

Recommended U8 Lesson Plans - Lesson 6

Warm Up

Simon Says. Organization: In a 20 x 20 yard area using cones play Simon Says. If you wish, you can create a story where Simon is the King of "Knotty Ash." In "Knotty Ash" all of the people are children. When King Simon says "foot, knee, sit, elbow, head on the ball, etc." you have to do the command. The coach can also integrate commands such as change direction, go faster and so on, into the game. If Simon does not issue the command or a child responds slowly, he/she receives a "gotcha."

Progressions: 1 minute without ball, 1 minute with ball in hands, minimum of 4 minutes of commands with ball at feet.

Comments: Children should not be eliminated from the game.

Activity 1

Sharks and Minnows. Organization: Mark off an area on the field as the pond. Choose a couple of players to be sharks - they won't have balls, but they are on the prowl for someone else's ball. All the other players are minnows dribbling around the pond. The sharks must try to take someone else's ball away or kick that person's ball out of the pond. If they succeed, then they become a minnow, and the person whose ball was kicked out becomes the shark.

Progression: Have two ponds, one where all the minnows are swimming and another where they need to go before 10 to 15 seconds are up. Between the two ponds are the rapids, where the shark is waiting. If the shark kicks a minnow's ball away (as the minnow swims through the rapids) the minnow must join the shark. Eventually you'll end up with almost everyone being sharks and perhaps just one minnow trying to swim between the ponds with his ball.



SEE LESSON 1

Activity 2

Entrances and Exits. Organization: Divide players into two groups, one on each end line of a field of an appropriate size. The two teams face each other, and each player has a ball. Mark the centerline with a flag or tall cone on each sideline. Call the line between the flags "the bridge." Place one defender on each bridge at the entrance.

Essentially the players have to dribble past the bridge defender to the other side. Ask players to go one at a time or call out numbers. Who gets through the most?

Progressions: Add second defender at the exit of the bridge, shoot after getting out of the exit, etc.

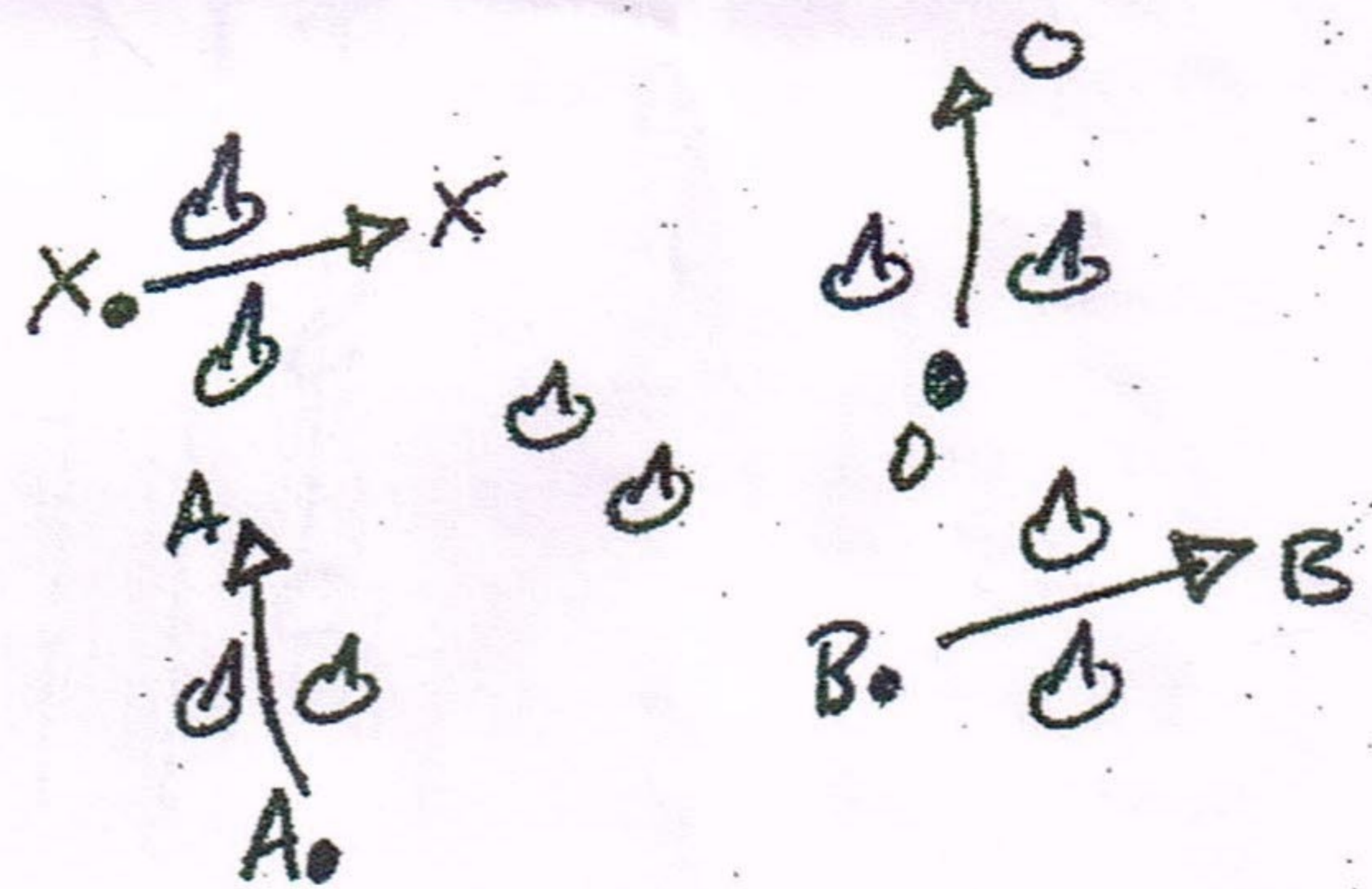
SEE LESSON 3

Activity 3

Gate Passing. Organization: Divide the players into pairs. Set up a series of small goals, approximately two yards apart in a 30 x 30 yard area...making sure you have more goals than pairs. Give your pairs 30 seconds to see how many goals they can pass through in that time.

Progressions: Thrown passes, throw-ins, kicked pass, right foot passes, left foot passes, passes with laces, three passes at each gate, etc. Variations are limitless.

Comments: Pairs cannot go to a goal they have already played or to a goal at which another pair is playing...they have to look for a goal that's empty!



2 v 2

"Outta There." Organization: Set-up a 25 yd x 15 yd area with goals at each end. The coach stands on the touchline with all of the balls at his/her feet. Players are on either side of the coach lined up in pairs. The pairs to the right of the coach defend the goal to the right and visa versa for the players to the coach's left. There are no preparatory vocal commands (just roll the ball in). If ball goes out of bounds - "Get out of there" applies to both teams. If one team scores, "See ya, hosta la vista" etc. applies to scored upon team. Don't retrieve balls, when all balls used up, exclaim "we're out of balls" and every player races to get a ball.

Progressions: Can be played 1 v 1 to start

SEE LESSON 2

Scrimmage: 3 v 3 or 4 v 4