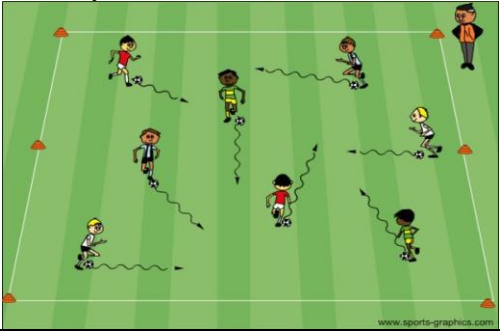
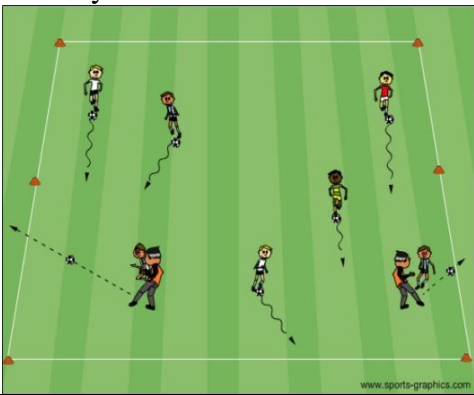
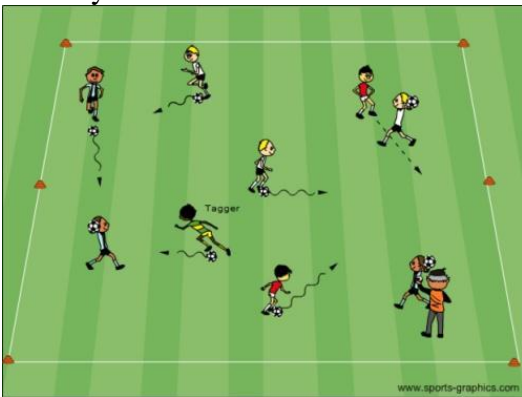
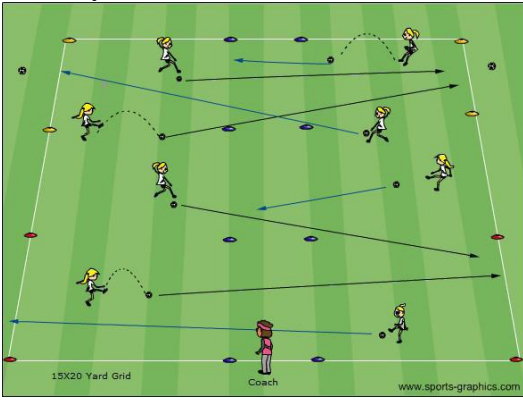


## U8 - Lesson Plan #6

Activity Diagram	Activity Description	Time
<p>Activity 1</p> 	<p><b>Paint the Field:</b> All players will dribble their soccer ball in a 15x20 yard grid pretending that it 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><b>Variation 2:</b> Ask the players to dribble their favorite foot and then dribble with your other foot.</p>	<p>6 minutes</p>
<p>Activity 2</p> 	<p><b>British Bulldog:</b> All players are dribbling a soccer ball from one end to the other end of a 15x20 yard grid. The coach begins as the “bulldog” and tries to kick the dribbling players’ soccer balls out of the grid. Once a player’s soccer ball is kicked out of the grid, they become a “bulldog”.</p> <p><b>Coach:</b> Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p><b>Version 2:</b> Players who dribble the soccer ball close to their feet cannot be attacked by the “bulldog.”</p>	<p>6 minutes</p>
<p>Activity 3</p> 	<p><b>Doctor-Doctor:</b></p> <ul style="list-style-type: none"> <li>• Break team into 2 groups.</li> <li>• Send each team into their own hospital (at opposite corners of the grid).</li> <li>• Select a doctor for each team. The doctor will be able to unfreeze (cure) their own players if they are frozen (injured) by the other team.</li> <li>• Each team tries to freeze the other team by kicking their own soccer balls and hitting either the other team’s soccer balls or someone on the other team below the knee. If a player gets frozen, they must stay where they are, hold their soccer ball above their head and yell out “Doctor-Doctor”.</li> <li>• The doctors do not have a ball and their role is to rush to the aid of their teammates to unfreeze them, by simply touching them, so they can continue playing. The Doctor is always safe (cannot be frozen) if standing in their hospital, but once they leave the hospital and enter the open grid, they can be frozen by the other team. When a Doctor is frozen, the game is over.</li> </ul>	<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.
- Coach divides ½ the players on one side of the neutral zone and the other ½ 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 ½ of the field and try to score again.

6  
minutes

**Field Scrimmage**

Scrimmage against team identified on the schedule.

25  
minutes