

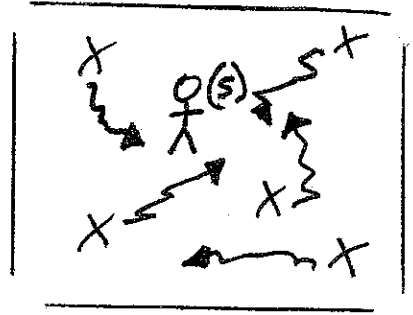
# Recommended US Lesson Plans - Lesson 1

## 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.

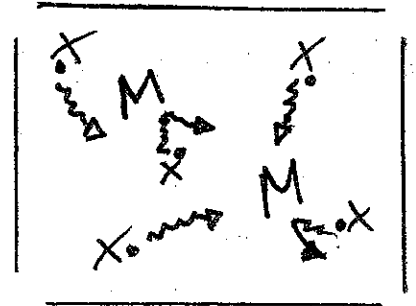
Comments: Children should not be eliminated from the game.



## Activity 1

**Monster Turnaround.** Organization: In a 20 x 20 yard area, organize one ball per player and two "Monsters" (can be coaches) without a ball. The players run around with their ball. To score points they have to run towards a monster and execute a turn. They score a point if they can get close to a monster and turn away keeping control of the ball. If they get too close, the monster can kick their ball away, which they then have to retrieve. How many points can you score in 30 seconds?

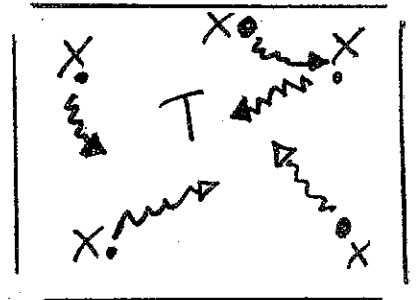
Progressions: Repeat trying to beat your own score. Turn using sole of foot. Turn using outside of foot.



## Activity 2

**Tigerball.** Organization: Each player has a ball, except for the "tiger." At the coach's signal, the tiger tries to steal a ball from one of the other players. To win it, he must steal the ball with his feet and then hold it above his head in his hands ...then he can take it to the coach. The player who lost his ball becomes a tiger too. The last player with a ball is the winner and becomes the first tiger in the next round.

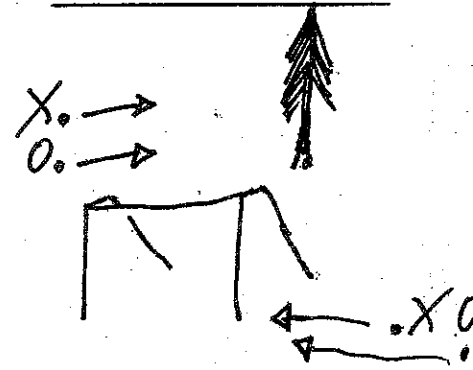
Progressions: Use left foot, use only soles of both feet, etc.



## Activity 3

**Soccer Golf.** Organization: Each player has a ball. Select several objects around the field and number them as holes on a golf course. Use flags, goal posts, bleachers, telephone poles, center circle etc, as holes. After a demonstration of the course, players proceed in pairs through the course. Each touch of the ball counts as a stroke. You could establish par for the course. Each player keeps his/her own score.

Progressions: Pairs play the course taking turns to kick the ball.

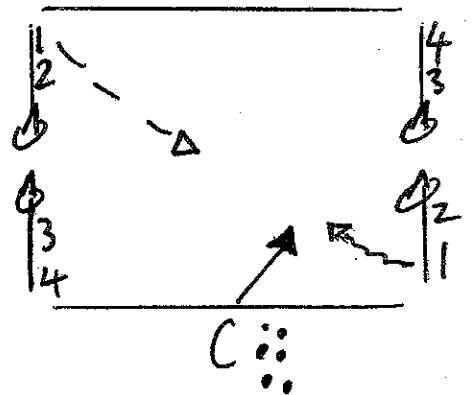


## 2 v 2

**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, 1<sup>st</sup> number from one end and 2<sup>nd</sup> 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.



## Scrimmage: 3 v 3 or 4 v 4

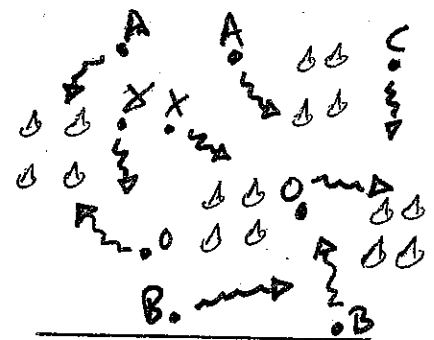
# Recommended U8 Lesson Plans - Lesson 2

## 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.

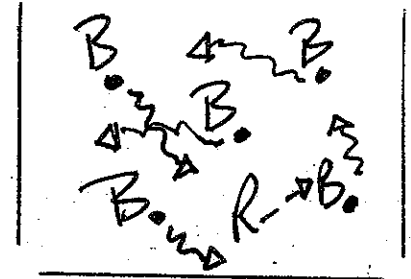
Progressions: Every player has a ball and players must dribble the ball to an island.

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



## Activity 1

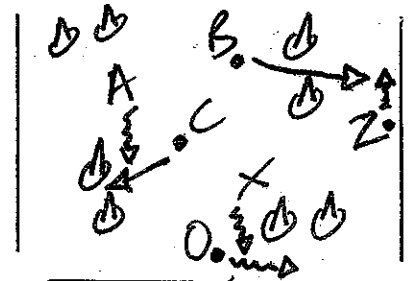
**Ball Stealing.** Organization: Blue players each have a ball. A Red player (or two) tries to gain possession of a ball. Blue must stay inside the 20 x 20 yard area. If a red player gets a ball he/she now becomes a blue player. Play for 60 seconds and see who did not lose possession or who does not have a ball. Rotate players.



## Activity 2

**Everyone vs. Everyone.** Organization: A number of small goals are set up in a field. The coach provides about half as many balls as there are players. Each player tries to win one of the balls and shoot through one of the goals. It doesn't matter which side he shoots from. If he knocks over one of the cones/posts, he must set it up again immediately. The player who scores the most goals in one minute is the winner. Allow adequate breaks after each round of play.

Progressions: Score by dribbling through a goal, score by shooting through a goal, play a couple of rounds for each, etc.

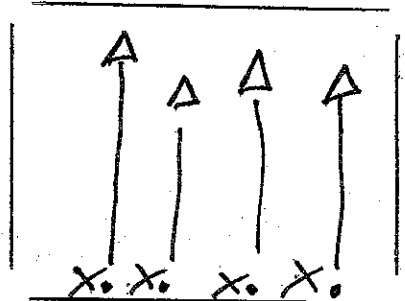


## Activity 3

**Edge of the World.** Organization: Each player has a ball in a rectangular area (adjust size for ability of players). Players start at one end of the area and pass their ball to the other end line. They must run after their own ball and control it before it falls off the edge of the earth. Players can only strike the ball once when passing it. The challenge is to get as close to the line without going over.

Progressions: Pass ball with laces, with inside of foot, work in pairs (one kicks, one stops), etc.

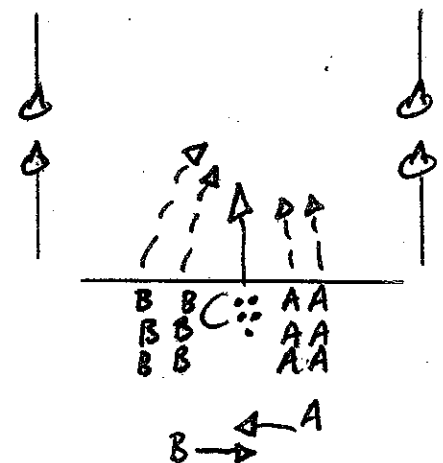
Comments: Can be played in the penalty box, center circle or any confined area.



## 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 or 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.



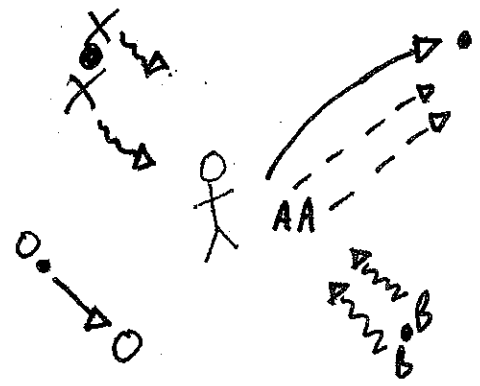
## Scrimmage: 3 v 3 or 4 v 4

# Recommended U8 Lesson Plans - Lesson 3

## 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.

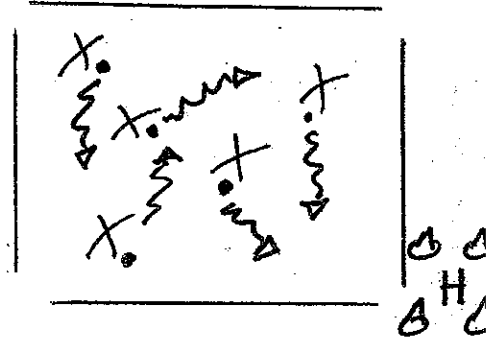


## Activity 1

**Hospital Tag.** Organization: All players each with a ball in a defined area. Set up a second space for a "Hospital." Players must dribble around in the main space and try to tag other players while controlling the ball. If tagged, players must hold the part of the body that was tagged. After player is tagged for the third time, he must go to the hospital. While in the hospital, the players must practice more dribbling. After completing a specific task they come back to the game and begin with a fresh start. Who never went to the hospital?

Progressions: Only dribble with one foot, only use the inside of foot, only use the outside of foot, etc.

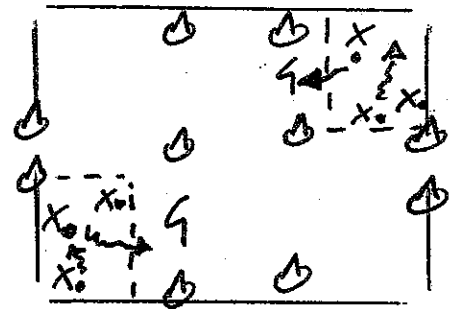
Comments: Encourage rapid changes of speed and direction. Encourage players to attack while they have free hands, but when both hands are holding tagged body areas, they must employ defensive dribbling and go away from attackers.



## 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?

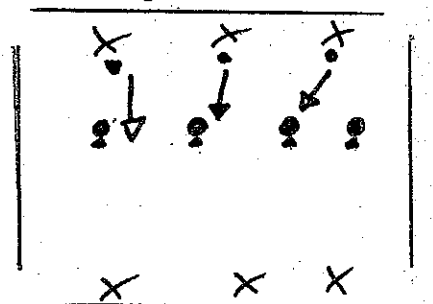
Progressions: Add second defender at the exit of the bridge, shoot after getting out of the exit, etc.



## Activity 3

**Ball Hunting.** Organization: On the baseline of rectangular playing area are 4-6 players. In the middle of the playing area are three cones, each with a ball on top of it. The players shoot from the baseline simultaneously, trying to knock the balls off the cones. Balls that are knocked off are immediately put back on the cones. Who hits the most balls?

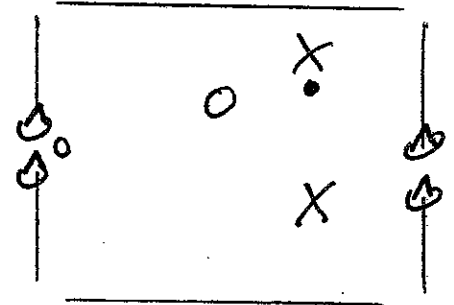
Progressions: Shoot using any surface, shoot using laces, shoot using inside of foot, etc.



## 2 v 2

**GK Game.** Organization: Set-up a couple of 2 v 2 fields (10 x 20 yards) with 2 six yard goals. 2 pairs play against each other with one condition... if a pair does not have the ball one player must drop back into goal (they can play as a GK if you wish). When the single player wins the ball he must pass back to the other player in the goal before attacking (meanwhile the other team has a player drop back).

Comments: Each team can play 3 games, so that all the teams play each other.



## Scrimmage: 3 v 3 or 4 v 4.

# Recommended U8 Lesson Plans - Lesson 4

## Warm Up

**Partner Exercises.** Organization: Divide players into two groups. Each player in Group A has a partner in Group B. B runs behind A at an easy pace. At the coach's signal (hand signal, dropped ball), each pair must perform specific tasks.

**Progressions:** A stands with legs apart and B crawls under him, A falls onto his stomach and B jumps over him (variation: five quick hops in a row), A reacts as above and B forms a "bridge" over him, A changes the way he is running (skipping, sideways) and B follows his lead. After a few minutes, each player has to dribble a ball too (adjust tasks accordingly).

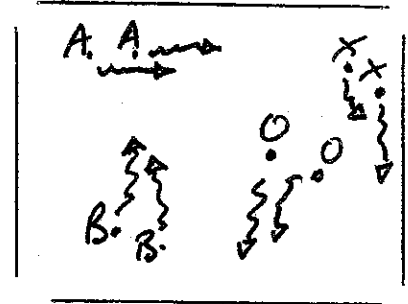
**Comments:** Players switch roles halfway through the exercise.

## AND/OR

**Pair Tag.** Organization: Put players into pairs (one player is #1 and the other is #2). Players start out running freely in the field. When the coach calls out a number, the players called have 10 seconds to tag their partners. The coach signals the end of 10 seconds with a signal.

**Progressions:** Players score one point each for every successful tag. Who can score the most points in five rounds?

**Comments:** Individual players' points may also be added for a team total.

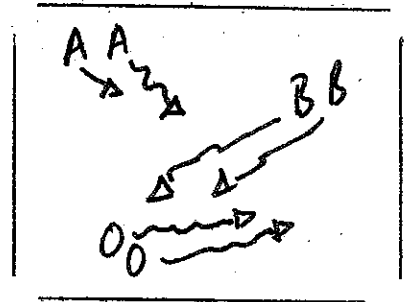


## Activity 1

**Shadow Running.** Organization: The front player is the runner and the second player is his shadow. The runner tries to shake off his shadow by changing pace and direction. The shadow tries to remain at a distance of 1-2 yards behind the runner. The runner can stop and carry out stretching exercises or he can make arm movements or turns while running. His shadow must imitate all of these movements. After 1-2 minutes the two players swap roles.

**Progressions:** Add ball for each player.

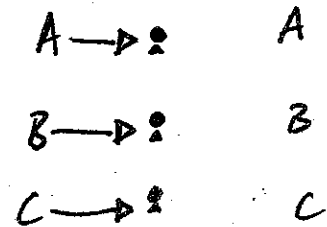
**Comments:** Make sure the players in each pair are evenly matched.



## Activity 2

**Coconut Shy Game.** Organization: In pairs, set the children up 10 yards apart. Put a ball (the coconut) on a disc cone or put a tall cone in between them. Players kick the ball and try to knock the ball off the cone. Player who hits the ball or tall cone resets target ball/cone and the other player retrieves game ball. How many times can you knock the ball off the disc cone in a minute?

**Progressions:** Shoot using any surface, shoot using laces, shoot using inside of foot, etc.

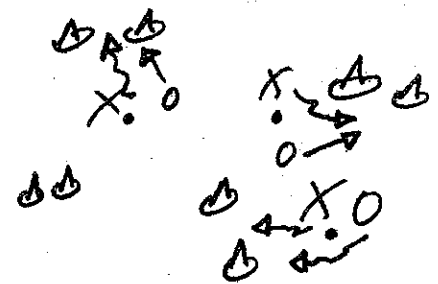


## Activity 3

**Pairs Game.** Organization: A number of goals are set up in a field (one more than the number of pairs). Each player tries to score as often as possible. The coach divides the players into pairs, who play 1 v 1 on the small goals. Each pair has a ball. Players may score on any goal from either side. Due to the high physical intensity, the game should be played in intervals: one minute of play should be followed by a one-minute active rest period, during which players can play and pass through the small goals at a relaxed pace. At a signal from the coach, the 1 v 1 begins again.

**Progressions:** Score by shooting into a goal, score by dribbling through a goal and stopping the ball within 2 yards (leave the ball for your opponent to become the attacker), etc.

**Comments:** The players who scores the most goals wins. Again, well-matched pairs are vital.



## 2 v 2

Use the same field set-up as per activity 3. Each pair now becomes a team. Play 2v2 into multiple goals.

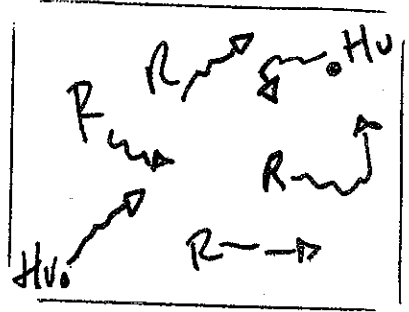
## Scrimmage: 3 v 3 or 4 v 4

# Recommended U8 Lesson Plans - Lesson 5

## Warm Up

**Hares and Hunters.** Organization: Players are in a marked playing area. 1 to 3 hunters have a ball. The other players are hares. The hunters throw the ball at the hares (must hit below waist height). When a hare is hit by a ball, he picks it up and becomes a hunter.

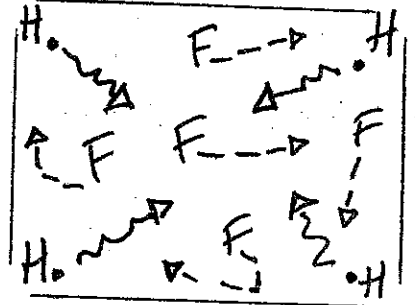
**Progressions:** The hunters try to catch all of the hares as quickly as possible by hitting them all with the ball. The group that catches all of the hares fastest is the winner. Also players each have a ball to dribble and hunters hit a hare's ball. Hunters have to kick the ball.



## Activity 1

**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 1

## Activity 2

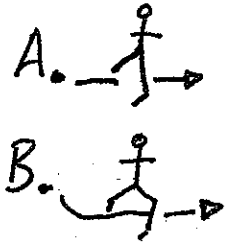
**Tigerball.** Organization: Each player has a ball, except for the "tiger." At the coach's signal, the tiger tries to steal a ball from one of the other players. To win the ball, he must steal it with his feet and hold it above his head in his hands...then he can take it to the coach. The player who lost his ball becomes a tiger too. The last player with a ball is the winner and becomes the first tiger in the next round.

**Progressions:** Use left foot, use only soles of both feet, etc.

## Activity 3

**Tunnel Passing.** Organization: Two players face each other at a distance of 1 meter. Player 1 has 30 seconds to pass the ball as many times as possible through the tunnel formed by the separated legs of Player 2. The first player kicks the ball through the partner's legs and then runs behind Player 2 to return kick the ball to the original side. Meanwhile, Player 2 remains still and counts the number of goals scored by the opponent. Then the players switch roles and Player 2 gets 30 seconds to pass the ball. The winner is the player who, using either left or right foot, passes the ball more often through the tunnel formed by the opponent. In case of a tie, repeat the test.

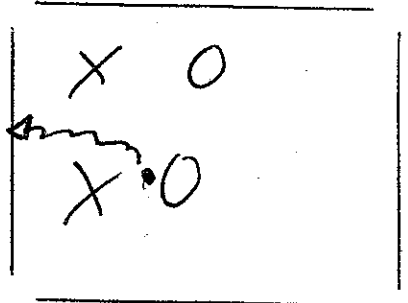
**Progressions:** Right foot only, left foot only, alternate feet, inside of foot, etc.



## 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.



## Scrimmage: 3 v 3 or 4 v 4

## 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.

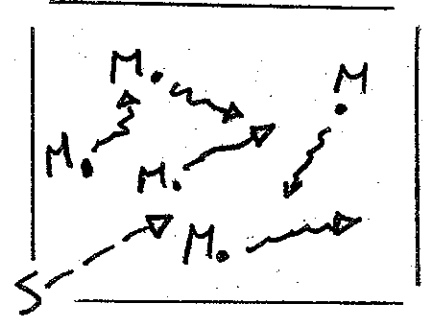
Comments: Children should not be eliminated from the game.

SEE LESSON 1

### 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.



### 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.

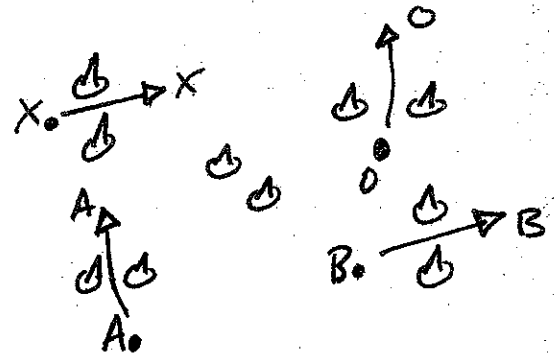
SEE LESSON 3

### 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

## 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.

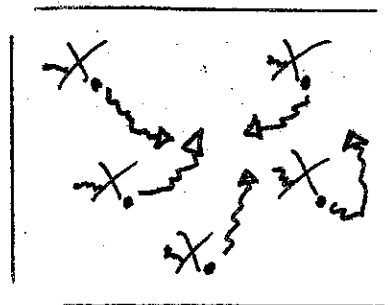
SEE LESSON 2

### 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.

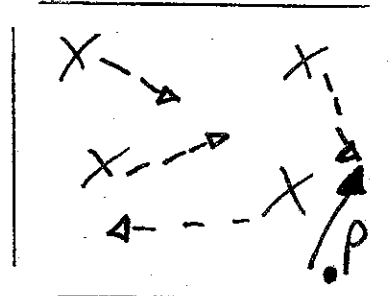
Comments: A fun game that the kids love.



### 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.

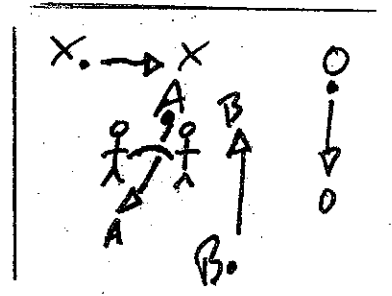
Comments: When playing this game with girls, call it Pac Woman or Pac Girl!



### 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

# 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.

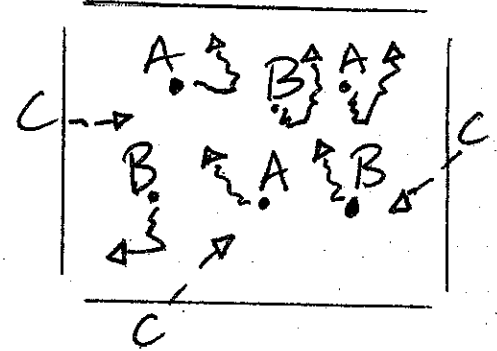
SEE LESSON 3

## 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.

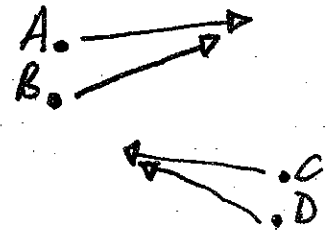
SEE LESSON 5

## 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, 1<sup>st</sup> number from one end and 2<sup>nd</sup> 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

## Recommended U8 Lesson Plans - Lesson 9

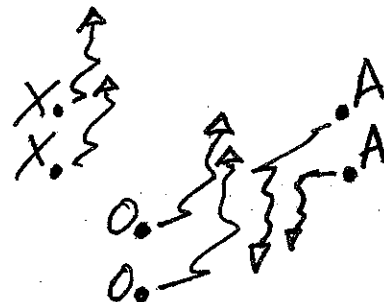
### Warm Up

**Partner Exercises.** Organization: Players divide into two groups. Each player in Group A has a partner in Group B. B runs behind A at an easy pace. At the coach's signal (whistle, hand signal, dropped ball), each pair must perform specific tasks. Progressions: A stands with legs apart and B crawls under him, A falls onto his stomach and B jumps over him (variation: five quick hops in a row), A reacts as above and B forms a "bridge" over him, A changes the way he is running (skipping, sideways) and B follows his lead, etc. Each player has a ball...adjust tasks accordingly. Comments: Players switch roles halfway through the exercise.

SEE LESSON 4

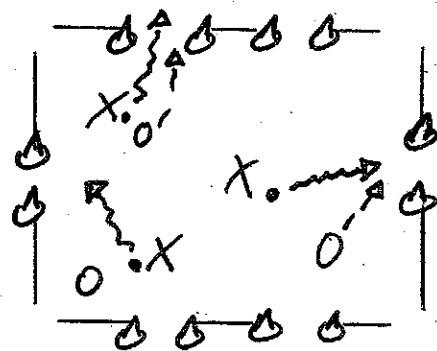
### Activity 1

- Tag in Pairs.** Players are in pairs and everybody has a ball in a unlimited space. One player is "it" and has to catch their partner and tag them (tag with hand below shoulder height). If the other player is tagged, they become "it" and now must tag their partner. Players must keep their ball with them at all times.
- Progressions: Don't run away but be brave and see how close you can let "it" get to you before getting away, don't turn and run away again but go around "it" to the side, lean one way and go another way to get away, etc. Can be played by varying the tagging method... "it" has to hit their ball against their partners.
- Comments: Use you coaching points as the rules for the next round. Even matching of pairs needed for this game.



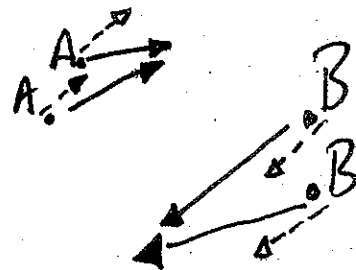
### Activity 2

**Gate Game.** Organization: Set up "Gates" marked by markers in an area 20 x 30 yards. Players are in groups of 2. One player (X) starts as an attacker and the other is a defender (O). X tries to beat O to run the ball through an empty gate. If O wins the ball, he/she now becomes the attacker. Play until a goal is scored, then players change over. No player can score in the last goal scored upon. Play for 2 minutes and see how many goals each player scores. All groups working at the same time, therefore the empty gates keep changing. Rotate the players.



### Activity 3

**Duck Hunt.** Organization: The players are in pairs. Each player has a ball. One person is in front of the other as in "partner exercises." The person in front dribbles anywhere, but cannot lose his/her partner who is following right behind with a ball. When the coach says "pull", the person in front passes their ball to the side and the person behind has to pass immediately and try and hit the ball that was just passed. If a ball is hit then a point is scored. Players switch roles after three times. Progressions: Specify which foot is used, what technique is used, etc. Allow players in front to decide themselves when they pass a ball out instead of listening to the coach yell.



### 2 v 2

- GK Game.** Organization: Set-up a couple of 2 v 2 fields (10 x 20 yards) with 2 six yard goals. 2 pairs play against each other with one condition . . . if a pair does not have the ball one player must drop back into goal (they can play as a GK if you wish). When the single player wins the ball he must pass back to the other player in the goal before attacking (meanwhile the other team has a player drop back).
- Comments: Each team can play 3 games, so that all the teams play each other.

SEE LESSON 3

**Scrimmage:** 3 v 3 or 4 v 4.

# Recommended U8 Lesson Plans - Lesson 10

## Warm Up

**Hares and Hunters.** Organization: Players are in a marked playing area. 1 to 3 hunters have a ball. The other players are hares. The hunters throw the ball at the hares (must hit below waist height). When a hare is hit by a ball, he picks it up and becomes a hunter. Progressions: The hunters try to catch all of the hares as quickly as possible by hitting them all with the ball. The group that catches all of the hares fastest is the winner. Also players each have a ball to dribble and hunters hit a hare's ball. Hunters have to kick the ball.

SEE LESSON 5

## Activity 1

**Shadow Running.** Organization: The front player is the runner and the second player is his shadow. The runner tries to shake off his shadow by changing pace and direction. The shadow tries to remain at a distance of 1-2 yards behind the runner. The runner can stop and carry out stretching exercises or he can make arm movements or turns while running. His shadow must imitate all of these movements. After 1-2 minutes the two players swap roles.

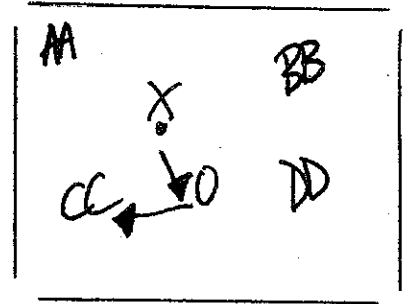
SEE LESSON 4

Progressions: Add ball for each player. Comments: Make sure the players in each pair are evenly matched.

## Activity 2

**Siamese Soccer.** Organization: Create a playing space of approximately 20x20 yards. One ball for one pair to start. These players are partners who can only pass to each other. All other players are paired and must link arms/hold hands. Players with the ball dribble (3 touch maximum) and pass while attempting to hit the other paired players, who are trying to avoid getting hit. To hit a player, the pass must be under waist height. If one of the pairs gets hit, they break apart, get a ball and attempt to dribble and pass to hit other pairs. Game continues until all paired players have a ball. Last pair to be hit start with the ball for the next round.

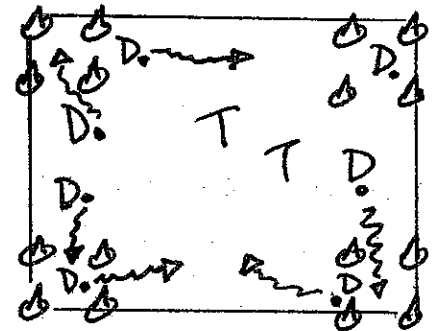
Comments: Coaches can join in to help the first couple of pairs get some "hits."



## Activity 3

**Running Bases.** Organization. Divide the team up into "taggers" and "dribblers." There should be more dribblers than "taggers." Players try to dribble their ball without being tagged. If they get tagged they exchange places with the "tagger." Have "taggers" carry a vest/bib to distinguish themselves. They drop their vest/bib for the player that is tagged and use their ball to dribble. Players are safe in any one of the 4 bases. Only one player allowed in a base at any one time. If new player enters the base, the old player must leave.

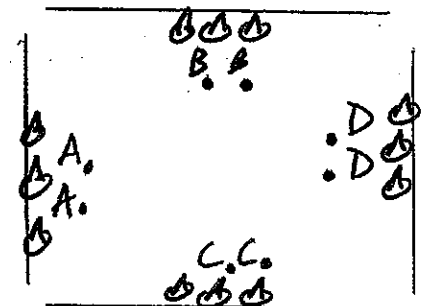
Progressions: Can start without a ball. Once kids are dribbling to make it easier for the dribblers: only one "tagger," "taggers" have to dribble a ball too, more bases and/or allow more players in each base at a time. To make it harder for the dribblers use fewer bases, increase the number of "taggers," only one player allowed in each base, allow players in the base to defend their base against players trying to dribble in and/or players are tagged if the defender (who doesn't dribble ball) steals their ball or touches it with their feet.



## 2 v 2

**Protect The Cone in 2's.** Organization: Divide the group into four teams. Each team sets up three or four cones to protect on one side of the space. Each player must have a ball. Each pair may choose a captain to organize the pair: which player will defend and/or attack. On a signal, the game begins with players defending their cones or attacking the other team's cones, while controlling their own soccer ball. When your cones are knocked down, your team can no longer attack. The team with the last standing cone is the winner.

Progressions: Only one ball per pair and the defending team can kick any opponents' ball. Finish by playing two 2v2's at once (one is played E-W and the other N-S). Goals are scored by knocking over cones as above. Comments: Allow players to organize themselves with as little interference from the coach as possible. Watch which players have the most success at organizing their group but make sure all get plenty of opportunities to be the leader. Watch the group dynamics and switch players so all get to work together.



**Scrimmage: 3 v 3 or 4 v 4.**

