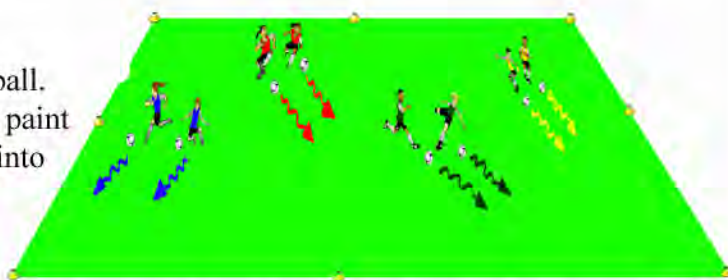


U-8 LESSON PLAN: COOPERATIVELY COMPETING

Warm-Up "Paint The Square"

Players pair up with a teammate. They each share have a soccer ball. Tell them to pretend the ball is a paint brush and as a pair try and paint the entire square by passing the ball around the square. Progress into having them create or "paint" a picture with the ball by passing. A good "paint stroke" only counts when the ball is on the ground.



Guided Discovery Question: "How can you make sure your pass stays on the ground?"
Answer: By hitting the middle of the ball.

1st Activity - Triangles

Two players take 3 cones and spread them about a yard apart into a triangle shape. One player passes the ball through a pair of cones and the other player will then receive the ball and to take the ball around a cone and then back through for the other player to repeat. Every time they can do this successfully it is a point. Anytime they hit a cone or the pass isn't completed, it is not a point. See which pair can get the most.



Guided Discovery Question: How can you and your partner score more points?
Answer: By always being ready to receive a pass. By always making a good pass to our teammate.

2nd Activity

"Matthews" Line Game

This is a 4v4 game but it is always played with 2 balls going at the same time. The object is to dribble the ball over a line. When a team scores by dribbling over a line, they look for a new ball that is delivered by the coach. An extra point is scored if the player that dribbled over the line can tell the coach who passed them the ball. This will encourage them to pass a little bit more.

Guided Discovery Question: How do you know when to dribble and when to pass? Answer: We can dribble when we have space. We need to pass when someone comes to try and get the ball from us.



3rd Activity

"Outside" Goals

Divide into two teams of 3-4 players each. Make 2 goals on each end with flags, cones outside the normal playing field. Coach has a supply of balls in order to keep the game flowing. A goal can only be scored from inside the field so the ball must be passed through the goals that are outside. Players can not go outside the field to score.

Guided Discovery Question: Is it better to try and score far away from the outside goals or closer? Answer: Closer. Follow up with "how does this happen"? Answer: By finding a teammate who is closer to an outside goal.



Final Activity-The Match

Play 4v4 to goals

Coach has a supply of balls to keep match flowing.

"CELEBRATE"

