



# SOCCER LESSON PLAN: U8-10




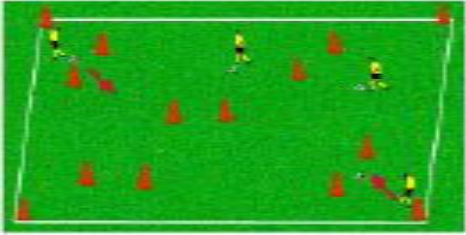
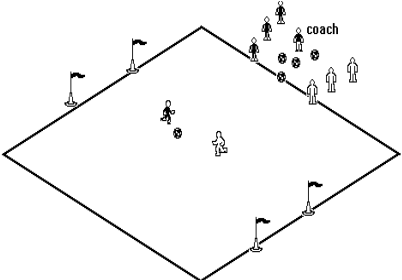

**Topic:** Movement Education and Passing

**Date:** 3/23/2010

**Coach:** AR

**Objective:** To provide fun, active, age appropriate activities that foster comfort with the ball for each player

**Effectiveness:** E VG G P

ACTIVITY	SETUP	DIAGRAM	KEY POINTS
<b>WARM-UP</b> PLAYER KEEP AWAY	Players work in groups of 4. 3 players form a closed circle and designate one player as target. Other player acts as a chaser and tries to tag target while others protect him. Each player gets chance as chaser.		1. Movement education
<b>ACTIVITY #1</b> BALL MASTER	Groups of 4 players. The players dribble to the coach and hand him/her the ball. The coach tosses away the ball and the players retrieve the ball and get it back to the coach. The coach can give a different passing challenge to the players when he/she tosses out the ball.		1. Movement education 2. Listening skills 3. Cooperation
<b>ACTIVITY #2</b> GOLDEN GATES	Set up gates/small goals throughout the playing area. Pairs of players dribble and pass the ball through as many of the gates as time allows. Gates are of all different sizes and directions. Players can't go through the same gate twice and balls cannot touch each other or other pairs.		1. Passing 2. Changing Directions 3. Ball Control
<b>ACTIVITY #3</b> DRAGON TAG	Designate two players as dragons. Dragons pass ball between each other and try to hit other players below the knee. Any player that's hit joins the dragons. Dragons can work in groups with one ball or pairs with a ball each.		1. Same as above 2. Support 3. Cooperation
<b>ACTIVITY #4</b> GET OUTTA HERE	Place two small (2 yard) goals at the end of a field 15 x 10 yards. The coach stands at the halfway line with all of the soccer balls. Half of the players are lined up on his left side and half of the players are lined up on his right side in different colored bibs. When the coach kicks a ball onto the field, the first 2 players in each line runs out and tries to score on the opponent's goal. If the ball goes in the goal or out of bounds, the coach yells "get outta there" and plays a new ball into the field immediately for the next 4 players.		1. Same as above 2. Goal scoring
<b>ACTIVITY #5</b> END LINE GAME	Make a goal with flags, cones, etc in the corners of the field, but they are diagonal. Coach has a supply of balls in order to keep the game flowing. When a goal is scored or the ball goes out, the coach plays in a new ball. The object of the game is to score thru any of the 4 corner goals. The only way to score is to pass the ball through the goals. At first allow the players to score at any of the 4 goals, then tell them that one team has two goals to score on and 2 to defend.		All of the above...
<b>SCRIMMAGE</b> 3V3 to 4v4			Summarize key points & assign home work for next practice