
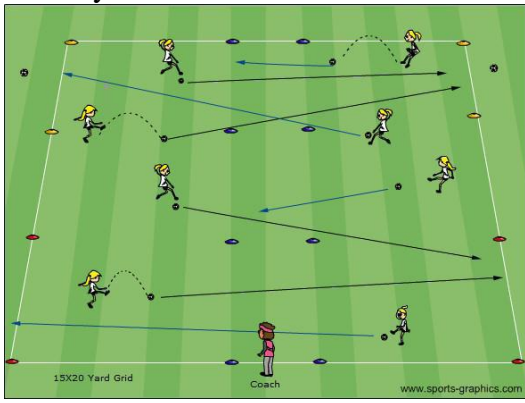


U8 - Lesson Plan #3

Activity Diagram	Activity Description	Time
<p>Activity 1</p> 	<p>Ball Tag: All players are dribbling a soccer ball in a 15x20 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. <u>Variation 2:</u> 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>	<p>6 minutes</p>
<p>Activity 2</p>	<p>Team Ball Tag Split into two teams. One team (<i>the Taggers</i>) is trying to tag the players on the other team by kicking their soccer ball at them below their knee or on their soccer ball. They keep track of how many times they tag the other team; after each game the coach can help them add up their numbers. Then the other team gets a chance to do the same thing. In each game, only one team is designated as the <i>Taggers</i>. The other team is trying to keep away and shield their soccer balls. <u>Variation 2:</u> Can only have the teams tag the other team's soccer balls.</p>	<p>6 minutes</p>
<p>Activity 3</p>	<p>Soccer Marbles In the same space as the previous two activities, players start in pairs, each with a ball. One player plays out their ball (using the inside of the foot) and the partner passes their own ball in an attempt to strike the ball their partner played out. Players should keep track of how many times they hit their partner's ball. <u>Variation 1:</u> Once players understand this game, make it fast paced by having the players take turn at trying to hit each other's ball without ever stopping. If player 2 misses player 1's ball, then player 1 immediately runs to their own ball and tries to hit player 2's ball (player 2 does not get to touch his ball after missing player 1's ball). After player 1 has a chance, then player 2 immediately tries to hit player 1's ball right back. etc. etc. This game is continuous and players should keep score. Hint: If 2 balls are very close to each other a player should kick their ball hard at the other ball so when they hit it, it is more difficult for the other to hit their ball back. <u>Variation 2:</u> Three players start the game in a triangle, ten giant steps apart. They take turns trying to hit another player's ball. Number one goes first and so on. They keep score, and the first to ten points wins. If they hit two balls with one shot, they get two points.</p>	<p>6 minutes</p>

Activity 4



Clean Your Backyard

- Each player with their soccer ball in a 15x20 yard Grid with 2 big goals on each end line and a 4 yard neutral zone in the center that no one can enter or cross.
- Coach divides $\frac{1}{2}$ the players on one side of the neutral zone and the other $\frac{1}{2}$ on the other side of the neutral zone. (Coach can clear balls from neutral zone)
- Both teams try to score on either of the other team's goals.
- After a player shoots her soccer ball, she can get any other soccer ball in her $\frac{1}{2}$ of the field and try to score again.

6
minutes

Field Scrimmage

Scrimmage against team identified on the schedule.

25
minutes