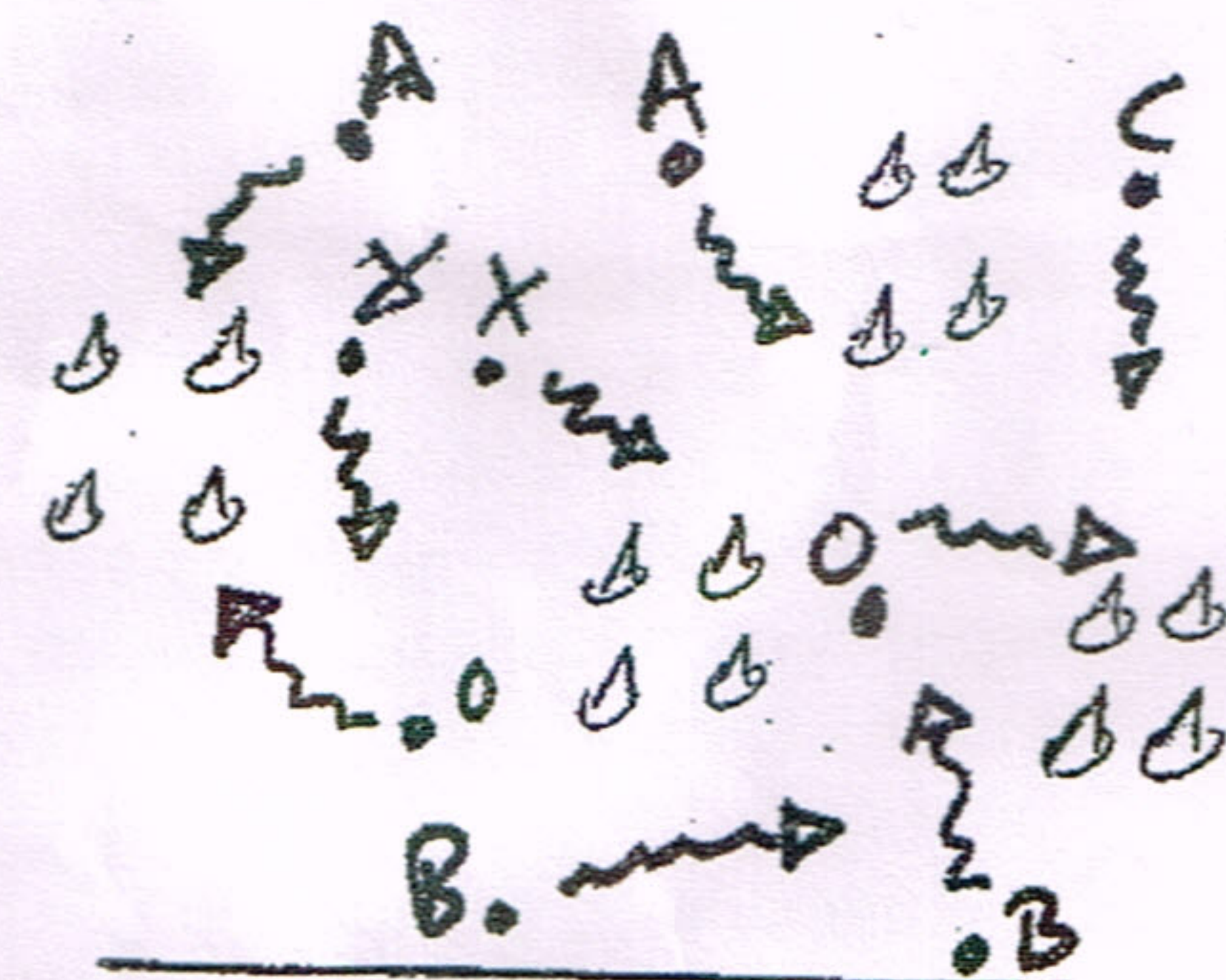


## Recommended U8 Lesson Plans - Lesson 2

### Warm Up

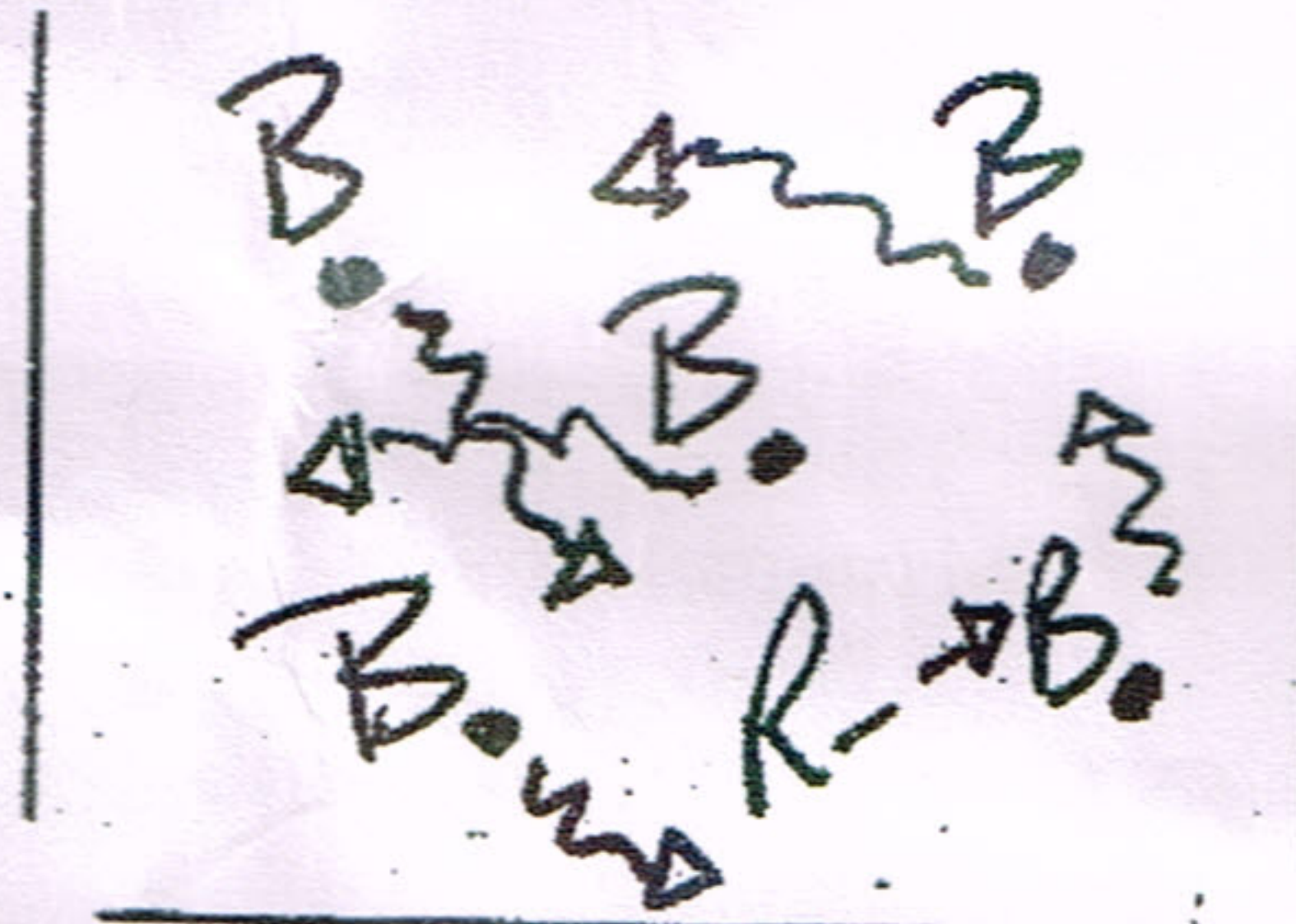
**Island Game.** Organization: Small zones (islands) are set up in the playing area (use disc cones). The players run about in the playing area. At a signal, the players run quickly to an island. No more than two players can occupy one island. A player (or 2) who fails to find an island scores one minus point. The player with the fewest minus points wins.

Progressions: Every player has a ball and players must dribble the ball to an island.  
Comments: Don't be afraid to use non-verbal signals.



### Activity 1

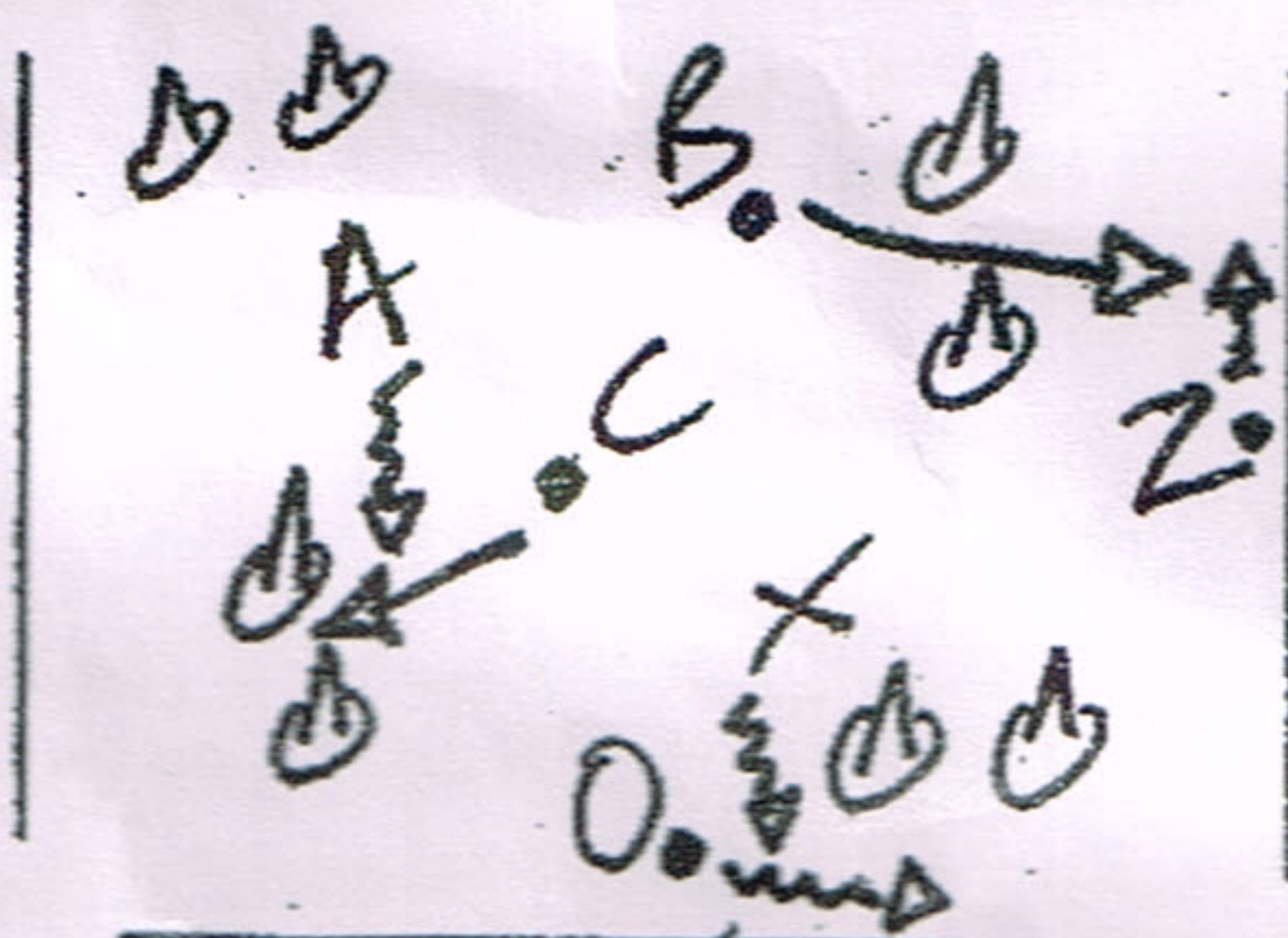
**Ball Stealing.** Organization: Blue players each have a ball. A Red player (or two) tries to gain possession of a ball. Blue must stay inside the 20 x 20 yard area. If a red player gets a ball he/she now becomes a blue player. Play for 60 seconds and see who did not lose possession or who does not have a ball. Rotate players.



### Activity 2

**Everyone vs. Everyone.** Organization: A number of small goals are set up in a field. The coach provides about half as many balls as there are players. Each player tries to win one of the balls and shoot through one of the goals. It doesn't matter which side he shoots from. If he knocks over one of the cones/posts, he must set it up again immediately. The player who scores the most goals in one minute is the winner. Allow adequate breaks after each round of play.

Progressions: Score by dribbling through a goal, score by shooting through a goal, play a couple of rounds for each, etc.

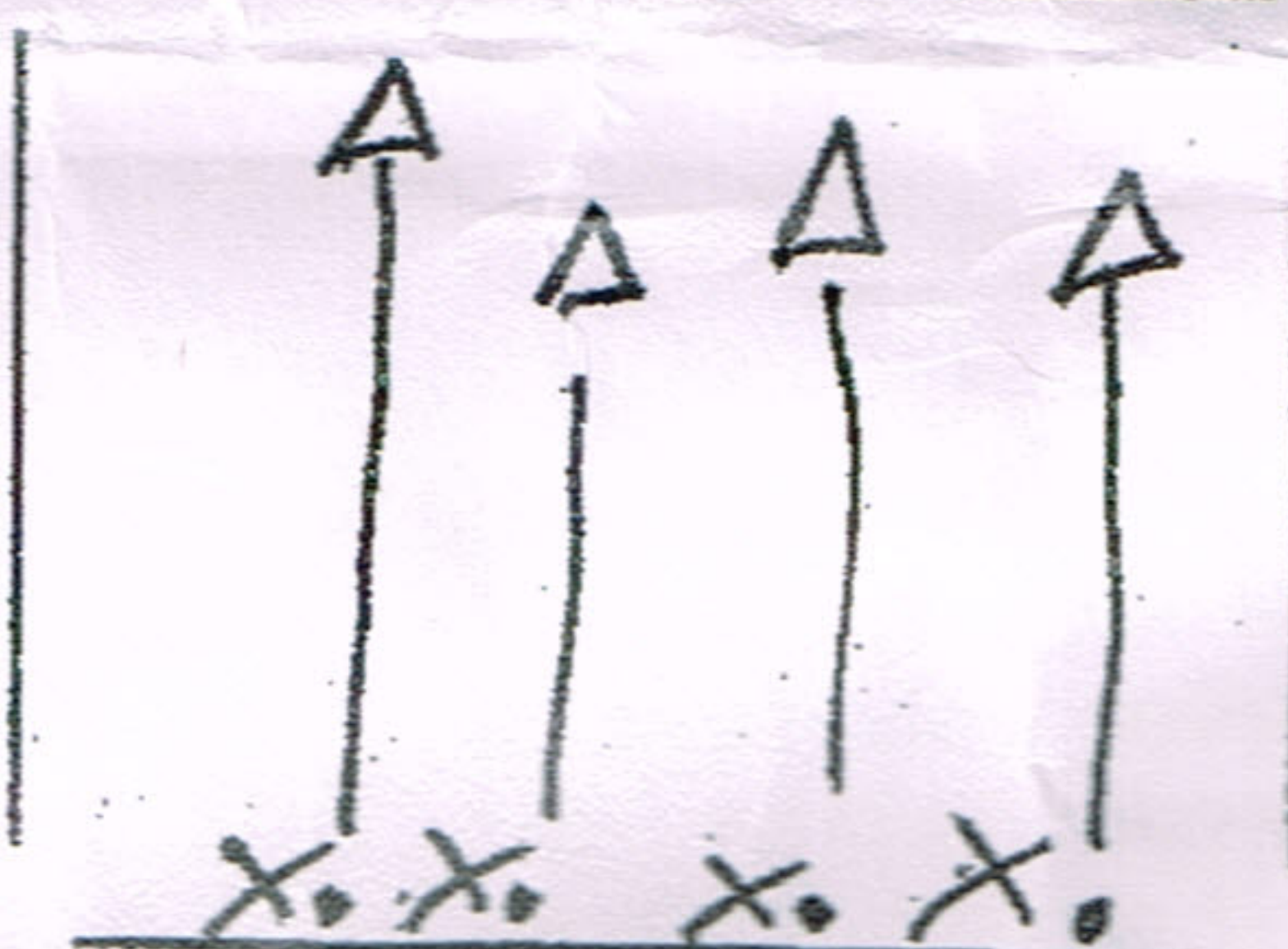


### Activity 3

**Edge of the World.** Organization: Each player has a ball in a rectangular area (adjust size for ability of players). Players start at one end of the area and pass their ball to the other end line. They must run after their own ball and control it before it falls off the edge of the earth. Players can only strike the ball once when passing it. The challenge is to get as close to the line without going over.

Progressions: Pass ball with laces, with inside of foot, work in pairs (one kicks, one stops), etc.

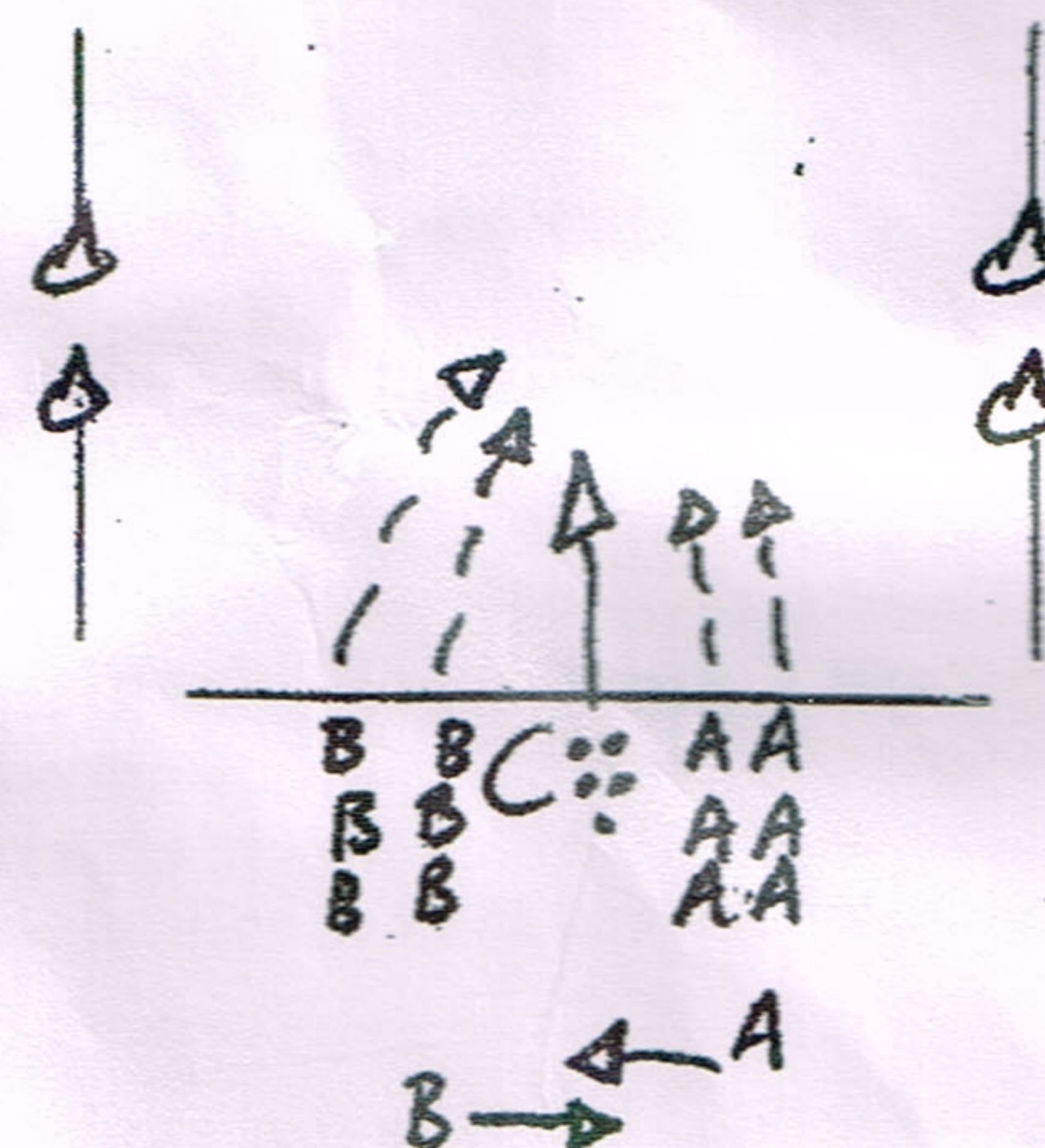
Comments: Can be played in the penalty box, center circle or any confined area.



### 2 v 2

**"Outta There."** Organization: Set-up a 25 yd x 15 yd area with goals at each end. The coach stands on the touchline with all of the balls at his/her feet. Players are on either side of the coach lined up in pairs. The pairs to the right of the coach defend the goal to the right and visa versa for the players to the coach's left. There are no preparatory vocal commands (just roll the ball in). If ball goes out of bounds - "Get out of there" applies to both teams. If one team scores, "see ya or hosta la vista" etc. applies to scored upon team. Don't retrieve balls, when all balls used up, exclaim "we're out of balls" and every player races to get a ball.

Progressions: Can be played 1 v 1 to start.



### Scrimmage: 3 v 3 or 4 v 4