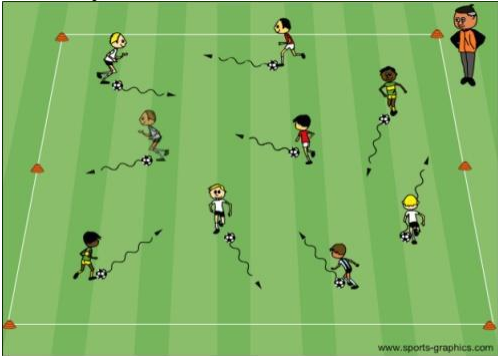

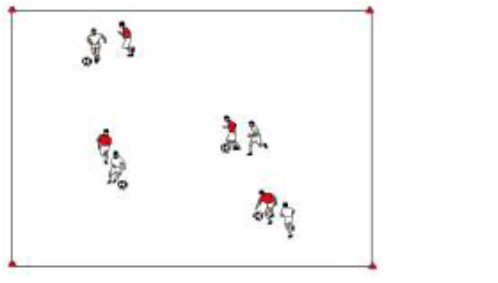


## U8 - Lesson Plan #1

Activity Diagram	Activity Description	Time
<p>Activity 1</p> 	<p><b>Breaking the Ice:</b> All players dribble randomly, call out greetings, say their names, shake hands, high fives (1 hand, 2 hands), etc.. Continue with Free Dribble.</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. Perform with right foot and then left foot.</p> <p><b>Coach:</b> Call out moves and change direction. Have players demonstrate a move and accelerate away.</p> <p><b>Version 2:</b> Coach can put pressure on players dribbling.</p> <p><b>Version 3:</b> Players can dribble at each other and perform a move and accelerate away.</p>	<p>6 minutes</p>
<p>Activity 2</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>	<p>6 minutes</p>
<p>Activity 3</p>	<p><b>Knock Out</b>---In same space as previous activity, have players dribble balls while trying to knock other player's balls outside of the grid. Players can never leave their own ball. If their ball gets knocked out have them retrieve it quickly and get back into the game. (You may wish to have them perform a skills task before re-entering such as 10 sole of the foot touches or juggling 5 times).</p>	<p>6 minutes</p>
<p>Activity 4</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>	<p>6 minutes</p>
<p><b>Field Scrimmage</b></p>	<p>Scrimmage against team identified on the schedule.</p>	<p>25 minutes</p>