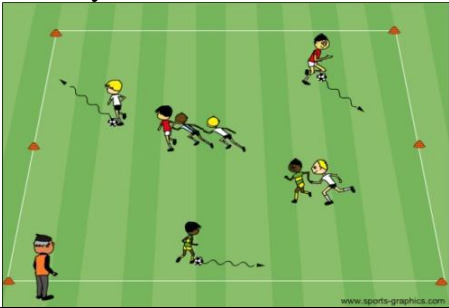
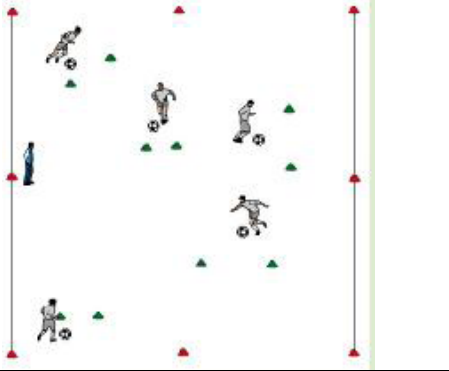
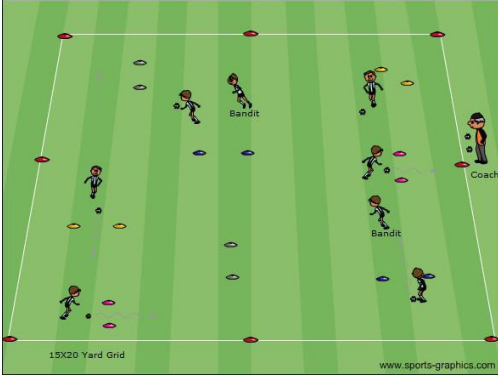


## U8 - Lesson Plan #2

Activity Diagram	Activity Description	Time
<p>Activity 1</p>	<p><b>Shadow Dribble</b>---One player with a ball and another player behind them with a ball as well. The player in front can go anywhere in the 20x20 yard box and the player behind must try to keep as close to them as possible and follow where they are going and what they are doing. The leader determines where they are going and the player who is the shadow tries to keep up with them. Then reverse the roles. Players can use both feet to start, then can choose to use one foot, then the other.</p> <p><i>Variation 1:</i> Now the leader adds in moves while they are dribbling and the shadow player must do the same.</p>	<p>6 minutes</p>
<p>Activity 2</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.</p> <p><b>Coach:</b> Encourage the snake players to hiss.</p>	<p>6 minutes</p>
<p>Activity 3</p> 	<p><b>Gates</b>---In a 20x25 yard grid, set up many pairs of cones (with roughly 2 yards in between pairs) all around the playing area. These pairs serve as gates or small mini-goals. Players each have a ball and must dribble through the gate in order to score. Players must count how many goals they score; when playing a second time, ask them if they can beat their score by one goal. Coaches can vary this by asking players to dribble with left foot or right foot. If players end up dribbling back and forth through only one goal, introduce a rule to protect against this.</p>	<p>6 minutes</p>
<p>Activity 4</p> 	<p><b>Gates with Bandits</b> Coach sets up a 15x20 yard grid with several gates (goals) inside.</p> <ul style="list-style-type: none"> <li>All but 2 players dribble their soccer ball in the grid. The 2 without soccer balls are bandits.</li> <li>The players try to dribble through as many goals as they can within the allotted time (60-90 seconds).</li> <li>The bandits try to steal any soccer ball they can. Once they steal a soccer ball, they are no longer bandits and try to start scoring goals.</li> <li>Players who lose their soccer balls are now bandits and must try to steal either their soccer ball back or any other soccer ball they can.</li> </ul> <p>Players with a soccer ball at the end of the round get to keep their points to start the next round.</p>	<p>6 minutes</p>
<p><b>Field Scrimmage</b></p>	<p>Scrimmage against team identified on the schedule.</p>	<p>25 minutes</p>