


# U8 - Lesson Plan - Week Five

Activity 1	Activity Description	Coaching Considerations
	<p><b>Juggling:</b> All players with a soccer ball in their hands drop the ball down and try to kick it back up to their hands. Players will try to use their thighs and feet to keep the ball in the air. <b>Coach:</b> Have the players count how many times they touch the ball before it hits the ground. <b>Version 2:</b> Controlled juggling - Thigh, foot, catch. Thigh, thigh, foot, catch. Thigh, thigh, foot, foot, catch.</p>	<ul style="list-style-type: none"> <li>• Hand, foot, eye coordination</li> <li>• Use foot and thigh</li> </ul> <p style="text-align: right;"><b>Time: 6 minutes</b></p>
Activity 2	<p><b>Steal-Shield:</b> Pair up the players with one ball. One player starts with the ball and at coach's command his/her partner tries to steal the ball away. Play 30-45 second matches. The player who ends with the ball gets a point. If the ball goes out of bounds, one of the players must get it back in play very quickly. <b>Coach:</b> Show proper shielding technique during the demonstration. Fix technical shielding errors throughout the activity to assure that the group is doing it properly.</p>	<p><b>Coaching Considerations</b></p> <ul style="list-style-type: none"> <li>• Body sideways on to opponent</li> <li>• Use arm to protect and know where defender is going</li> <li>• Knees bent</li> <li>• Turn as defender attacks or reaches for the ball</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
Activity 3	<p><b>Activity Description</b></p> <p><b>Dribbling Gates With Bandits:</b> In a 20x25 yard grid, set up many gates (two cones about 2 yards apart). Select two players to be the "Bandits". They will try to dispossess the players while trying to score points by dribbling through the gates. When the bandit steals the soccer ball, the player who lost the ball becomes the bandit. <b>Coach:</b> Play multiple 1-2 minute games. Award a point to all players that have a soccer ball at the end of each game.</p>	<p><b>Coaching Considerations</b></p> <ul style="list-style-type: none"> <li>• Keep ball close</li> <li>• Changing direction</li> <li>• Acceleration after going through a gate</li> <li>• Decision making</li> <li>• 1v1 defending</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
Activity 4	<p><b>Activity Description</b></p> <p><b>3v3 to End Zones:</b> In a 20x25 yard grid, place an End Zone of one yard wide along each end line. Players will score by dribbling and stopping the soccer ball in the End Zone. Defenders can't defend in the End zone.</p>	<p><b>Coaching Considerations</b></p> <ul style="list-style-type: none"> <li>• Application of dribbling, and passing-receiving technique under pressure</li> <li>• 1v1 defending</li> <li>• Decision making</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
Scrimmage	Activity Description	Time
4v4 - Dual Field Scrimmage	Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.	30 minutes



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