

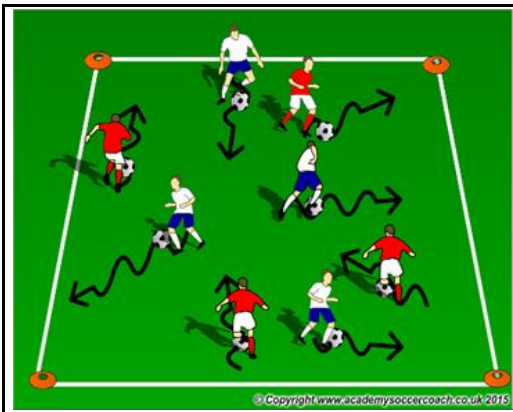


Interactive Lesson Plan

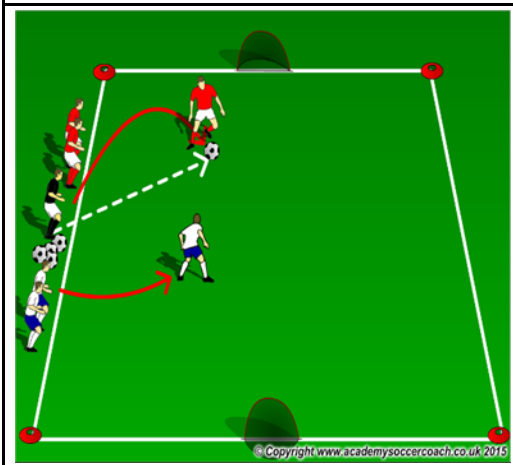


SEASON Fall 2015 AGE GROUP U8 WEEK 1

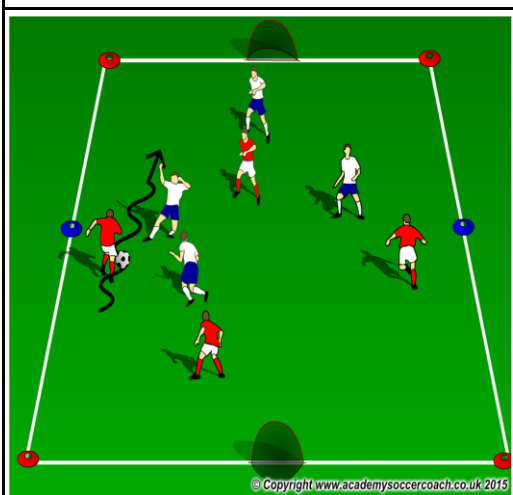
Let's learn the Rules - Let's play



ACTIVITY 1		Intensity:	Med	Activity Time:	1 min
Duration:	8 min	Intervals:	5	Recovery Time:	30 sec
ORGANIZATION (Physical Environment / Equipment / Players)					
DRIBBLING PATTERNS: In a 15Wx20L playing area. Each player has a ball. Have the players try attempt the foundation dribbling patterns listed in the activity variations. Encourage players to be find space and be aware of the other soccer players!					
ACTIVITY VARIATIONS					
Round 1: Laces, laces, laces, stop and switch foot Round 2 and 3: Laces, laces, inside right, inside left, stop and switch Round 4 and 5: Inside Right –Outside Left, Inside Left- Outside Right stop drag the ball back and switch					



ACTIVITY 2		Intensity:	Med	Activity Time:	2 min
Duration:	8 min	Intervals:	3	Recovery Time:	30 sec
ORGANIZATION (Physical Environment / Equipment / Players)					
GET “OUTTA” THERE with NUMBERS: In a 15Wx20L grid with one small goal on each end line, the players are divided into two teams, with each player given a number. Players are positioned at either side of the coach. Coach has all of the soccer balls. When the coach calls out a number(s) and serves a ball into the grid on the ground, the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells “Get outta there” and players will return to their lines.					
ACTIVITY VARIATIONS					
Round 1: Only one pair playing Round 2: Two pairs playing at the same time (two soccer balls) Round 3: Three pairs playing at the same time (three soccer balls)					



ACTIVITY 3 – Let's Play the Game					
Recommended Rules – Your local rules may differ					
Possible Formations		3-1 Diamond or 2-2			
Field Dimensions in Yards					
Width	Minimum: 20 Yards		Length	Minimum: 25 Yards	
	Maximum: 30 Yards			Maximum: 35 Yards	
Number of Players		4 Players per team on the field - No Goalkeepers needed			
Referee		No Referee needed			
Duration		No more than 30 minutes max – Can play in quarters			
Fouls and Misconduct		No cards (Yellow or Red) If a child misbehaves you must sub him/her out of the game			
Free Kicks		All free kicks shall be direct			
Substitutions		At any time			

Out of bounds - Side Line	1. When the ball goes out bounds, please say RED LIGHT (all the players shall stop) 2. Place the soccer ball on the side line and allow the player to kick it in or dribble it into the field
Out of Bounds – End Line	1. When the ball goes out of bound, Please say RED LIGHT (opposite team will regroup by the mid line) 2. The Kicking team will place the soccer ball about 1-2 yards in front of the goal and kick it to a teammate
Corners (optional)	When the defending team kicks the ball over the end line the other team will place the ball on the corner and kick it in. The defending team must be at least 4-5 yards away from the ball.