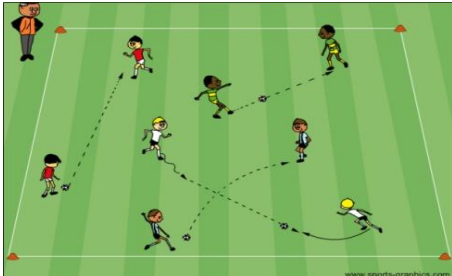
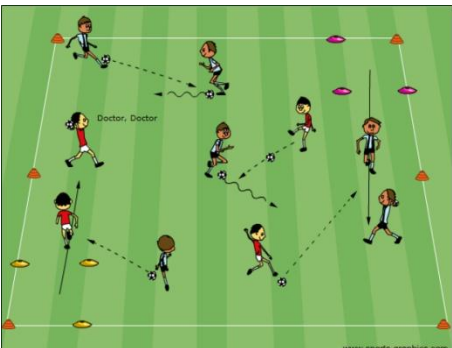
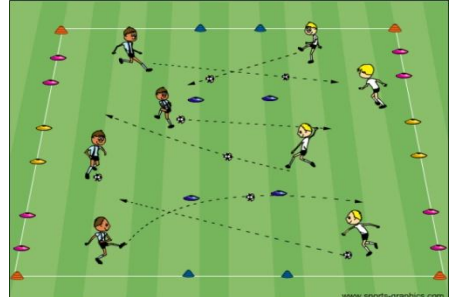



# U8 - Lesson Plan - Week Four

<p><b>Activity 1</b></p> 	<p><b>Activity Description</b></p> <p><b>Paint the Field- Passing:</b> 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 is to pass (kick) the soccer ball to paint as much of the grid as possible in the allotted time.</p> <p><b>Version 2:</b> Tell the players to use the other foot</p>	<p><b>Coaching Considerations</b></p> <ul style="list-style-type: none"> <li>• Passing and receiving technique</li> <li>• Weight of the pass</li> <li>• Ability to pass through traffic</li> <li>• Communication and mobility of the players</li> </ul> <p><b>Time: 8 minutes</b></p>
<p><b>Activity 2</b></p> 	<p><b>Activity Description</b></p> <p><b>Doctor, Doctor:</b> Divide the group into two teams. Send them to their hospital (corner boxes). Each team selects a doctor. He/she will cure (unfreeze) his/her team's players. Teams try to freeze each other by hitting the players with their soccer balls below knees or striking their balls. When frozen, players must put ball above head, remain in place, and yell "<b>Doctor, Doctor</b>". The Doctor is without a ball, and is safe in the hospital, but when he comes out, he can be frozen. When the doctor is frozen the game is over.</p>	<p><b>Coaching Considerations</b></p> <ul style="list-style-type: none"> <li>• Dribbling Technique</li> <li>• Protect the ball</li> <li>• Passing technique</li> <li>• Wight and accuracy of the pass</li> </ul> <p><b>Time: 8 minutes</b></p>
<p><b>Activity 3</b></p> 	<p><b>Activity Description</b></p> <p><b>Clean Your Backyard:</b> Split the players into two teams to play in a 20x25 yard grid. With cones, divide the field into three portions. The central portion (<b>the buffer zone</b>) 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.</p> <p><b>Coach:</b> Allow players to enter the buffer zone to retrieve any ball that has stopped in there.</p> <p><b>Version 2:</b> Allow teams to defend the goals using their hands.</p>	<p><b>Coaching Considerations</b></p> <ul style="list-style-type: none"> <li>• Basic Shooting technique</li> <li>• Simple decision making</li> <li>• Shoot, Shoot, Shoot!</li> </ul> <p><b>Time: 8 minutes</b></p>
<p><b>Activity 4</b></p> 	<p><b>Activity Description</b></p> <p><b>2v2 to Small Goals:</b> Divide the 20x25 yard grid into two equal grids of 12x20 yards, with a one yard buffer zone in between. Place a 3yard goal with cones on each end line. Players will score by dribbling or passing through the goal they are attacking.</p> <p><b>Coach:</b> have two games going at the same time. If you have extra players, make sure you sub them in.</p>	<p><b>Coaching Considerations</b></p> <ul style="list-style-type: none"> <li>• Application of dribbling, passing-receiving and shooting technique under pressure</li> <li>• 1v1 defending</li> <li>• Decision making</li> </ul> <p><b>Time: 8 minutes</b></p>
<p><b>Scrimmage</b></p>	<p><b>Activity Description</b></p>	<p><b>Time</b></p>
<p><b>4v4 - Dual Field Scrimmage</b></p>	<p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p><b>30 minutes</b></p>