Week 2



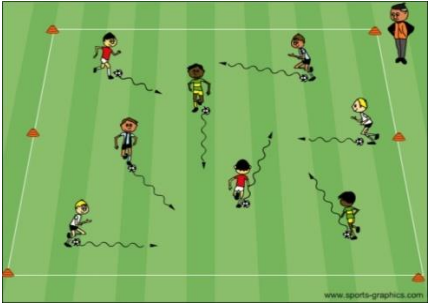
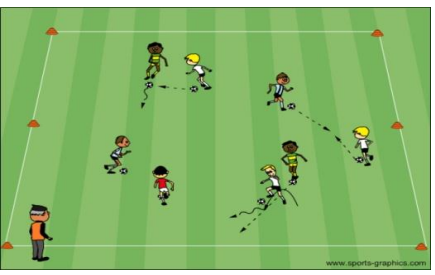
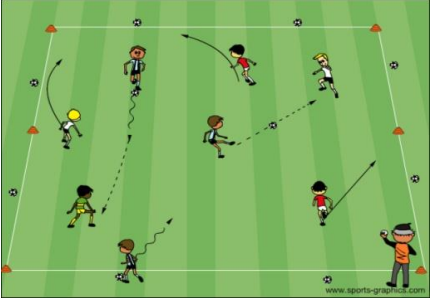

Stage	Organization	Activity Description	Coaching Considerations
Activity 1 6 minutes		<p>Paint the Field: All players will dribble their soccer ball in a 15x20 yard grid pretending that is a paintbrush and wherever it rolls it is painting the field. The players will try to paint as much of the area as possible in the time allotted.</p> <p>Coach: Have the players write their names with the “Paintbrush” (Ball) can they “paint” different shapes? How big can they paint the shapes?</p> <p>Variation 2: Ask the players to dribble only with the left foot, then with the right foot.</p>	<ul style="list-style-type: none"> • Keep ball close • Changing direction • Decision making
Activity 2 8 minutes		<p>Around the Cone: The Coach will put the players in teams of two or three players. The first player on the team will run with the ball from their Red cone to their Yellow cone. At the Blue cone the player will perform the following:</p> <ol style="list-style-type: none"> 1. Go around the cone with the inside of the foot 2. Go around the cone with the outside of the foot 3. At the cone, stop, do a drag-back or heel turn 	<ul style="list-style-type: none"> • Get a forward first touch • Use front part of the foot • Run in a straight line • Head up • When and how to turn • Acceleration after the turn
Activity 3 8 minutes		<p>Combat: The coach makes two teams of 3-5 players each. The players are lined up next to the coach. When the coach serves the ball on to the soccer area, the players next to the coach will go after the soccer ball and retrieve it by dribbling and passing it into their team’s goal for a point.</p> <p>The coach can make the games 1v1, 2v2 and 3v3’s. You can have several players playing in the soccer area.</p>	<ul style="list-style-type: none"> • Attacking and Defending skills <ul style="list-style-type: none"> ○ 1v1 dribbling ○ 1v1 defending • Scheming and creativity • Decision making
Activity 4 8 minutes		<p>4 Corner Dribbling to End Zones: In 20x15 yard grid with an end zone at each end, players of the same team are placed by the corner cones of the End Zone 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 by dribbling the ball into the end zone. If the ball goes out of bounds. Players need to get out of the field quickly and get back in line.</p>	<ul style="list-style-type: none"> • How to receive the ball • Keep ball close • Changing directions • Dribbling using different surfaces of the foot • Change of pace, change of direction • Acceleration • Running with the ball • 1v1 and 1v2, 2v2 defending
Match	3v3 or 4v4 Dual Field Scrimmage	Set up two fields of 15 x 20 yards with a 5 yd. space between them in order to keep the majority of your team playing.	25-30 minutes



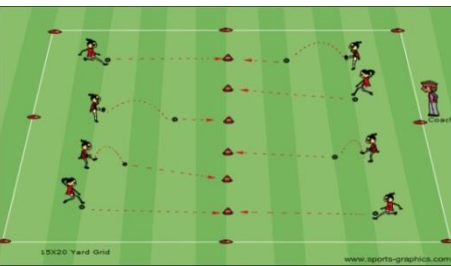



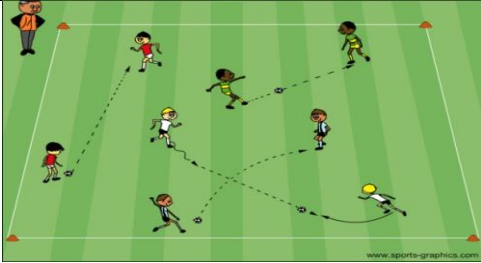
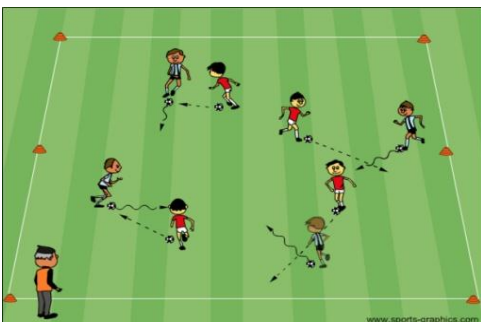
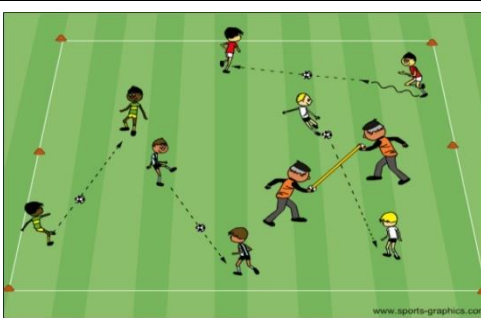
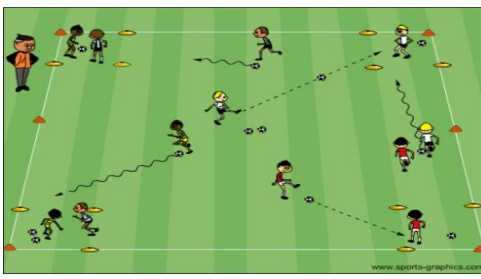
2012 - U8 - Fall Lesson Plan - Week 3



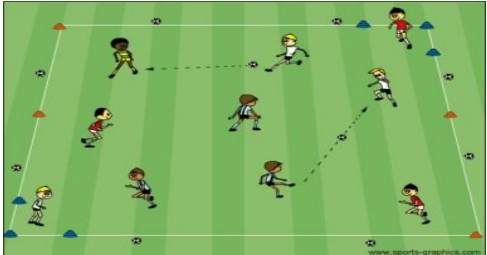
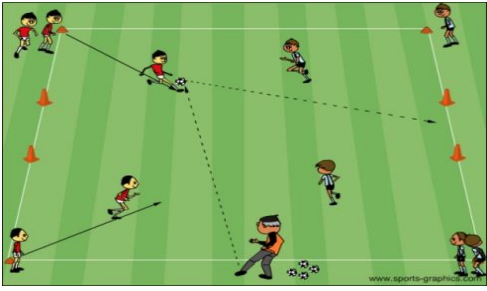




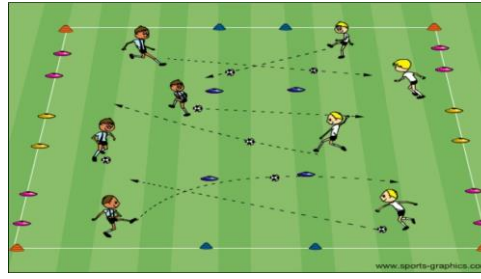
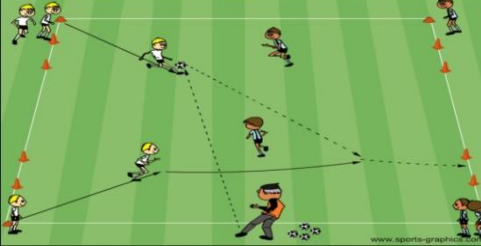
Stage	Organization	Activity Description	Coaching Considerations
Activity 1 6 minutes		<p>Gate Dribbling: In a 20x25 yard grid set up 5 to 7 gates (two cones about 2 yards apart). All players with a ball must dribble through the gate in order to score a point.</p> <p>Coach: Have players keep count of how many points they scored in 30 seconds. 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>Version 2: Add “bandits” or defenders.</p> <p>Version 3: Can pass through gates with a partner.</p>	<ul style="list-style-type: none"> • Keep ball close • Changing direction • Acceleration after going through a gate • Decision making
Activity 2 8 minutes		<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 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
Activity 3 8 minutes		<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.</p> <p>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
Activity 4 8 minutes		<p>2v1 Pass or Dribble Coach sets up a 15x20 yard grid. Coach has all the soccer balls on the sideline. Coach divides the players into 3 groups; 2 attacking groups and 1 defending. The coach passes a soccer ball to one of the lines. The first player in each of the 3 lines enters the field. (2v1). The 2 attackers must get the ball over the opposite end-line under control.</p> <p>If the attackers score, they are awarded 1 point. If the defender steals the ball and scores, he is awarded 2 points. If the soccer ball goes out of bounds or a goal is scored, the coach serves another soccer ball and new players enter the field.</p>	<ul style="list-style-type: none"> • Application of dribbling, passing-receiving technique under pressure • 1v1 defending • Decision making
Match	3v3 or 4 v4 Dual Field Scrimmage	Set up two fields of 15 x 20 yards with a 5 yd. space between them in order to keep the majority of your team playing.	25-30 minutes

Stage	Organization	Activity Description	Coaching Considerations
Activity 1 6 minutes		<p>4 Surfaces: Each player has a ball. Have the players try to use the 4 surfaces of the foot in 1 fluid motion in this order: Outside, Inside, Laces and Bottom, Transfer the ball from the right to left foot after the stop the ball with the sole (bottom). When the players display proficiency, challenge them to do it faster and in a smaller space.</p> <p>The sequence is:</p> <ul style="list-style-type: none"> ○ Outside of the foot touch - Inside of the foot touch - Laces push ○ Stop with sole - Change foot 	<ul style="list-style-type: none"> • Players should start slow and increase the speed as they go • Touches should be soft but able to move the ball • Keep the soccer ball close and under control • Players should talk to their feet: <ul style="list-style-type: none"> ○ Outside-Inside ○ Laces push - Stop
Activity 2 8 minutes		<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
Activity 3 8 minutes		<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.</p> <p>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
Activity 4 8 minutes		<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
Match	3v3 or 4v4 Dual Field Scrimmage	Set up two fields of 15 x 20 yards with a 5 yd. space between them in order to keep the majority of your team playing.	25-30 minutes

Stage	Organization	Activity Description	Coaching Considerations
Activity 1 6 minutes		<p><u>Steal-Shield:</u> 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.</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
Activity 2 8 minutes		<p><u>Border Patrol</u> In a 15x20 yard grid, the dribblers will try to cross the border by eluding the guards. Place two Guards inside a 5x15 yard area in the middle of the grid. Place half of the players (Dribblelinos) with a ball in each end of the grid. At coach's command, one group of dribblelinos will try to cross the border going by the guards. As soon as one gets to the opposite line, the next dribblelino waiting goes. If the guard dispossesses the dribblelino, he/she becomes a guard.</p>	<ul style="list-style-type: none"> • Changing speed and direction • Running with the ball • Keep the ball close • 1v1 defending
Activity 3 8 minutes		<p><u>Kicking the Cones:</u> Each player with a ball in defined area. Players are placed several steps away from the row of cones in the middle of the area. After kicking your ball, get another ball. The game lasts until all cones are down.</p>	<ul style="list-style-type: none"> • Striking the ball technique • Players can experiment with how hard to kick the ball • Weight of the pass • Accuracy of the pass
Activity 4 8 minutes		<p><u>2v2 to Small Goals:</u> In a 15 x 20 yard grid, place a 3yard goal with cones on each end line. Divide the players into two groups and organize them in pairs. Place the players by each side of the goal. The Coach will serve the ball to a team and the players will score by dribbling or passing through the goal they are attacking. When a team scores or the ball goes out of bounds, a new set of players will enter to play.</p>	<ul style="list-style-type: none"> • Application of dribbling, passing-receiving and shooting technique under pressure • 1v1 defending • Decision making
Match	3v3 or 4v4 Dual Field Scrimmage	Set up two fields of 15 x 20 yards with a 5 yd. space between them in order to keep the majority of your team playing.	25-30 minutes

Stage	Organization	Activity Description	Coaching Considerations
Activity 1 6 minutes		<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
Activity 2 8 minutes		<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
Activity 3 8 minutes		<p>Moving Goal in 2's: Put the players in pairs with a soccer ball. The players are dribbling and passing to his/her partner in a 15x20 yard grid. Two coaches hold a practice vest (penny) between them, forming a goal moving all over the playing area. The players will try to score by passing and receiving the soccer ball on the other side of the moving goal. The pairs can only score in the moving goal after completing two passes away from the moving goal</p> <p>Coach: Give more points for long passes made away from the moving goals.</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
Activity 4 8 minutes		<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
Match	3v3 or 4v4 Dual Field Scrimmage	Set up two fields of 15 x 20 yards with a 5 yd. space between them in order to keep the majority of your team playing.	25-30 minutes

Stage	Organization	Activity Description	Coaching Considerations
Activity 1 6 minutes		<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
Activity 2 8 minutes		<p>Bandits: Select 1 or 2 players to be the Bandits. Their mission is to get the dribblers' ball and bring it to their hideout. The dribbler must not let the bandit dribble the soccer ball into the hideout. If the bandit gets the ball into the hideout, the dribbler becomes a bandit.</p>	<ul style="list-style-type: none"> • Keep ball close • Changing directions • Dribbling using different surfaces of the foot • 1v1 attacking and defending • Protecting the ball
Activity 3 8 minutes		<p>Telephone Booth Tag: In a 15 x 20 yard grid, make a triangle with three cones in two opposite corners to make the "telephone booths." / "safety zones" and only one player is allowed in the safety zone at a time. 1 or 2 players are tagging the rest with soccer balls trying to avoid being tagged by reaching a safety zone "telephone booth." If the taggers tag a player, he/she becomes a tagger.</p>	<ul style="list-style-type: none"> • Passing technique • Weight of the pass • Accuracy of the pass
Activity 4 8 minutes		<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>	<ul style="list-style-type: none"> • Application of dribbling, passing-receiving and shooting technique under pressure • 1v1 defending • Decision making
Match	3v3 or 4v4 Dual Field Scrimmage	Set up two fields of 15 x 20 yards with a 5 yd. space between them in order to keep the majority of your team playing.	25-30 minutes

Stage	Organization	Activity Description	Coaching Considerations
<p>Activity 1 6 minutes</p>		<p>6 Surfaces: Each player has a ball. Have the players try to use the 6 surfaces of the foot in 1 fluid motion in this order: Outside, Inside, Laces, Sole, Toe and Turn with the Heel. Transfer the ball from the right to left foot after the turn. When the players display proficiency, challenge them to do it faster and in a smaller space. The sequence is: <i>Outside of the foot touch - Inside of the foot touch - Laces push - Stop with sole and - Push with the toe, Turn with the Heel and Change foot.</i></p>	<ul style="list-style-type: none"> • Players should start slow and increase the speed as they go • Touches should be soft but able to move the ball • Keep the soccer ball close and under control • Players should talk to their feet: <ul style="list-style-type: none"> ○ “Outside –Inside - Laces -Sole, Toe and Heel Turn”
<p>Activity 2 8 minutes</p>		<p>2v1 Pass or Dribble Coach sets up a 15x20 yard grid. Coach has all the soccer balls on the sideline. Coach divides the players into 3 groups; 2 attacking groups and 1 defending. The coach passes a soccer ball to one of the lines. The first player in each of the 3 lines enters the field. (2v1). The 2 attackers must get the ball over the opposite end-line under control. If the attackers score: 1 point. If the defender steals the ball and scores, he is awarded: 2 points.</p>	<ul style="list-style-type: none"> • Application of dribbling, passing-receiving technique under pressure • 1v1 defending • Decision making
<p>Activity 3 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>Activity 4 8 minutes</p>		<p>4 Corner to 4 Goals: In 20x25 yard grid with cone goals at each end, players of the same team are placed by the corner cones of the goal line 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 in any of the two goals they are attacking or the ball goes out of bounds. Players need to get out of the field quickly and get back in line.</p>	<ul style="list-style-type: none"> • Application of dribbling, passing-receiving and shooting technique under pressure • 1v1 defending • Decision making
<p>Match</p>	<p>3v3 or 4v4 Dual Field Scrimmage</p>	<p>Set up two fields of 15 x 20 yards with a 5 yd. space between them in order to keep the majority of your team playing.</p>	<p>25-30 minutes</p>

