

U-8 LESSON PLAN: COOPERATIVELY COMPETING (EMPHASIS ON DRIBBLING)

Warm-Up

“Paint The Square”

Players pair up with a teammate. They each share have a soccer ball. Tell them to pretend the ball is a paint brush and as a pair try and paint the entire square by dribbling the ball around the square. Progress into having them create or “paint” a picture with the ball by dribbling. Like “follow the leader”. Make sure you have them switch who the leader is.

Guided Discover question: How can you and your partner “paint” more of the field?

Answer: Communicating and getting our head up while we dribble.



1st Activity-

Buddy “Gates”

Players are still paired up with their teammate. Small goals (gates) are created in the field. Each pair scores a point when either of the two dribbles through a gate. After they dribble through they need to find their teammate so they can pass the ball to them. Progress to adding parents/coach blocking a gate so they have to choose another one.



Guided Discovery question: How can you and your partner score more points?

Answer: By getting our head up after we dribble through the gate to score.

2nd Activity “Two headed Sharks”

This is a variation of “sharks and minnows”. Players are paired up with a teammate and share one ball. Two players are in the middle and each share a bib, towel, etc (do not link arms). The “two headed” shark can not split up. The two players in the middle are it. They are trying to tag someone that has a ball. If a player gets tagged then they along with their partner are it and become a two headed shark as well. The paired up players that are not “it” try to get their ball from one end to the other end without getting tagged by a “two headed” shark. The one rule is that both players in a pair must dribble the ball to the other line. This will force them to play with their teammate.



Guided discovery question: How can you and your partner make it easier to not get tagged?

Answer: By spreading out and also coming to help when they are about ready to be tagged.

3rd Activity

“Matthews” Line Game

This is a 4v4 game but it is always played with 2 balls going at the same time. The object is to dribble the ball over a line. When a team scores by dribbling over a line, they look for a new ball that is delivered by the coach. An extra point is scored if the player that dribbled over the line can tell the coach who passed them the ball. This will encourage them to pass a little bit more.

Guided Discovery Question: How do you know when to dribble and when to pass?

Answer: We can dribble when we have space. We need to pass when someone comes to try and get the ball from us.

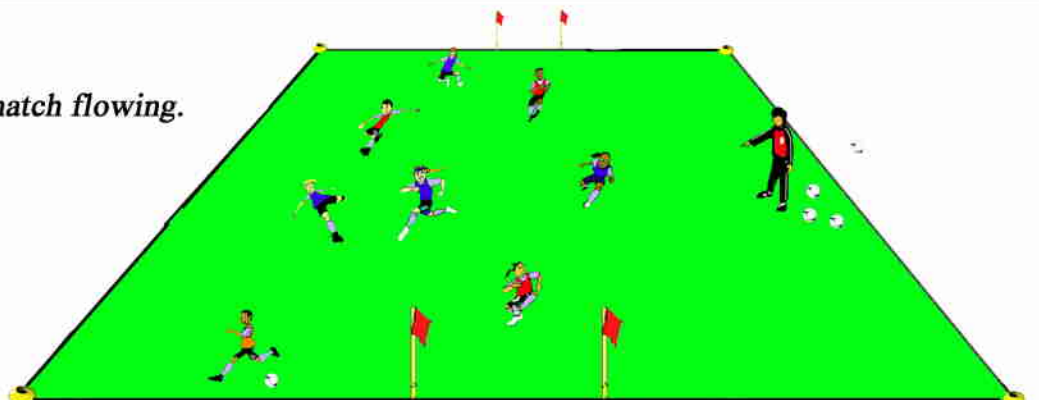


Final Activity-The Match

Play 4v4 to goals

Coach has a supply of balls to keep match flowing.

“CELEBRATE”

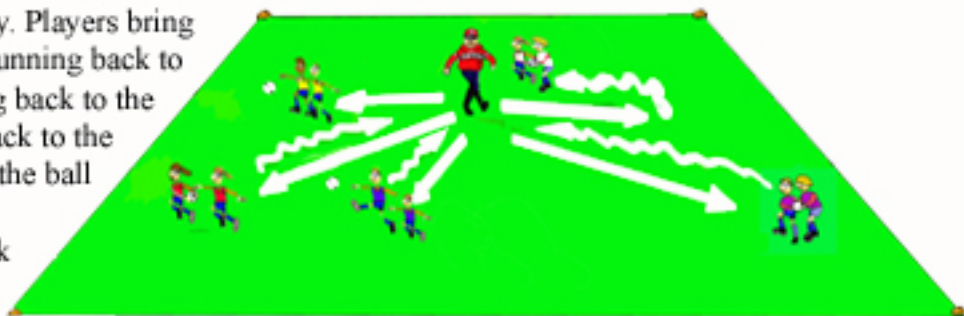


US LESSON PLAN: PASSING

Warm-Up

Retrieval Activity in Pairs-getting them to work together

Every pair gives their ball to the coach and the coach tosses the ball out for each player to collect individually. Players bring the ball back by: 1) Picking up the ball and running back to the coach; 2) Picking up the ball and hopping back to the coach; 3) Picking up the ball and skipping back to the coach; 4) Running after the ball and passing the ball back to the coach. The coach walks around while the players dribble the ball back to them.



2ND ACTIVITY

"Marbles"

Players get into pairs. Each player has a ball. One player starts by passing his/her ball out front. The other player attempts to pass their ball and hitting the other person's ball for a point. If a ball gets hit, then the player who hit the ball starts off with another "break". Progress to moving quicker. Give two points if the players can pass and hit a moving ball.



3RD ACTIVITY

Gates Passing

All players have a ball inside a playing area. Set up gates/small goals throughout the playing area. Players dribble and pass the ball through as many of the gates as time allows.

Variations: a) Players work in pairs and must pass through a gate to their teammate who is on the other side.



4th ACTIVITY "Gates"

4 Gate/Goal Game

Divide into two teams of 3-4 players each. 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.



4v4 game with no goalkeepers.

Play 4v4 game with no goalkeepers

LET THEM PLAY!



US LESSON PLAN: COOPERATIVE PASSING

1ST ACTIVITY

Warm-Up: "Retrieval in Pairs"

Players pair up with a partner. The coach throws out a ball and has each pair bring the ball back in a variety of ways:

- 1) all four hands on ball;
- 2) 3 hands and an elbow;
- 3) back-back; 4) with the feet (passing);
- 5) give them a certain number of passes that they have to do to get the ball back to you. Coach moves to another spot after throwing.



COACHING POINTS:

Heads Up!

"How can you get the ball back quicker?"

2ND ACTIVITY

(Maze activity)
"Gates"

Players partner up and try to pass the ball between the gates to each other. Time them and see how many they can get.

Build into having parent(s) and coach walk around and stand in a gate. If an adult is in a gate, they can't go through it. This introduces a defender.



Guided Discovery Question:

"What part of the foot can you use to pass the ball? (toes, side, maybe outside)"

"How can you and your partner pass the ball between two gates quicker?" (not stop the ball after receiving a pass, pass sooner)

3RD ACTIVITY

4 Gate/Goal Game

Divide into two teams of 3-4 players each. 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. The coach gets 4 volunteer parents to stand in the goals.

When the ball is played in, the coach points to one of the adults standing in one of the four goals. When that happens, the parent steps back leaving the goal open. The coach

can then tell the parent/adult to step back in and then points to another gate to open up that goal. The object is to find the goal that is open and score through it.



Guided Discovery Questions:

"Where should your head be?" (up!)

"What happens when a goal is closed?" (need to find the open goal/space).

"How can you and your teammates work together?" (passing the ball)

4th ACTIVITY

4v4 game with no goalkeepers.

Play 4v4 game with no goalkeepers

LET THEM PLAY!



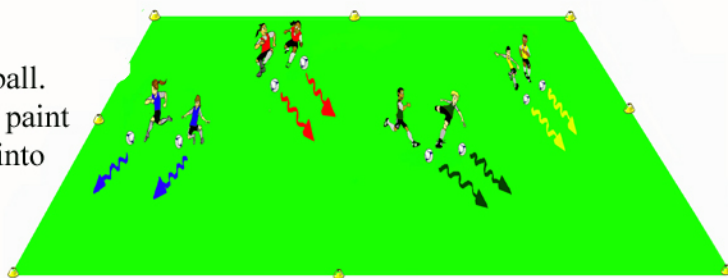

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U-8 LESSON PLAN: COOPERATIVELY COMPETING

Warm-Up "Paint The Square"

Players pair up with a teammate. They each share have a soccer ball. Tell them to pretend the ball is a paint brush and as a pair try and paint the entire square by passing the ball around the square. Progress into having them create or "paint" a picture with the ball by passing. A good "paint stroke" only counts when the ball is on the ground.



Guided Discovery Question: "How can you make sure your pass stays on the ground?"
Answer: By hitting the middle of the ball.

1st Activity -Triangles

Two players take 3 cones and spread them about a yard apart into a triangle shape. One player passes the ball through a pair of cones and the other player will then receive the ball and to take the ball around a cone and then back through for the other player to repeat. Every time they can do this successfully it is a point. Anytime they hit a cone or the pass isn't completed, it is not a point. See which pair can get the most.



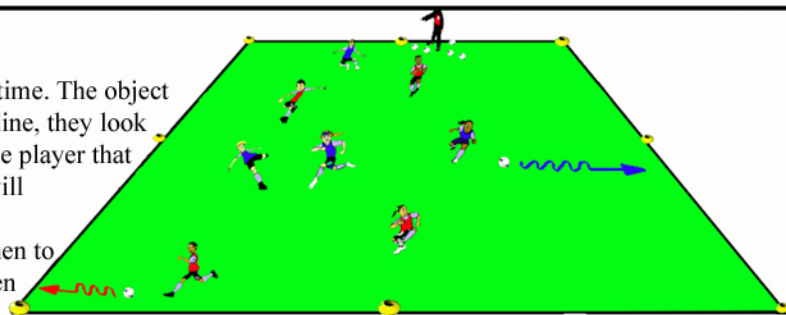
Guided Discovery Question: How can you and your partner score more points?
Answer: By always being ready to receive a pass. By always making a good pass to our teammate.

2nd Activity

"Matthews" Line Game

This is a 4v4 game but it is always played with 2 balls going at the same time. The object is to dribble the ball over a line. When a team scores by dribbling over a line, they look for a new ball that is delivered by the coach. An extra point is scored if the player that dribbled over the line can tell the coach who passed them the ball. This will encourage them to pass a little bit more.

Guided Discovery Question: How do you know when to dribble and when to pass? Answer: We can dribble when we have space. We need to pass when someone comes to try and get the ball from us.



3rd Activity

"Outside" Goals

Divide into two teams of 3-4 players each. Make 2 goals on each end with flags, cones outside the normal playing field. Coach has a supply of balls in order to keep the game flowing. A goal can only be scored from inside the field so the ball must be passed through the goals that are outside. Players can not go outside the field to score.

Guided Discovery Question: Is it better to try and score far away from the outside goals or closer? Answer: Closer. Follow up with "how does this happen"? Answer: By finding a teammate who is closer to an outside goal.

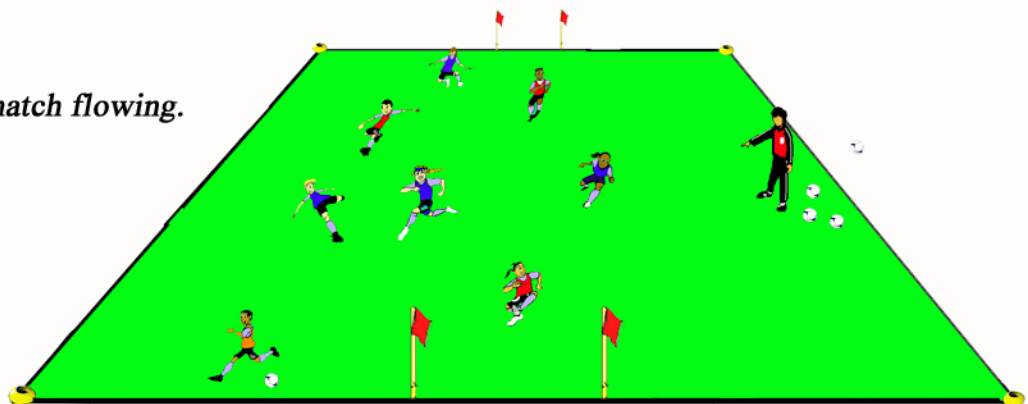


Final Activity-The Match

Play 4v4 to goals

Coach has a supply of balls to keep match flowing.

"CELEBRATE"



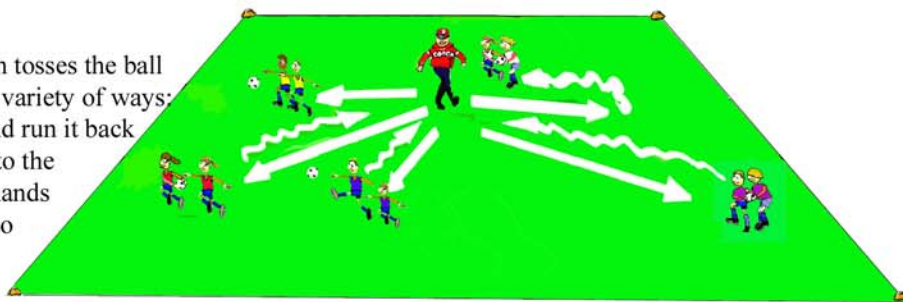
U8-U10 LESSON PLAN: PASSING-MAKING CONNECTIONS

Warm-up “Partner Retrieval Activity”

Pairs share one ball.

Each pair goes to coach and gives them their ball. The coach tosses the ball out for each pair to retrieve. Each pair brings the ball back a variety of ways:

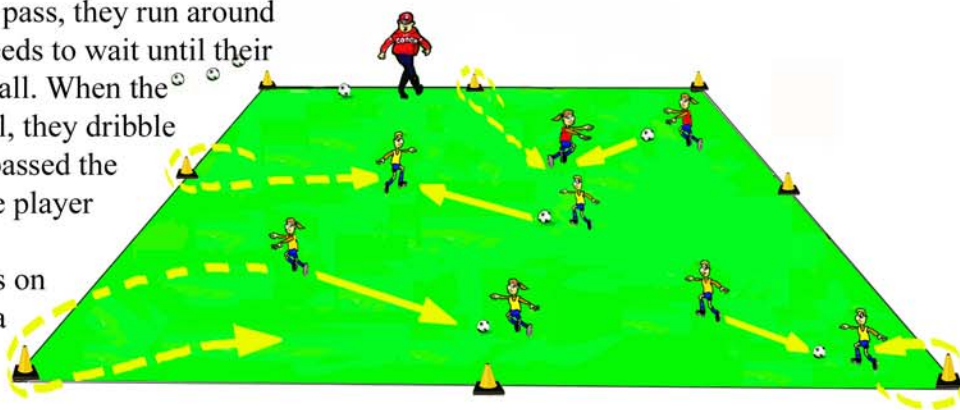
1) Run and collect the ball with all four hands on the ball and run it back to the coach. 2) Run and collect the ball, but bring it back to the coach with the ball in between their foreheads and all four hands on the ball. 3) Run and collect the ball. Bring the ball back to the coach, but only use your feet. This will be the introduction to passing.



1st Activity (Maze Game) “Check-out Passing”

Cones are placed around the grid as shown.

Each pair now passes to each other. After they pass, they run around a cone (check-out). The player with the ball needs to wait until their partner is around a cone before they pass the ball. When the player that has “checked-out” receives the ball, they dribble the ball and wait for their teammate who just passed the ball to run around a new cone. This teaches the player with the ball to make eye contact with their teammate before passing the ball. It also works on getting them to move after they pass. Make it a game and see how many times they can “check-out”.



2nd Activity (Maze Game) “Gates Passing”

Now pick up the cones and make gates with them.

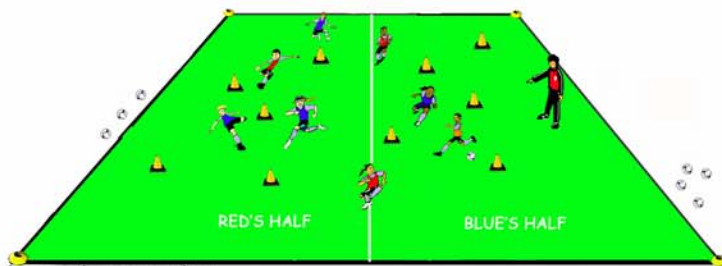
Now each pair work together and try and pass the ball between the gates to each other. They must go to a new gate every time. This gets players to think ahead a little bit in which a 8,9,10 year old player can start to do. See how many gates each pair can get in a certain amount of time.



3rd Activity (Target Game) “Storm the Castle”

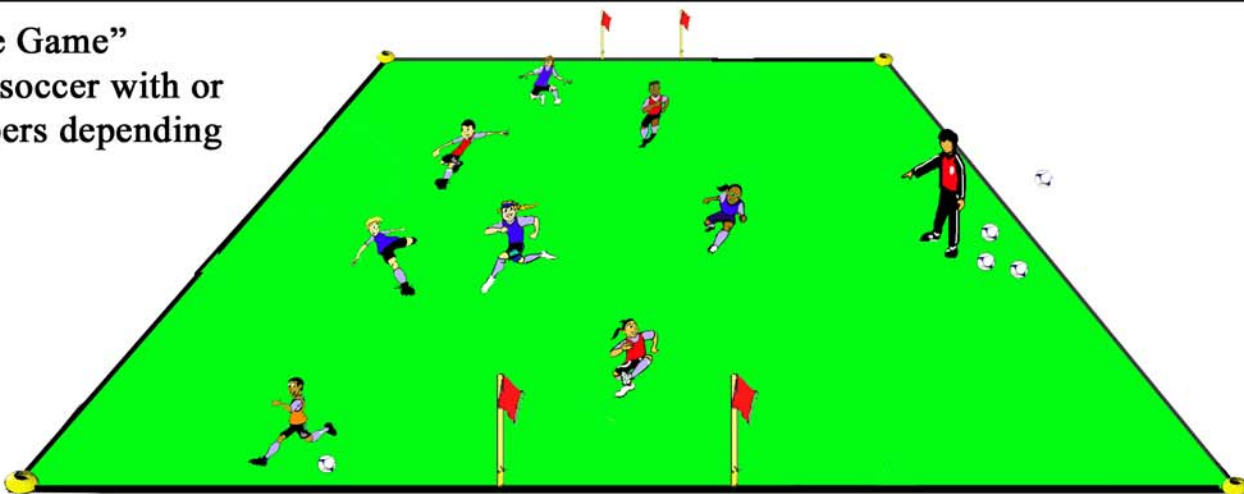
Make two teams. Each team gets a collection of standup cones and spreads them all over their defensive half of the field. It is played like a normal game. You do need the cones that stand upright, not discs.

When a team knocks over a cone, whoever knocked over the cone picks it up and places the cone on their defensive half. When time is called, the team that has the most cones on their defensive half wins. If needed, play with two balls going at the same time.



4th Activity “The Game”

Play small sided soccer with or without goalkeepers depending on age group.





United States Youth Soccer Association

Practice Plan

Name: _____	Date: _____
Age Group: _____	Theme: _____

Activity

Coaching Points

<p>1st Activity (warm-up) <i>Simon Says</i></p> <p>In a rectangular area play Simon Says with the team. If a player does something they are not supposed to issue them a “Gotcha!” Play to see who can get the least “Gotcha’s”. Examples of activities include dribbling in the area, change direction, stop the ball with your Even throw in some trick one’s like kick the ball as far away as you can. Progressions: 1 min. w/o ball, 1 min. w/ball at hands, 4 w/ball at feet</p>	<ul style="list-style-type: none"> ▪ Great game the kids will already know that can be used to improve body awareness
<p>2nd Activity <i>Sharks and Minnows</i></p> <p>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. All the other players are minnows dribbling around in the pond. The sharks must try to take someone else’s ball away or kick the person’s ball out of the pond. If they succeed, then they become a minnow, and the person whose ball was kicked becomes the shark.</p>	<ul style="list-style-type: none"> ▪ When someone is trying to stop their ball from being taken away, can they keep their body in between the ball and the defender? ▪ Can we spin away from pressure (a defender)?
<p>3rd Activity <i>Gate Dribbling</i></p> <p>Divide the players into pairs. Set up a series of small goals or gates using disc cones throughout a 30 x 30 yard area. Each pair has one ball. In order to score a point one of the partners must dribble the ball through a goal. Can one player dribble the ball through a goal can the other get in front of another goal and receive a pass so he can then dribble through a goal? Play for 30 seconds at a time. Progressions: Specify how players must dribble.</p>	<ul style="list-style-type: none"> ▪ Don’t tell the players they can’t dribble through the same gate twice, wait and see if anyone can figure it out
<p>4th Activity <i>Gate Passing</i></p> <p>Using the same set-up as above, except now in order for pairs to score one partner must pass the ball through a gate to their partner on the other side. Make sure you have more goals than pairs. Play for 30 seconds at a time.</p>	<ul style="list-style-type: none"> ▪ Don’t tell the players they can not pass the ball through the same gate twice ▪ Is it possible to pass the ball through two gates with one pass? ▪ Encourage the players not to get close to the gates when passing the ball through
<p>5th Activity (the game) <i>Outta There</i></p> <p>In a 25 x 15 yard grid with a goal at each end, play 1v1. The coach stands on the touchline with a supply of ball and a small line of players on each side. The coach plays a ball in and the first person from each line plays 1v1. If a player scores they stay on and the other person leaves. A ball is immediately played back into the game. If the ball goes out of bounds both players are “outta there.” This should be a very fast paced game. Progressions: Start with 1v1 and progress to 2v2.</p>	<ul style="list-style-type: none"> ▪ This game should be very fast paced ▪ As soon as the ball goes out of bounds throw another ball in immediately ▪ The coach is the master of the balls, look to see for players that aren’t having a lot of success and distribute the ball straight to them ▪ Vary how balls are distributed into the playing area

Scrimmage 2v2 or 3v3



United States Youth Soccer Association

Practice Plan

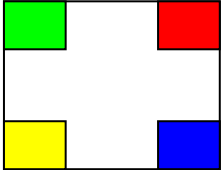
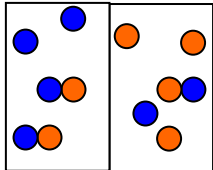

Name:	Date:	
Age Group: U8	Theme: Lower Limb Coordination & Vision	

Activity	Diagram
<p>1st Activity (warm-up) <i>Greetings Game</i></p> <p>All the players run around randomly inside a rectangle. The coach calls out various types of greetings, which each players then has to carry out with others: shake hands, high fives (one hand), high fives (other hand), shoulder to shoulder, back to back, etc. Progressions: Add dribbling.</p>	
<p>2nd Activity <i>Red Light, Green Light</i></p> <p>All the players start on a designated line with the coach about 15 yards away. With his back to the players the coach yells green light and the players try to dribble to the coach. When the coach yells red light he waits a moment and then turns his back to face the players. Anyone who is not stopped moving has to go back to where the person farthest away from the coach is. Progressions: Add a ball. The coach can move around to make the game more challenging.</p>	
<p>3rd Activity <i>Ouch!</i></p> <p>Each player has a ball. The coach jogs around in a rectangle and the players try to kick their ball so that it hits the coach. The players get a point each time they hit the coach. The coach should yell "ouch" each time they are hit to make the game more exciting. Progressions: The coach can stop for three seconds or vary how fast they are moving depending on the level of the players. Specify how the players must strike the ball (laces, one foot, other foot)</p>	
<p>4th Activity <i>Frog Attack</i></p> <p>The game takes place in a rectangle; all the players start off on one side of the rectangle and try to get to the other side. Two players who are frogs must hop and try to tag the other players as they try to get to the other line. When a player is tagged they become a frog as well. Play until only two children are left. Those children become the frogs for the next game. Progressions: Add a ball (for the players, not the frogs)</p>	
<p>5th Activity (the game) <i>Disney Game</i></p> <p>Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end). Coach sends in a ball and calls out a Disney character and that character from each end goes onto the field and plays 1v1. Progressions: Try calling out different characters (Goofy from one side and Mickey from the other side). Call multiple names from each side so there are a couple of 1v1 games happening at the same time.</p>	

Scrimmage 2v2 or 3v3

LESSON PLAN

Theme: Dribbling / Working with Partners

Activity Name	Description /Diagram	Coaching Points
1st Activity (warm-up)		
Partner Ball Master (with moving target)	In pairs players must complete the task Ball Master sets. Ball master may move to another location. Example: “Bring this ball back in five touches” “Bring it back with two Backs”... “Three feet” etc. Don’t care too much about the logistics of what they do. Try changing your location after a try or two so they must think and work together to get the right number of touches.	<ul style="list-style-type: none"> ▪ Working together.
2nd Activity		
Running Bases 	3 or 4 bases are "safe zones" Everyone has a ball but the 1 or 2 "it" people holding bibs in their hand. The "its" must try to tag the ball dribblers (or steal their ball for variation). If they do, the ball and pinnie switch owners. If a dribbler is in a safe zone or Base, he/she can only be in there until another person dribbles in... NO MORE THAN ONE PERSON PER SAFE ZONE or BASE **experiment with # of taggers and bases to keep players engaged.	<ul style="list-style-type: none"> ▪ Listening skills ▪ Problem solving ▪ Dynamic dribbling <p>To make this game a “Partner” game simply play the same except each pair has one ball. Only one pair can be in a safe zone or base. Both players switch with the pair of taggers if their ball is stolen.</p>
3rd Activity		
Knock Ball 	Two teams of 6 each, wearing a different color. Two 15x20 fields. Two players from each team go to the other field to start. Play 4v2 on each field. The four players must complete 3 passes on the ground for a point each succession of passes. The two players have a ball amongst them in their hands and must work together (throwing to each other, too) to knock the ball of the four players. Switch roles by sending two new players over to the other field.	<ul style="list-style-type: none"> ▪ Fitness. ▪ Vision ▪ Passing ▪ Working together
4th Activity		
Team Sharks 	Two teams. One team has all players stand with a ball in their own goal. The other team does not have any balls and stand in their goal. Any ball that scores is done or finished. If the ball goes out of bounds, players may pass the ball in to their team to get the ball in play.. Let the game progress until it is natural to just go to the full match. Try not to make a distinction between the games. (example: when one ball is left...it looks just like a soccer match. It is fun to see the transition to the full game as all players are engaged from the start. The last couple balls take a while to score and they start really working together!)	<ul style="list-style-type: none"> ▪ All techniques for the age occur ▪ Vision ▪ Some Team work ▪ Lots of 1v1, 2v1, 2v2, 2v3 etc combinations. ▪ Problem solving <p>What things can you do when you don’t have a ball?</p>
5th Activity (the game)		
2 goals 1 ball No GK	Play match as it grows from Team Sharks. Depending on numbers.	Stay out of the way and let them play!!!

U-8 Session-Passing

Warm-Up

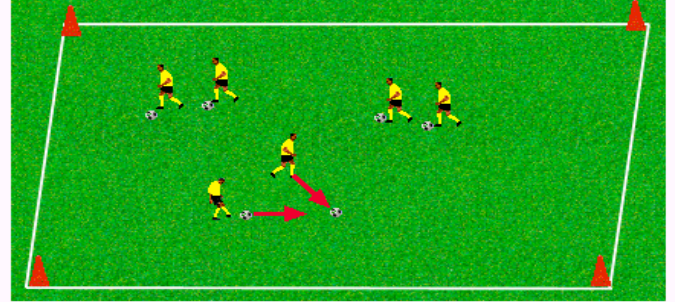
Retrieval Activity in Pairs-getting them to work together

Every pair gives their ball to the coach and the coach tosses the ball out for each player to collect individually. Players bring the ball back by: 1) Picking up the ball and running back to the coach; 2) Picking up the ball and hopping back to the coach; 3) Picking up the ball and skipping back to the coach; 4) Running after the ball and passing the ball the ball back to the coach. The coach walks around while the players dribble the ball back to them.



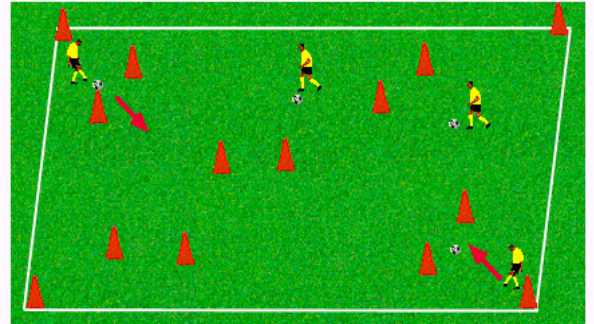
“Marbles”

Players get into pairs. Each player has a ball. One player starts by passing his/her ball out front. The other player attempts to pass their ball and hitting the other person’s ball for a point. If a ball gets hit, then the player who hit the ball starts off with another “break”. Progress to moving quicker. Give two points if the players can pass and hit a moving ball.



Gates Passing

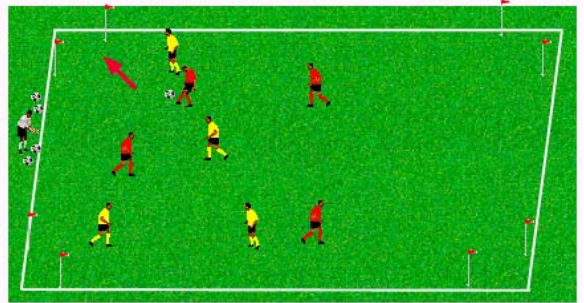
All players have a ball inside a playing area. Set up gates/small goals throughout the playing area. Players dribble and pass the ball through as many of the gates as time allows. Variations: a) Players work in pairs and must pass through a gate to their teammate who is on the other side.



3rd Activity-“Gates”

Divide into two teams of 3-4 players each. 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.



Final Activity-The Match

Play 4v4 to goals

Coach has a supply of balls to keep match flowing.

Cool Down

“Edge of the World”

