

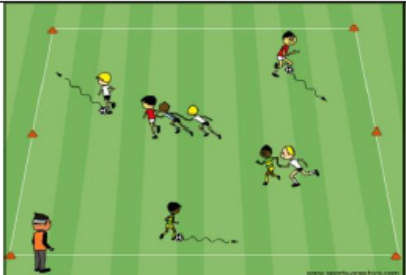
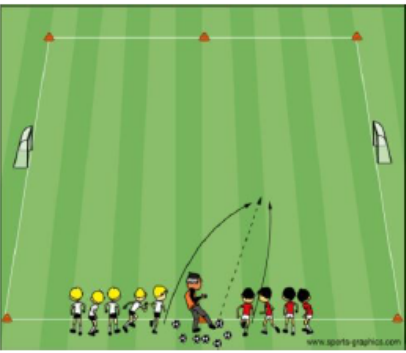


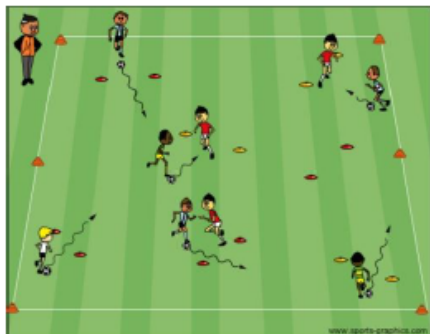



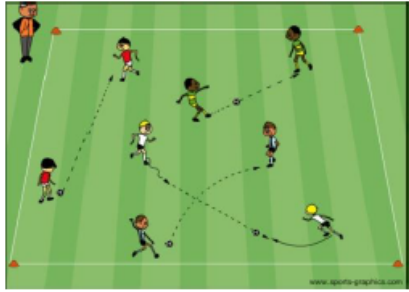

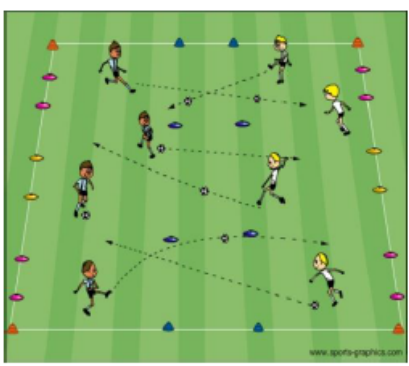
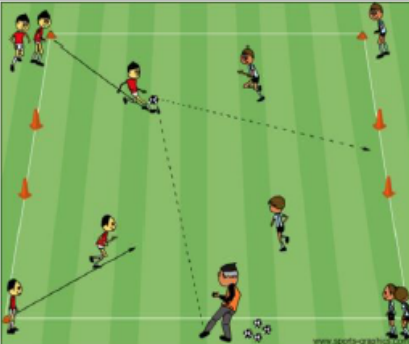
U8 - Lesson Plan - Week One

| Activity 1 | Activity Description | Coaching Considerations |
|---|--|--|
|  | <p>Free Dribble: All players are dribbling a soccer ball in a 20x25 yard grid using their inside, outside, and the sole of their foot.</p> <p>Coach: Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p>Version 2: Coach can put pressure on players dribbling. Version 3: Players can dribble at each other and perform a move and accelerate away.</p> | <ul style="list-style-type: none"> • Challenge players to use different surfaces of foot • Players must dribble with their head up • Encourage the players to try a new move <p style="text-align: right;">Time: 8 minutes</p> |
|  | <p>Sharks and Minnows: In a 20x25 yard grid have 3-4 players acting as the sharks. The minnows are in one end of the grid with their soccer balls. When the coach say "GO" the minnows try to dribble to the other end of the grid and the sharks are trying to kick the ball out. When the dribbler's ball goes out, he/she becomes a shark. If the minnows reach the other end, they will wait for the coach's command to play again. The game continues until all players turn into sharks.</p> | <ul style="list-style-type: none"> • Keep ball close • Changing speed and direction • Running with the ball • Defending – 1v1 <p style="text-align: right;">Time: 8 minutes</p> |
|  | <p>Snake: All players are dribbling a soccer ball in a 20x25 yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts.</p> <p>Coach: Encourage the snake players to hiss.</p> | <ul style="list-style-type: none"> • Keep ball close • Changing speed and direction • Running with the ball • Sudden stops and going <p style="text-align: right;">Time: 8 minutes</p> |
|  | <p>Get "Outta" There with Numbers: The players are divided into two teams, with each player given a number from 1-4 or 5 (depending on total amount of players). Players are positioned at either side of the coach, with multiple soccer balls, outside a 10x15 yard grid with two small goals on each end line. The coach serves a ball into the grid and 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".</p> <p>Coach: Can make the games 1v1, 2v2, or 3v3. They should vary the service.</p> | <ul style="list-style-type: none"> • 1v1 dribbling • 1v1 defending • Scheming and creativity • Decision making <p style="text-align: right;">Time: 8 minutes</p> |
| <p style="text-align: center;">Scrimmage</p> | <p style="text-align: center;">Activity Description</p> | <p style="text-align: center;">Time</p> |
| <p style="text-align: center;">4v4 - Dual Field Scrimmage</p> | <p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p> | <p style="text-align: center;">30 minutes</p> |


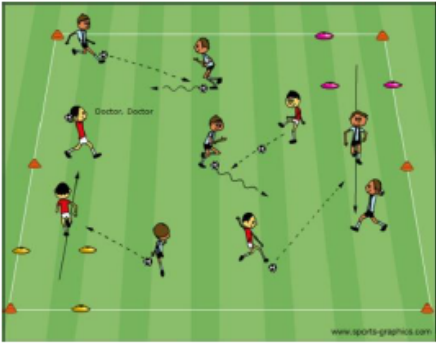
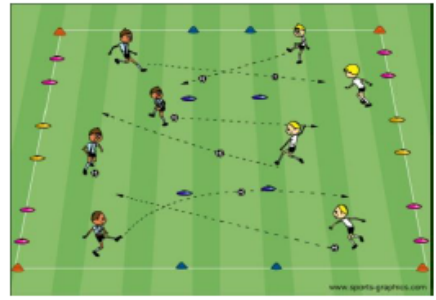

U8 - Lesson Plan - Week Two

| Activity 1 | Activity Description | Coaching Considerations |
|---|--|---|
|  | <p>Shadow Dribble: Two players (Leader and Shadow) both with a ball each and will dribble their soccer ball in a 20x25 yard grid. The leader will determine where they are going while the shadow will try to keep up with the leader.</p> <p>Coach: Call the change from leader to shadow</p> <p>Version 2: Use only favorite foot or other foot. Version 3: Leader must make a move.</p> | <ul style="list-style-type: none"> • Keep ball close • Changing directions • Dribbling using different surfaces of the foot <p style="text-align: right;">Time: 8 minutes</p> |
|  | <p>Gate Dribbling: In a 20x25 yard grid set up as many gates (two cones about 2 yards apart). All players with a ball must dribble through the gate in order to score a point.</p> <p>Coach: Have players keep count of how many points they scored in 30 seconds or a minute. Repeat asking the players to beat the score by one or more points. You can also ask them to dribble with the left or right foot only.</p> | <ul style="list-style-type: none"> • Keep ball close • Changing direction • Acceleration after going through a gate • Decision making <p style="text-align: right;">Time: 8 minutes</p> |
|  | <p>Dribbling Gates With Bandits: In a 20x25 yard grid, set up many gates (two cones about 2 yards apart). Select 2-3 players to be the "Bandits"; they will try to dispossess the players with trying to score points by dribbling through the gates. When the bandit steals the soccer ball, the player that lost the ball becomes the bandit.</p> <p>Coach: Play multiple 1-2 minute games. Award a point to all players who have a soccer ball at the end of each game.</p> | <ul style="list-style-type: none"> • Keep ball close • Changing direction • Acceleration after going through a gate • Decision making • 1v1 defending <p style="text-align: right;">Time: 8 minutes</p> |
|  | <p>2v2 to End Zones: Divide the 20x25 yard grid into two equal grids of 12x20 yards, with a one yard buffer zone in between. Make a one yard wide End Zone along each end line. Players will score by dribbling and stopping the soccer ball in the End Zone. Defenders can't defend in the End Zone.</p> | <ul style="list-style-type: none"> • Application of dribbling, and passing-receiving technique under pressure • 1v1 defending • Decision making <p style="text-align: right;">Time: 8 minutes</p> |
| <p style="text-align: center;">Scrimmage</p> | <p style="text-align: center;">Activity Description</p> | <p style="text-align: center;">Time</p> |
| <p>4v4 - Dual Field Scrimmage</p> | <p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p> | <p style="text-align: center;">30 minutes</p> |

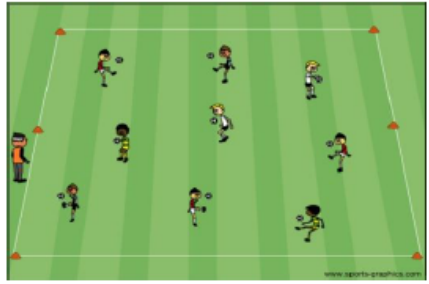
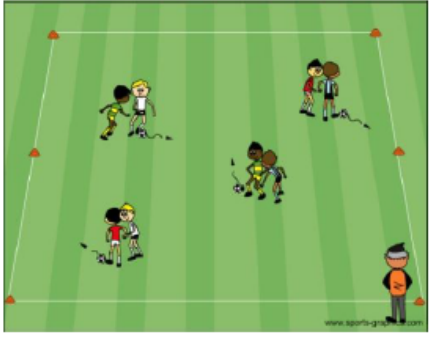
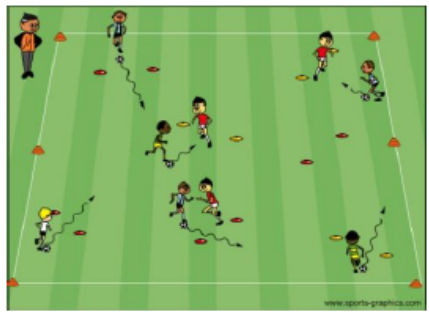

U8 - Lesson Plan - Week Three

| Activity 1 | Activity Description | Coaching Considerations |
|---|---|--|
|  | <p>Paint the Field- Passing: In pairs, players will pass the soccer ball back and forth in a 20x25 yard grid. Explain to the players that their soccer ball is a paint brush and wherever it rolls it will paint the area. Their task to pass (kick) the soccer ball to paint as much of the grid as possible in the allotted time.</p> <p>Version 2: Tell the players to use the other foot</p> | <ul style="list-style-type: none"> • Passing and receiving technique • Weight of the pass • Ability to pass through traffic • Communication and mobility of the players <p style="text-align: right;">Time: 8 minutes</p> |
|  | <p>Team Tag: Split the players into two teams (Dribblers and Taggers). The taggers are trying to tag the dribblers' feet or soccer ball with their soccer ball. The taggers need to keep track of their tags. The dribblers are trying to keep their ball from being tagged by shielding it. After a determine time, the teams switch roles. Coach: Can help taggers adding their points. Version 2: Taggers can only tag the dribblers' ball.</p> | <ul style="list-style-type: none"> • Dribbling technique • Passing and receiving technique • Weight of the pass • Accuracy of the pass • Protecting the ball <p style="text-align: right;">Time: 8 minutes</p> |
|  | <p>Clean Your Backyard: Split the players into two teams to play in a 20x25 yard grid. With cones, divide the field into three portions. The central portion (the buffer zone) is 6yds wide and no one can enter it. Place three goals (3yds each) at the far ends of the grid. Players in each team will try to shoot/pass and score below knee height in any of the other team's goals. Coach: Allow players to enter the buffer zone to retrieve any ball that has stopped in there. Version 2: Allow teams to defend the goals using their hands.</p> | <ul style="list-style-type: none"> • Basic Shooting technique • Simple decision making <p style="text-align: right;">Time: 8 minutes</p> |
|  | <p>4 Corner Shooting Without Goalkeepers: In 20x25 yard grid with cone goals at each end, players of the same team are placed by the corner cones of the goal they are defending. Half of the team is in a line at one cone and the other half at the other cone. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball into the field. The game is over when one team scores or the ball goes out of bounds. Players need to get out of the field quickly and get back in line. Version 2: Add Goalkeepers</p> | <ul style="list-style-type: none"> • Application of dribbling, passing-receiving and shooting technique under pressure • 1v1 defending • Decision making <p style="text-align: right;">Time: 8 minutes</p> |
| <p style="text-align: center;">Scrimmage</p> | <p style="text-align: center;">Activity Description</p> | <p style="text-align: center;">Time</p> |
| <p style="text-align: center;">4v4 - Dual Field Scrimmage</p> | <p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p> | <p style="text-align: center;">30 minutes</p> |



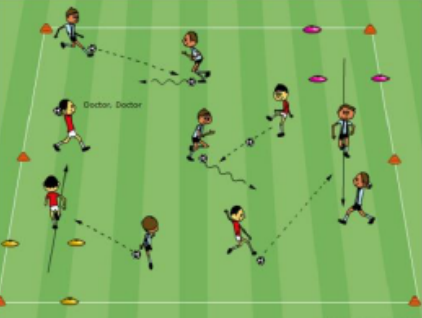
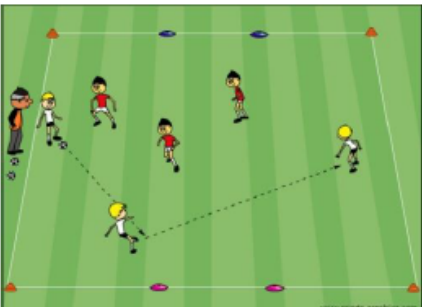
U8 - Lesson Plan - Week Four

| Activity 1 | Activity Description | Coaching Considerations |
|--|--|---|
|  | <p>Paint the Field- Passing: In pairs, players will pass the soccer ball back and forth in a 20x25 yard grid. Explain to the players that their soccer ball is a paint brush and wherever it rolls it will paint the area. Their task is to pass (kick) the soccer ball to paint as much of the grid as possible in the allotted time.</p> <p>Version 2: Tell the players to use the other foot</p> | <ul style="list-style-type: none"> • Passing and receiving technique • Weight of the pass • Ability to pass through traffic • Communication and mobility of the players <p>Time: 8 minutes</p> |
| Activity 2 | Activity Description | Coaching Considerations |
|  | <p>Doctor, Doctor: Divide the group into two teams. Send them to their hospital (corner boxes). Each team selects a doctor. He/she will cure (unfreeze) his/her team's players. Teams try to freeze each other by hitting the players with their soccer balls below knees or striking their balls. When frozen, players must put ball above head, remain in place, and yell "Doctor, Doctor". The Doctor is without a ball, and is safe in the hospital, but when he comes out, he can be frozen. When the doctor is frozen the game is over.</p> | <ul style="list-style-type: none"> • Dribbling Technique • Protect the ball • Passing technique • Wight and accuracy of the pass <p>Time: 8 minutes</p> |
| Activity 3 | Activity Description | Coaching Considerations |
|  | <p>Clean Your Backyard: Split the players into two teams to play in a 20x25 yard grid. With cones, divide the field into three portions. The central portion (the buffer zone) is 6yds wide and no one can enter it. Place three goals (3yds each) at the far ends of the grid. Players on each team will try to shoot/pass and score below knee height in any of the other team's goals. Coach: Allow players to enter the buffer zone to retrieve any ball that has stopped in there. Version 2: Allow teams to defend the goals using their hands.</p> | <ul style="list-style-type: none"> • Basic Shooting technique • Simple decision making • Shoot, Shoot, Shoot! <p>Time: 8 minutes</p> |
| Activity 4 | Activity Description | Coaching Considerations |
|  | <p>2v2 to Small Goals: Divide the 20x25 yard grid into two equal grids of 12x20 yards, with a one yard buffer zone in between. Place a 3yard goal with cones on each end line. Players will score by dribbling or passing through the goal they are attacking.</p> <p>Coach: have two games going at the same time. If you have extra players, make sure you sub them in.</p> | <ul style="list-style-type: none"> • Application of dribbling, passing-receiving and shooting technique under pressure • 1v1 defending • Decision making <p>Time: 8 minutes</p> |
| Scrimmage | Activity Description | Time |
| 4v4 - Dual Field Scrimmage | Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing. | 30 minutes |


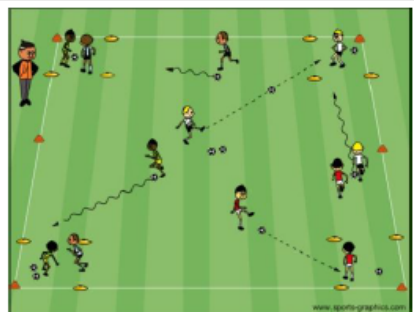
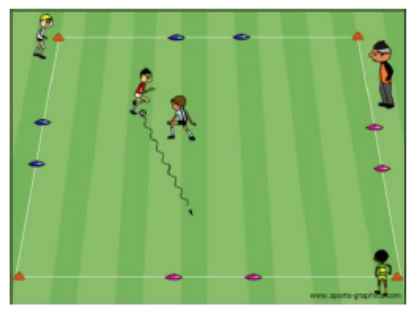

U8 - Lesson Plan - Week Five

| Activity 1 | Activity Description | Coaching Considerations |
|---|--|--|
|  | <p>Juggling: All players with a soccer ball in their hands drop the ball down and try to kick it back up to their hands. Players will try to use their thighs and feet to keep the ball in the air. Coach: Have the players count how many times they touch the ball before it hits the ground. Version 2: Controlled juggling - Thigh, foot, catch. Thigh, thigh, foot, catch. Thigh, thigh, foot, foot, catch.</p> | <ul style="list-style-type: none"> • Hand, foot, eye coordination • Use foot and thigh <p style="text-align: right;">Time: 6 minutes</p> |
|  | <p>Steal-Shield: Pair up the players with one ball. One player starts with the ball and at coach's command his/her partner tries to steal the ball away. Play 30-45 second matches. The player who ends with the ball gets a point. If the ball goes out of bounds, one of the players must get it back in play very quickly. Coach: Show proper shielding technique during the demonstration. Fix technical shielding errors throughout the activity to assure that the group is doing it properly.</p> | <ul style="list-style-type: none"> • Body sideways on to opponent • Use arm to protect and know where defender is going • Knees bent • Turn as defender attacks or reaches for the ball <p style="text-align: right;">Time: 8 minutes</p> |
|  | <p>Dribbling Gates With Bandits: In a 20x25 yard grid, set up many gates (two cones about 2 yards apart). Select two players to be the "Bandits". They will try to dispossess the players while trying to score points by dribbling through the gates. When the bandit steals the soccer ball, the player who lost the ball becomes the bandit. Coach: Play multiple 1-2 minute games. Award a point to all players that have a soccer ball at the end of each game.</p> | <ul style="list-style-type: none"> • Keep ball close • Changing direction • Acceleration after going through a gate • Decision making • 1v1 defending <p style="text-align: right;">Time: 8 minutes</p> |
|  | <p>3v3 to End Zones: In a 20x25 yard grid, place an End Zone of one yard wide along each end line. Players will score by dribbling and stopping the soccer ball in the End Zone. Defenders can't defend in the End zone.</p> | <ul style="list-style-type: none"> • Application of dribbling, and passing-receiving technique under pressure • 1v1 defending Decision making <p style="text-align: right;">Time: 8 minutes</p> |
| <p style="text-align: center;">Scrimmage</p> | <p style="text-align: center;">Activity Description</p> | <p style="text-align: center;">Time</p> |
| <p style="text-align: center;">4v4 - Dual Field Scrimmage</p> | <p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p> | <p style="text-align: center;">30 minutes</p> |

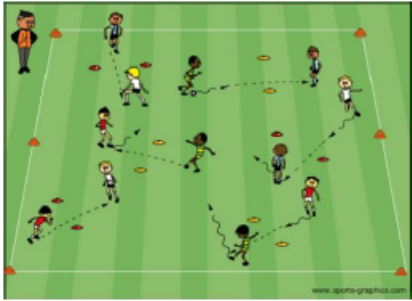
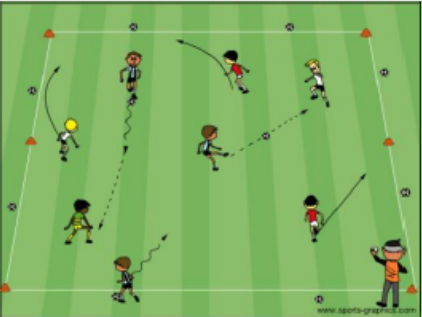
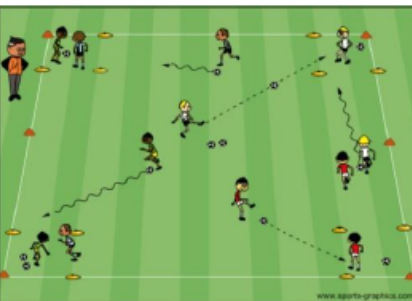

U8 - Lesson Plan - Week Six

| Activity 1 | Activity Description | Coaching Considerations |
|---|---|---|
|  | <p>Paint the Field- Passing: In pairs, players will pass the soccer ball back and forth in a 20x25 yard grid. Explain to the players that their soccer ball is a paint brush and wherever it rolls it will paint the area. Their task is to pass (kick) the soccer ball to paint as much of the grid as possible in the allotted time.</p> <p>Version 2: Tell the players to use the other foot</p> | <ul style="list-style-type: none"> • Passing and receiving technique • Weight of the pass • Ability to pass through traffic • Communication and mobility of the players <p>Time: 6 minutes</p> |
| Activity 2 | Activity Description | Coaching Considerations |
|  | <p>British Bulldog: All players are dribbling a soccer ball from one end to the other end of a 20x25 yard grid. The coach begins as the "bulldog" and tries to kick the dribbling players' soccer balls out of the grid. Once a player's soccer ball is kicked out of the grid, he/she becomes a "bulldog". Coach: Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p>Version 2: Players who dribble the soccer ball close to their feet do not get attacked by the bulldog.</p> | <ul style="list-style-type: none"> • Changing speed and direction • Running with the ball • Keep the ball close • 1v1 defending <p>Time: 8 minutes</p> |
| Activity 3 | Activity Description | Coaching Considerations |
|  | <p>Doctor, Doctor: Divide the group into two teams. Send them to their hospital (corner boxes). Each team selects a doctor. He/she will cure (unfreeze) his/her team's players. Teams try to freeze each other by hitting the players with their soccer balls below knees or striking their balls. When frozen, players must put ball above head, remain in place, and yell "Doctor, Doctor". The Doctor is without a ball, and is safe in the hospital, but when he comes out, he can be frozen. When the doctor is frozen the game is over.</p> | <ul style="list-style-type: none"> • Dribbling Technique • Protect the ball • Passing technique • Weight and accuracy of the pass <p>Time: 8 minutes</p> |
| Activity 4 | Activity Description | Coaching Considerations |
|  | <p>3v3 to Small Goals: Divide the 20x25 yard grid into to equal grids of 12x20 yards. Place a 3yard goal with cones on each end line. Players will score by dribbling or passing through the goal they are attacking.</p> <p>Coach: If you have extra players, make sure you sub them in.</p> | <ul style="list-style-type: none"> • Application of dribbling, passing-receiving and shooting technique under pressure • 1v1 defending • Decision making <p>Time: 8 minutes</p> |
| Scrimmage | Activity Description | Time |
| 4v4 - Dual Field Scrimmage | Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing. | 30 minutes |

U8 - Lesson Plan - Week Seven

| Activity 1 | Activity Description | Coaching Considerations |
|---|---|---|
|  | <p>Steal-Shield: Pair up the players with one ball. One player starts with the ball and at coach's command, his/her partner tries to steal the ball away. Play 30-45 second matches. The player that ends with the ball gets a point. If the ball goes out of bounds, one of the players must get it back in play very quickly.</p> <p>Coach: Show proper shielding technique during the demonstration. Fix technical shielding errors throughout the activity to assure that the group is doing it properly.</p> | <ul style="list-style-type: none"> • Body sideways on to opponent • Use arm to protect and know where defender is going • Knees bent • Turn as defender attacks or reaches for the ball <p style="text-align: right;">Time: 8 minutes</p> |
|  | <p>Capture the Balls: Players should be divided into equal teams to play in a grid with each team's home in the corners. Soccer balls are in the middle of the grid, with all players starting inside their home bases. On the coach's command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent's home bases.</p> <p>Coach: Call time and each team counts the balls they have collected.</p> | <ul style="list-style-type: none"> • How to get the balls from the center or other home bases • How to defend their home base • Decision making: pass or dribble <p style="text-align: right;">Time: 8 minutes</p> |
|  | <p>1v1 to Cross Goals: In a 12x12yd grid, set up a two yard goal (two red and blue goals) on each side of the grid. Divide the team into two groups. One attacker starts with a soccer ball, trying to score by dribbling through any of the two further goals. The defender is trying to defend the goals closest to them. If the defender gets the ball, he/she tries to score in the opponent's goal. The game ends when one player scores or the ball rolls out. Two new players go.</p> | <ul style="list-style-type: none"> • Keep soccer ball close to feet • Sudden change of direction • Burst of speed • Defending – tackling • Shielding • Decision making <p style="text-align: right;">Time: 8 minutes</p> |
|  | <p>2v2 to Cross Goals: In a 12x12yd grid, set up a two yard goal (two red and blue goals) on each side of the grid. Divide the team into two groups. The attackers start with a soccer ball, trying to score by dribbling or passing through any of the two further goals. The defenders are trying to defend the goals closest to them. If a defender gets the ball, he/she tries to score in the opponent's goal.</p> | <ul style="list-style-type: none"> • Application of dribbling, passing-receiving technique under pressure • 1v1 defending • Decision making <p style="text-align: right;">Time: 8 minutes</p> |
| <p style="text-align: center;">Scrimmage</p> | <p style="text-align: center;">Activity Description</p> | <p style="text-align: center;">Time</p> |
| <p style="text-align: center;">4v4 - Dual Field Scrimmage</p> | <p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p> | <p style="text-align: center;">30 minutes</p> |

U8 - Lesson Plan - Week Eight

| Activity 1 | Activity Description | Coaching Considerations |
|---|---|---|
|  | <p>Gate Passing: In a 20x25 yard grid, set up many gates (two cones about 2 yards apart). Players are now in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate in order to score a point. Coach: Players count how many points they score in a minute. Repeat asking the players to beat their score by one or more points. You can also ask them to pass with the inside or outside of the foot, and using their favorite foot or with the other foot.</p> | <ul style="list-style-type: none"> • Passing and receiving technique • Dribbling Technique • Decision Making • Weight and accuracy of the pass • Communication and mobility <p style="text-align: right;">Time: 6 minutes</p> |
|  | <p>Catching Robbers: All players are spread around a 20x25 grid. Only two players (the cops) have soccer balls. When the coach says "let's catch some robbers", the cops attempt to catch the robbers who are running around the grid by striking their legs below knee height with their soccer balls. Once a robber is caught, he/she goes and gets any ball from the perimeter and becomes a cop. Coach: Place the balls that are not being used around the perimeter of the grid.</p> | <ul style="list-style-type: none"> • Passing technique • Weight of the pass • Accuracy of the pass <p style="text-align: right;">Time: 8 minutes</p> |
|  | <p>Capture the Balls: Players should be divided into equal teams to play in a grid with each team's home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach's command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent's home bases. Coach: Call time and each team counts the balls they have collected.</p> | <ul style="list-style-type: none"> • How to get the balls from the center or other home bases • How to defend their home base • Decision making: pass or dribble <p style="text-align: right;">Time: 8 minutes</p> |
|  | <p>2v2 to 4 Goals: Divide the 20x25 yard grid into two equal grids of 12x20 yards with a one yard buffer zone in between. Place a two 2 yard goal with cones close to the each corners of each end line. Players will score by dribbling or passing through any of the two goals they are attacking. Coach: have two games going at the same time. If you have extra players, make sure you sub them in.</p> | <ul style="list-style-type: none"> • Application of dribbling, passing-receiving and shooting technique under pressure • 1v1 defending • Decision making <p style="text-align: right;">Time: 8 minutes</p> |
| Scrimmage | Activity Description | Time |
| 4v4 - Dual Field Scrimmage | Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing. | 30 minutes |