

Recommended U8 Lesson Plans - Lesson 8

Warm Up

Ball Retrieval. Organization: Children work in pairs. The coach tosses the ball for each player and their partner to bring back. Have all of the players gather closely around you (no lines). Each pair hands you their ball, which you toss randomly into an open area where the pair must retrieve the ball (lines are not needed...just help each pair in turn as they come back) and get it back to you as quickly as possible.

Progressions: 4 hands, 4 elbows, one hand and one back, 2 foreheads, 8 passes, 7 passes with feet, 6 passes with right foot, 3 long passes, etc.

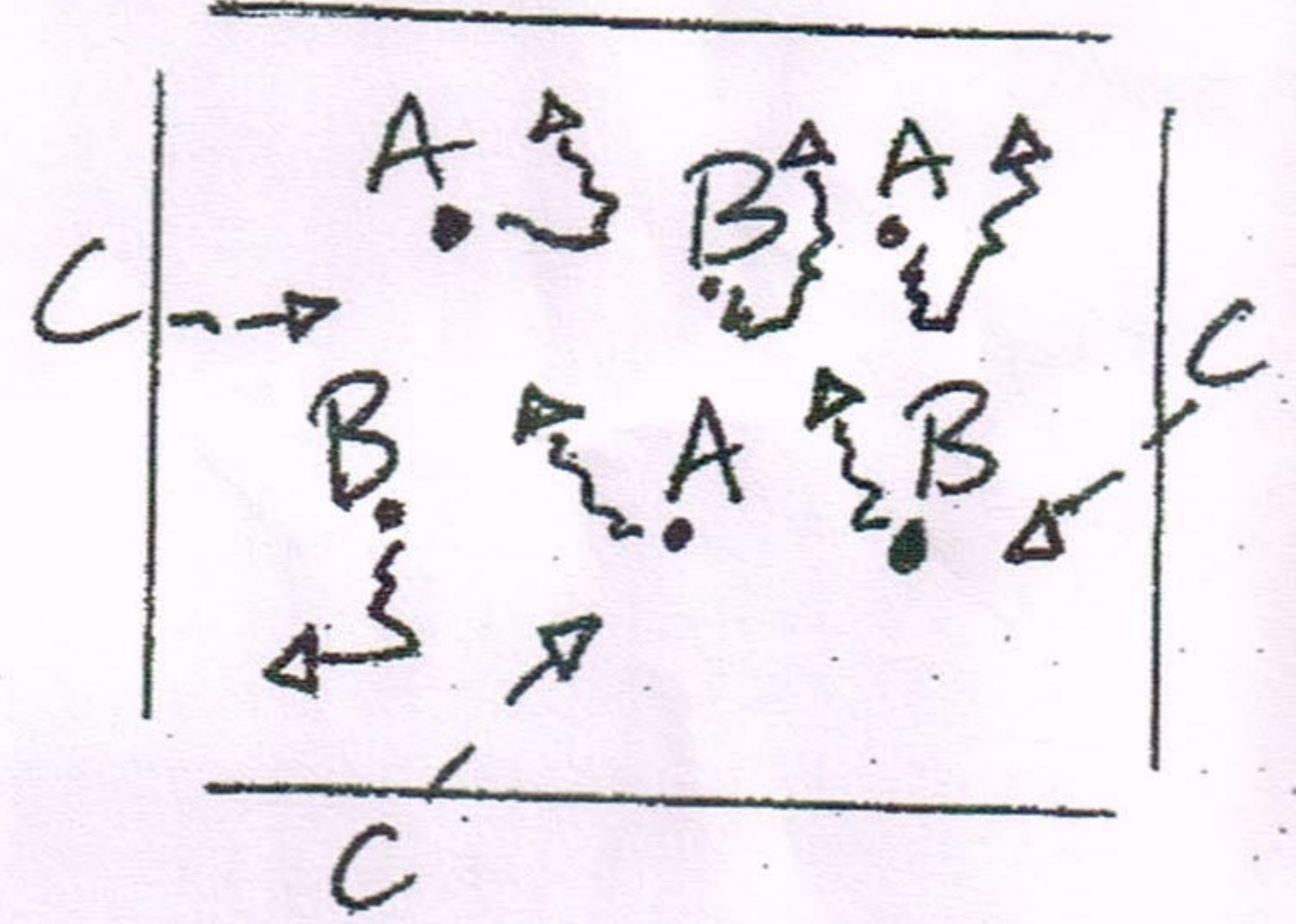
SEE LESSON 3

Activity 1

Freeze Tag. Organization: Divide the players into three groups. Designate one group as the "taggers" and upon a signal have them run around the soccer field trying to tag the other players. When they tag someone, perhaps on the top of the head or on the back, the person who has been tagged is frozen. The only way he can get free is for one of his teammates to crawl through his legs and release him. Time how long the "taggers" take to get all the players frozen. Each group has a turn as the "taggers." The winners are the quickest group to tag everyone.

Progressions: Everybody has a ball and players are unfrozen if the ball is passed through their legs.

Comments: When playing with soccer ball "taggers" could have a ball too...adjust to the level of play.



Activity 2

Foxes & Hunters. Organization: Players on the inside are "foxes". Players on the outside are "hunters." Hunters dribble into the grid and try to dribble their ball into the foxes so that it hits them below the knees. If a fox is hit, the fox drops down to one knee and tries to kick the ball away from the other hunters that are dribbling by. Once all of the foxes are down the teams switch roles. Time each team, the team that "stays alive" longest wins.

Progressions: Specify how hunters can dribble, give foxes balls to dribble too, etc.

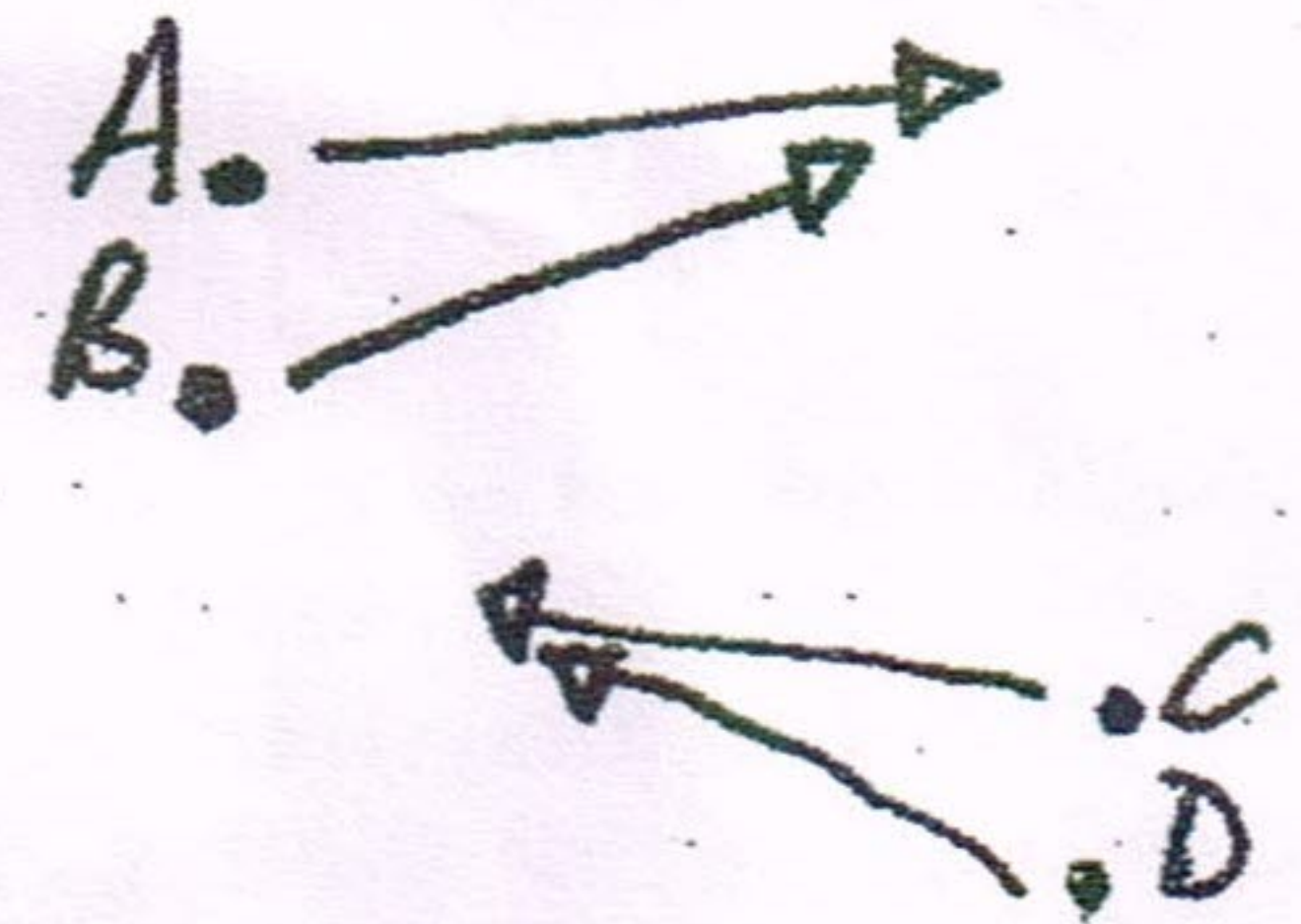
SEE LESSON 5

Activity 3

Marbles. Organization: One ball per person with players in pairs. Players take turns trying to hit each others ball through passing. The exercise begins with players together when one player plays his/her ball away 5-10 yards. The second player then attempts to pass his/her ball to hit their partner's ball with one kick. For a hit, score one point (see restart below). For a miss, the moment the passed ball moves completely passed the other ball, the other player's turn begins. They now try to hit their partner's ball.

Progressions: Specify how the ball has to be kicked.

Comments: There is an advantage to immediately chasing your ball after passing so that in the event your partner misses you can be right there to strike your ball. There is also a fairness component; after a player scores a point and their ball is now only inches away from the other one, the player who just scored restarts the game with a new pass away from the area. This activity develops the tendency to follow your pass.



2 v 2

Numbers Game. Organization: Two teams of equal numbers. Coach calls out a number and that number goes out into the field. The remaining players stay on the goal line, either side of the goal. After a goal, or a period of play, coach calls out another number.

Progressions: Call out same number at each end, 1st number from one end and 2nd number from other end. Call out two numbers for each end and call out different combinations of numbers, so players learn to interact with different subsets. Give advantages to certain teams so players can learn to deal with numbers up and down situations (for example, 2 players from one end and one player from the other end). Coaches should keep comments to a minimum.

Comments: Don't be afraid to have more than one 1 v 1 or 2 v 2 going at once.

SEE LESSON 1

Scrimmage: 3 v 3 or 4 v 4