

Recommended U8 Lesson Plans - Lesson 7

Warm Up

Island Game. Organization: Small zones (islands) are set up in the playing area (use disc cones). The players run about in the playing area. At a signal, the players run quickly to an island. No more than two players can occupy one island. A player (or 2) who fails to find an island scores one minus point. The player with the fewest minus points wins.

Progressions: Every player has a ball and players must dribble the ball to an island. Use math problems to get number's for each island (e.g. 5 - 3, etc.) Vary numbers in the islands.

Comments: Don't be afraid to use non-verbal signals.

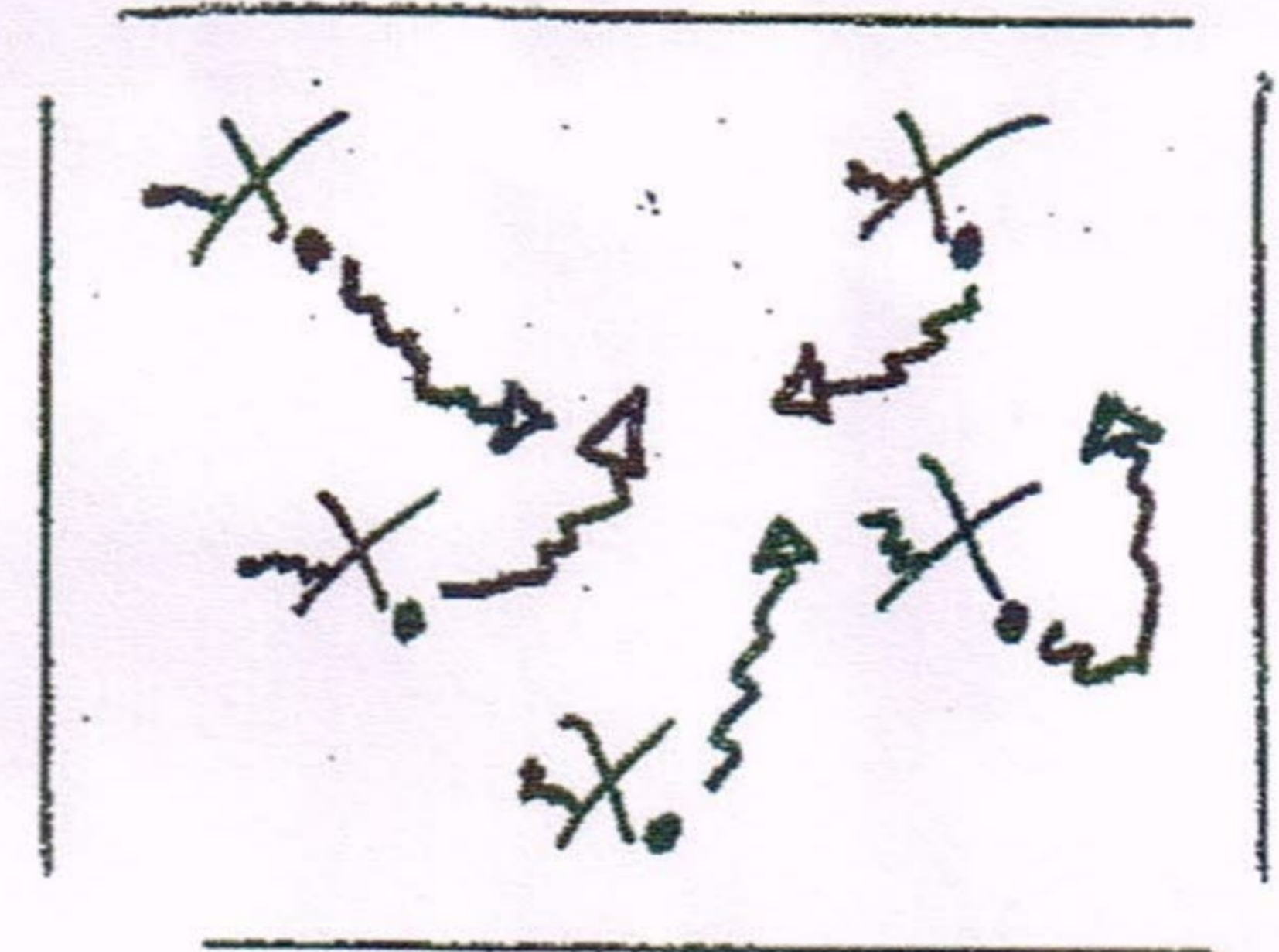
SEE LESSON 2

Activity 1

Tail Tag. Organization: Players run around in a 20 x 15 yard playing area. Each player has a flag (vest/bib, ribbon, etc.) tucked into the back of his shorts with most of it hanging free. All of the players try to steal the other players' flags (but cannot take them out of other player's hands). The players hold the flags that they have stolen in their hands. If a player loses his own flag from the back of his shorts, he keeps playing. The player with the most flags at the end is the winner.

Progressions: Who is the last person to have their flag taken? Each player has a ball to dribble. Each player dribbles a ball in specified way.

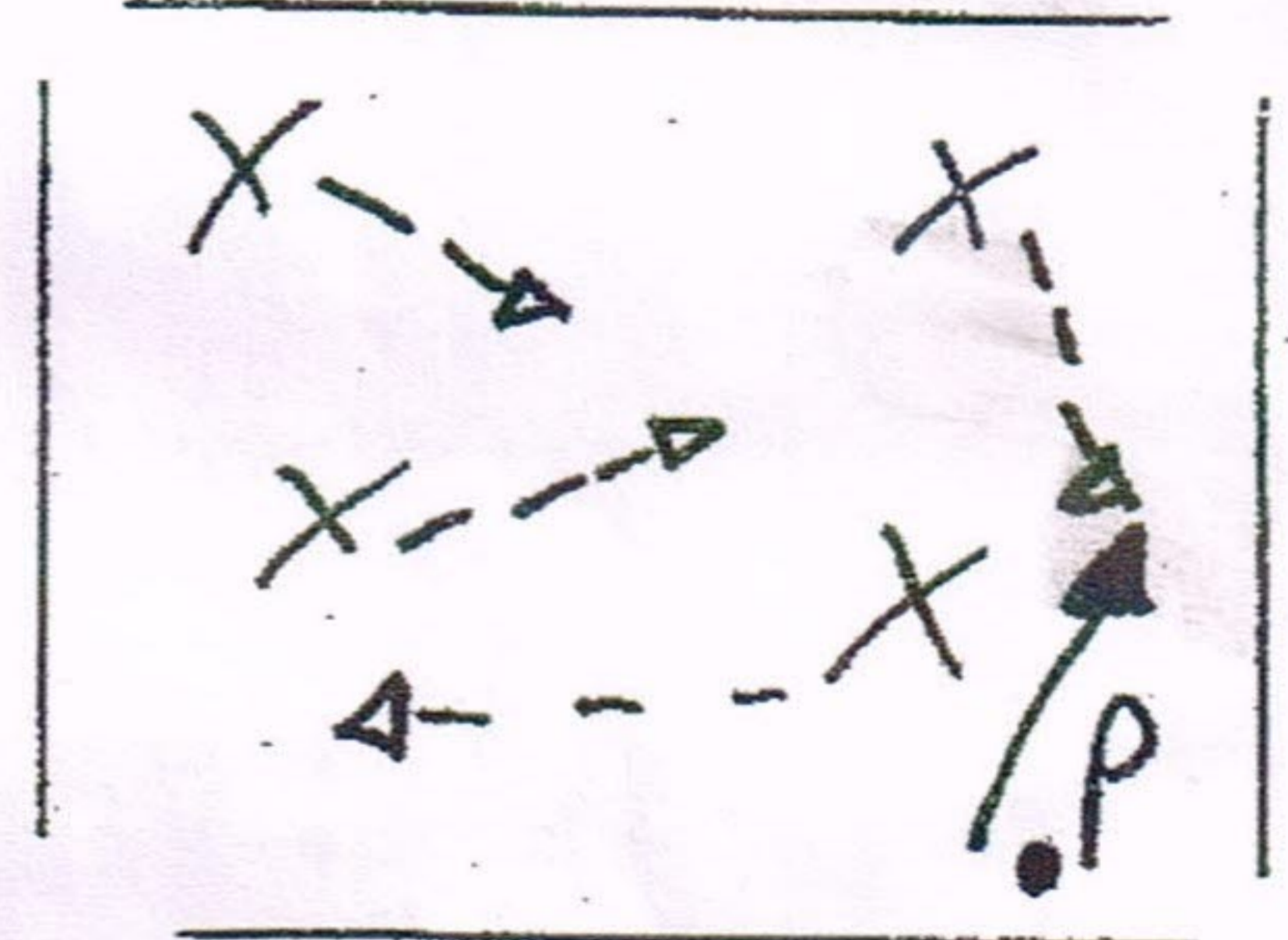
Comments: A fun game that the kids love.



Activity 2

Pac Man. Organization: Players are in a confined area about 20 yards x 20 yards, each player has a ball. Pac Man controls his ball while the other players run freely without a ball. Pac Man dribbles and attempts to hit the other players below the waist. When a player is hit, they get their ball and become the second Pac Man. The game continues until all players have become a Pac Man.

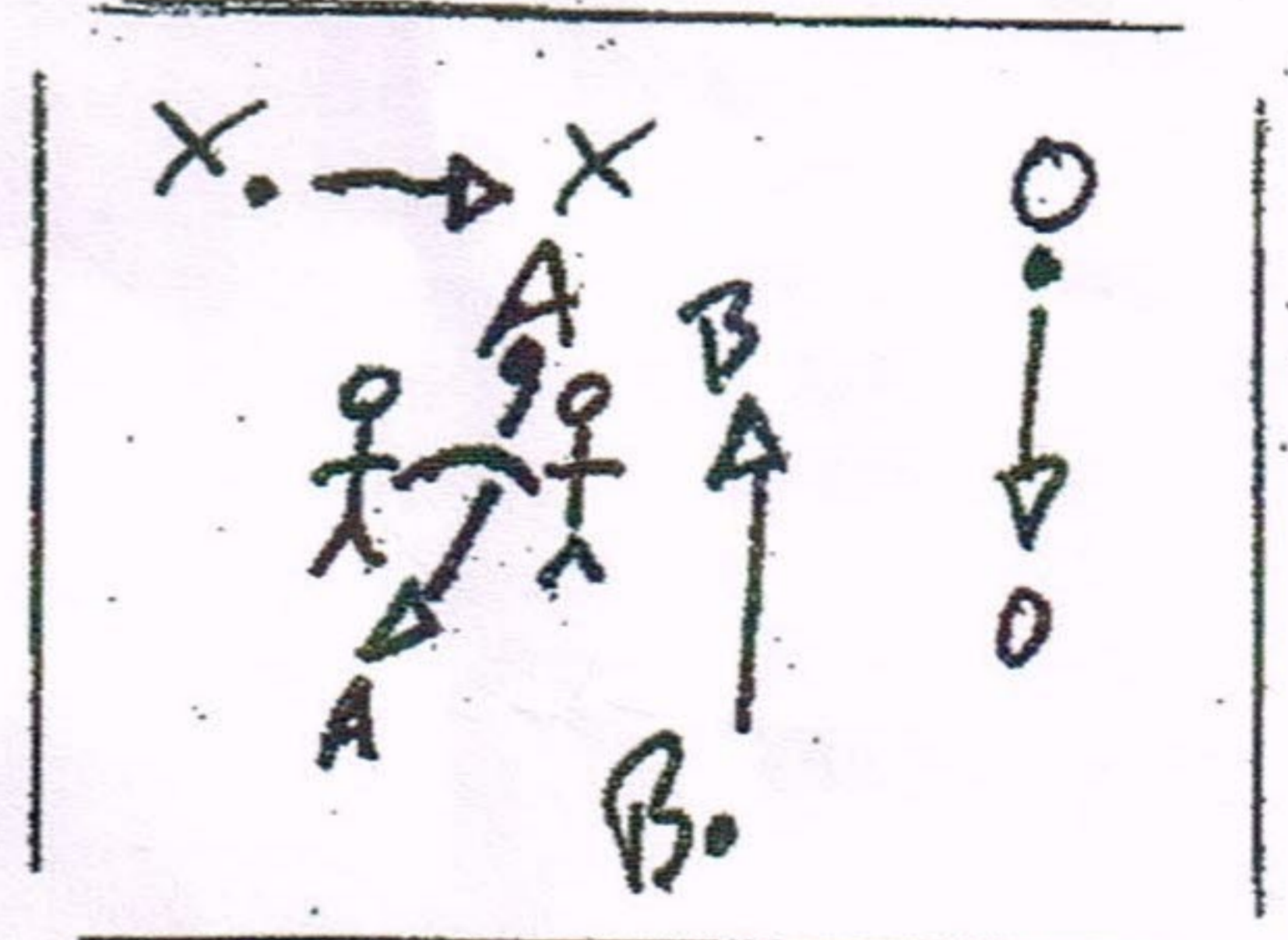
Comments: When playing this game with girls, call it Pac Woman or Pac Girl!



Activity 3

Moving Target (In Pairs). Organization: Players are in pairs and share a ball. The coach and a chosen assistant are holding a bib/vest between them above waist height. The coach and assistant represent the uprights of a goal and the bib they are holding is the crossbar. The goal does not stand stationary, but moves about at a walking pace. The players try to strike their ball through the goal to their partner. Obviously they will try to "gang" about the goal so the goal must go to open space in order to spread out the playing area. Add a second goal after the players get some success or as needed.

Progressions: Specify how the ball has to be passed through the goal.



2 v 2

German Game. Organization: Set-up a rectangular field 20 x 10 yards with 2 end lines. Goals only count if the player with the ball at his foot dribbles the ball over his opponents' end line between the two cones. Duration of the game: 2 minutes, then 1 minute rest. Each pair plays 5 games against different pairs.

Comments: The pair that wins the most games could be the tournament winner.

SEE LESSON 5

Scrimmage: 3 v 3 or 4 v 4