

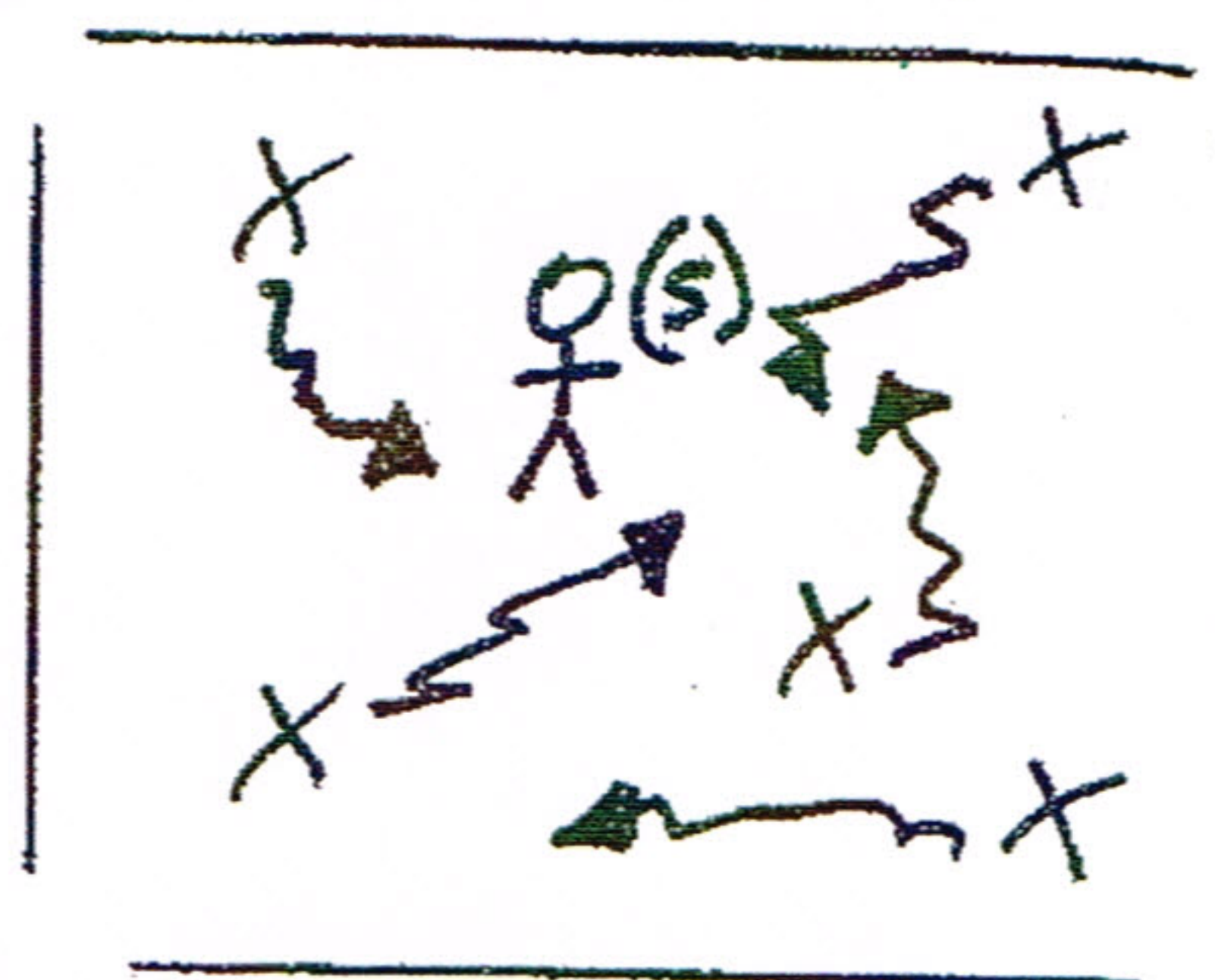
Recommended U8 Lesson Plans - Lesson 1

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.

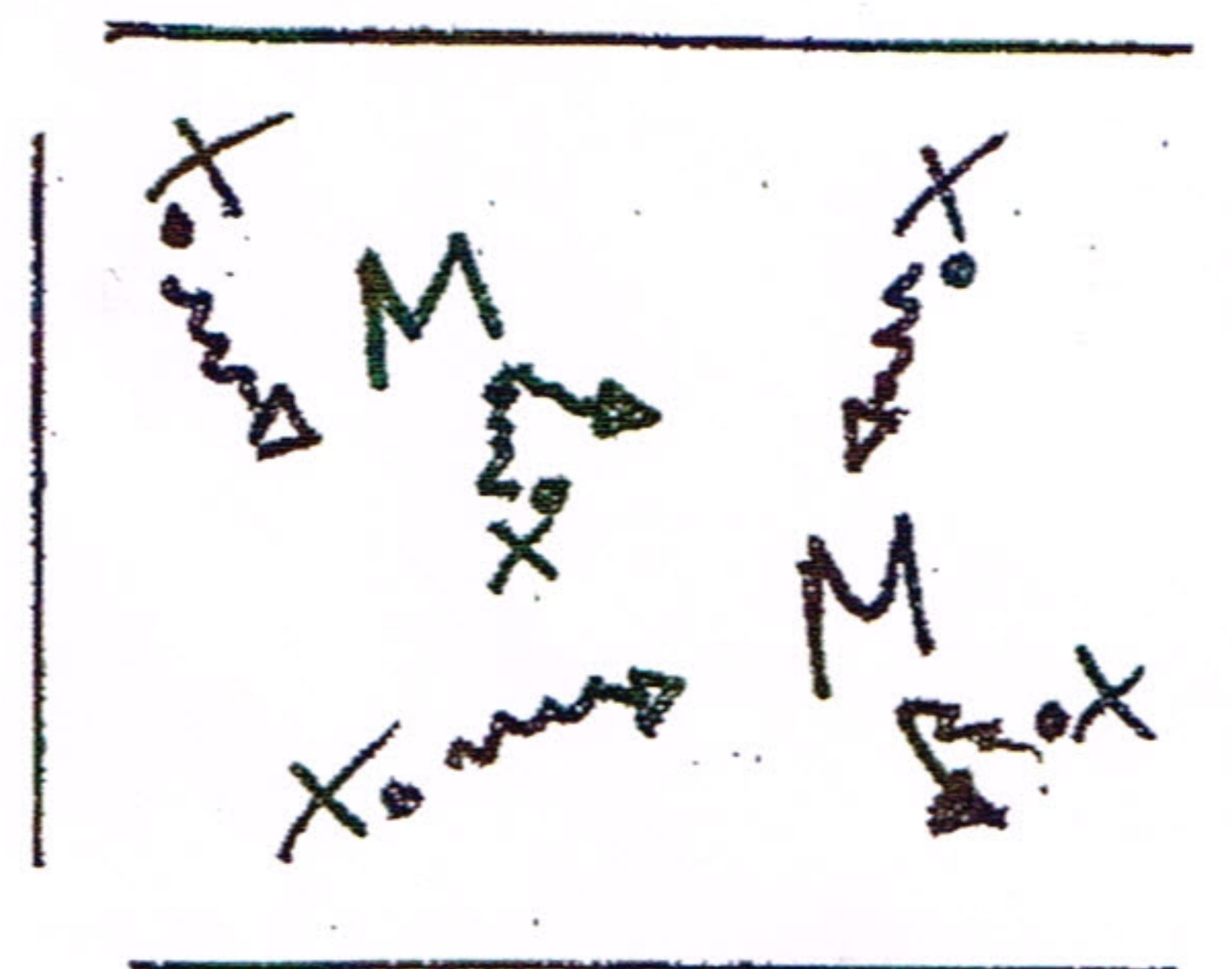
Comments: Children should not be eliminated from the game.



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?

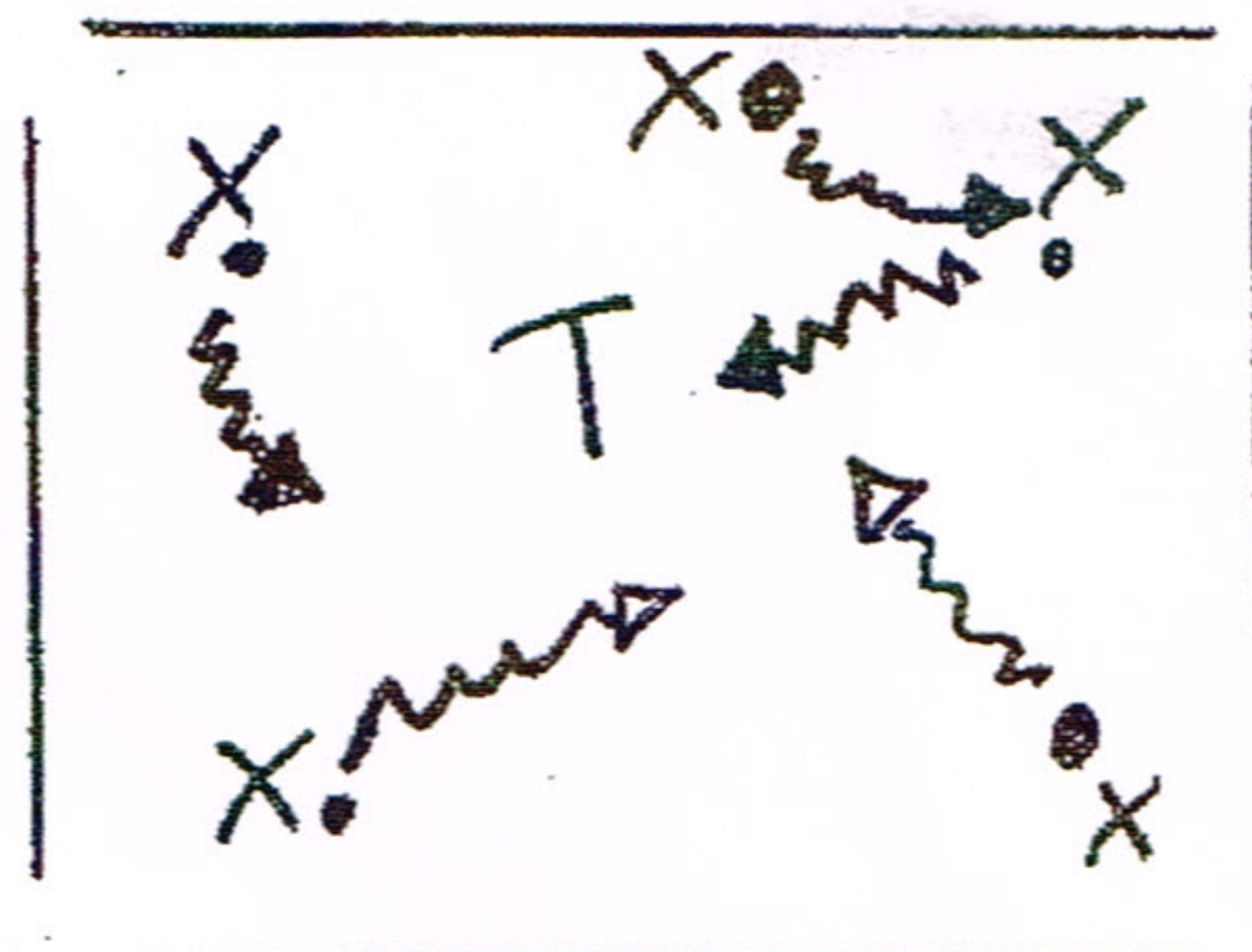
Progressions: Repeat trying to beat your own score. Turn using sole of foot. Turn using outside of foot.



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.

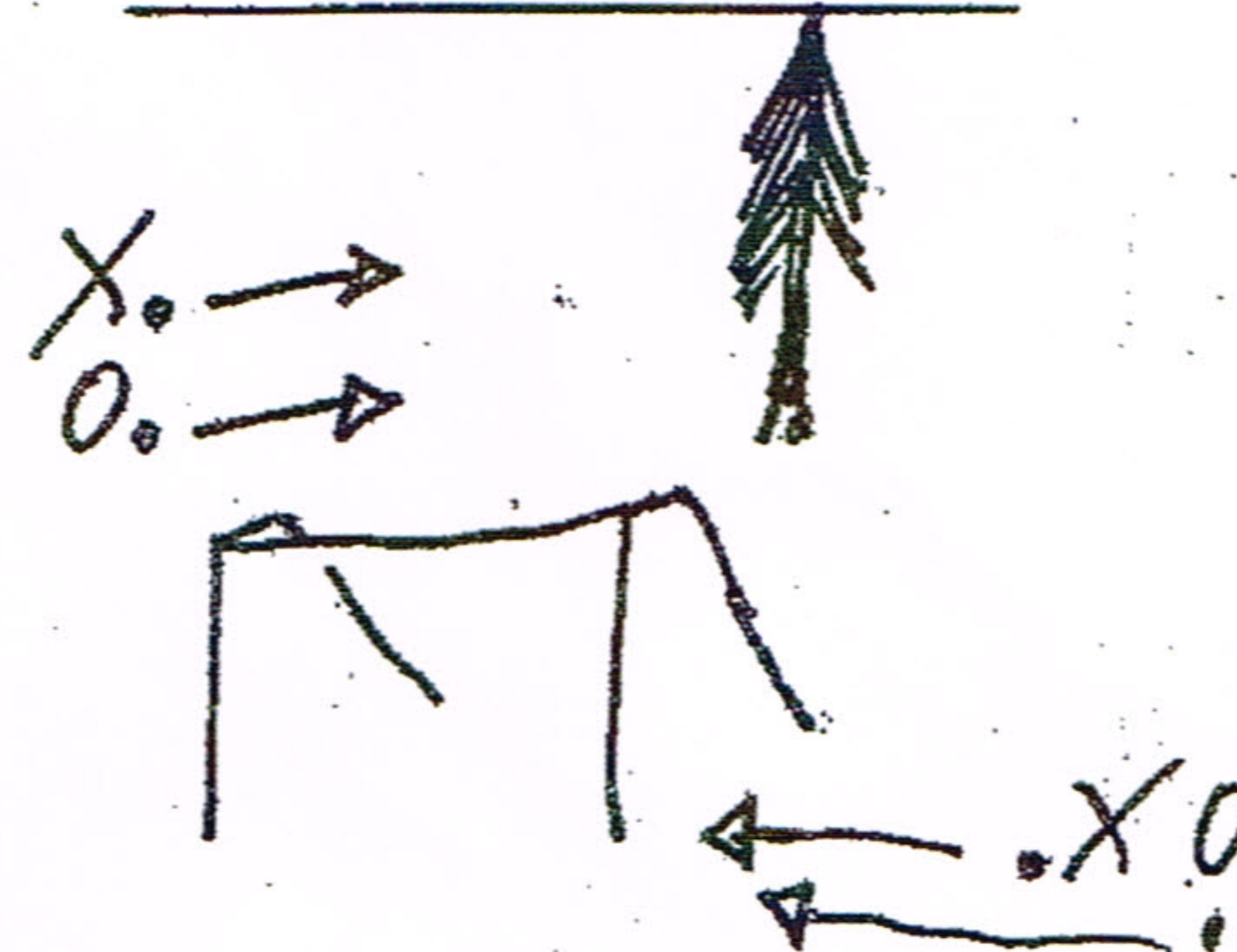
Progressions: Use left foot, use only soles of both feet, etc.



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.

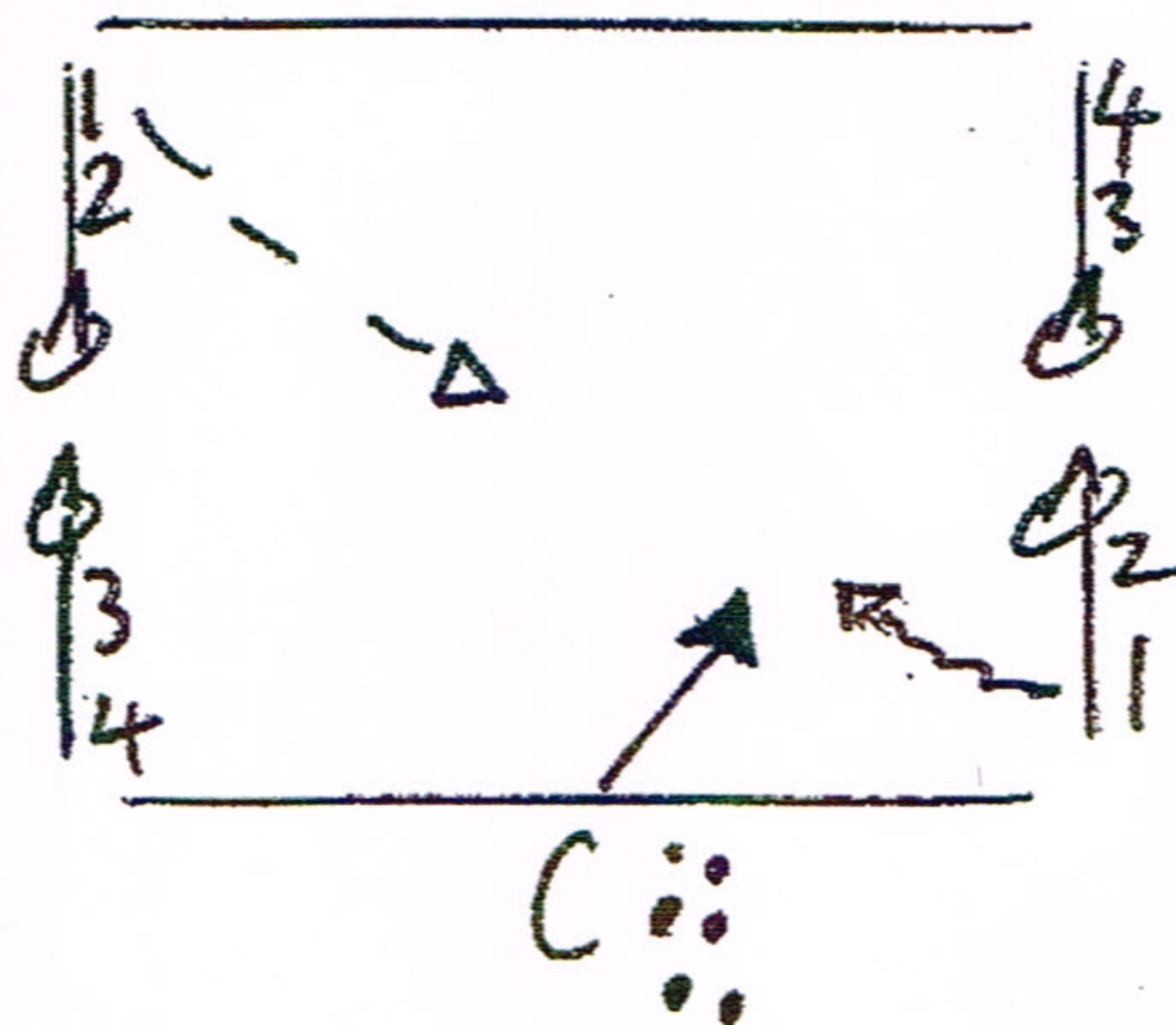


2 v 2

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, 1st number from one end and 2nd 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