

## Recommended U8 Lesson Plans - Lesson 4

### Warm Up

**Partner Exercises.** Organization: Divide players into two groups. Each player in Group A has a partner in Group B. B runs behind A at an easy pace. At the coach's signal (hand signal, dropped ball), each pair must perform specific tasks.

**Progressions:** A stands with legs apart and B crawls under him, A falls onto his stomach and B jumps over him (variation: five quick hops in a row), A reacts as above and B forms a "bridge" over him, A changes the way he is running (skipping, sideways) and B follows his lead. After a few minutes, each player has to dribble a ball too (adjust tasks accordingly).

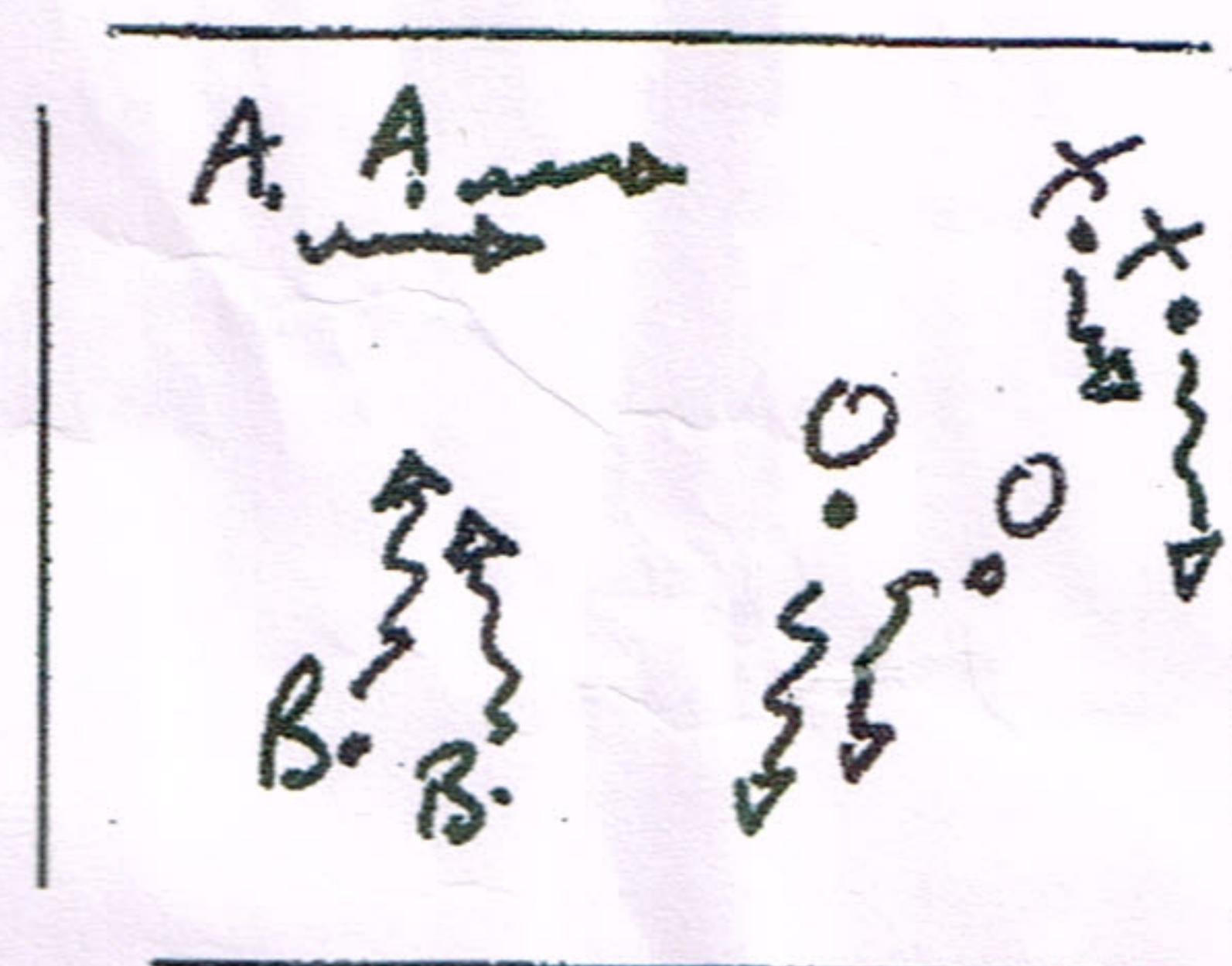
**Comments:** Players switch roles halfway through the exercise.

### AND/OR

**Pair Tag.** Organization: Put players into pairs (one player is #1 and the other is #2). Players start out running freely in the field. When the coach calls out a number, the players called have 10 seconds to tag their partners. The coach signals the end of 10 seconds with a signal.

**Progressions:** Players score one point each for every successful tag. Who can score the most points in five rounds?

**Comments:** Individual players' points may also be added for a team total.

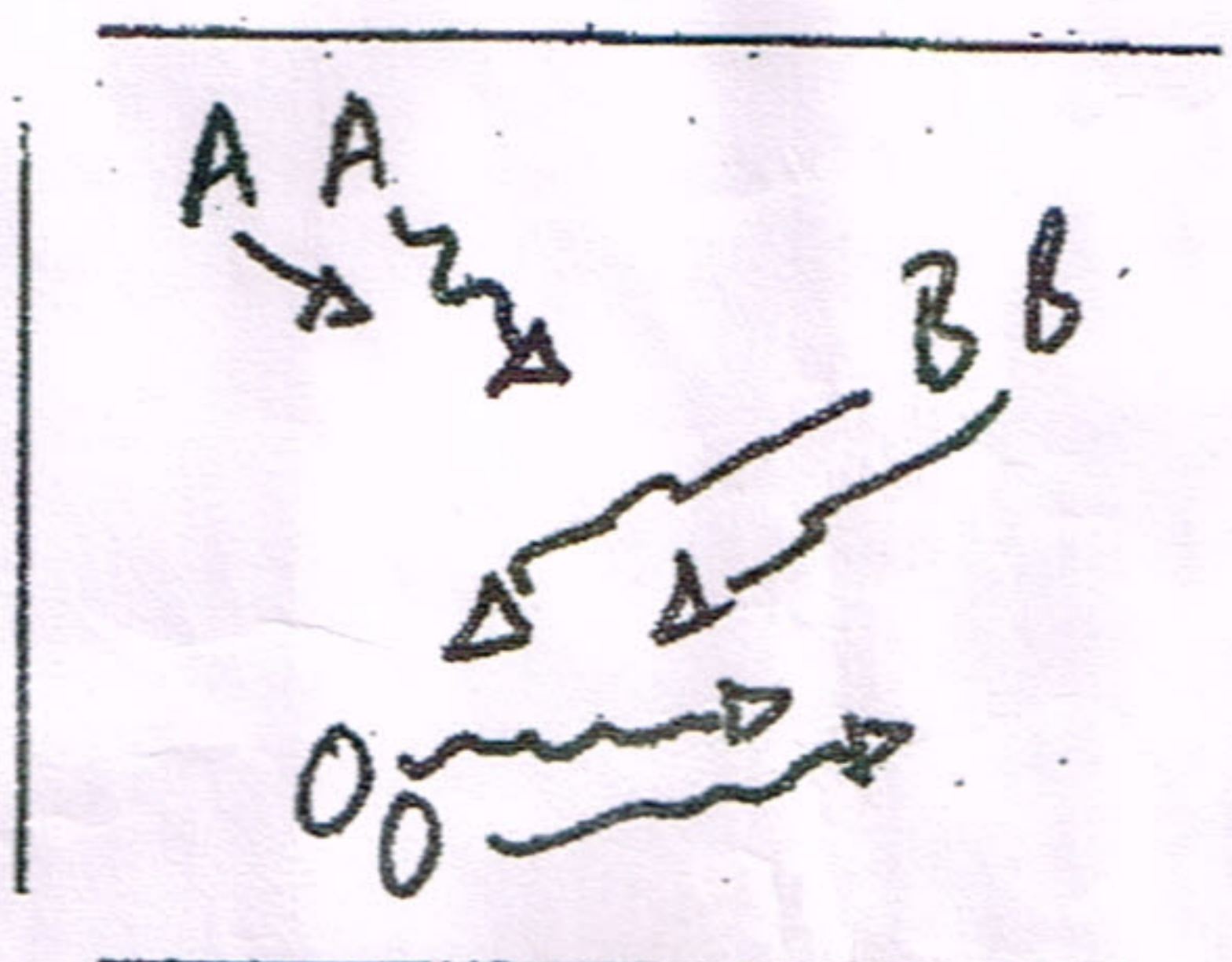


### Activity 1

**Shadow Running.** Organization: The front player is the runner and the second player is his shadow. The runner tries to shake off his shadow by changing pace and direction. The shadow tries to remain at a distance of 1-2 yards behind the runner. The runner can stop and carry out stretching exercises or he can make arm movements or turns while running. His shadow must imitate all of these movements. After 1-2 minutes the two players swap roles.

**Progressions:** Add ball for each player.

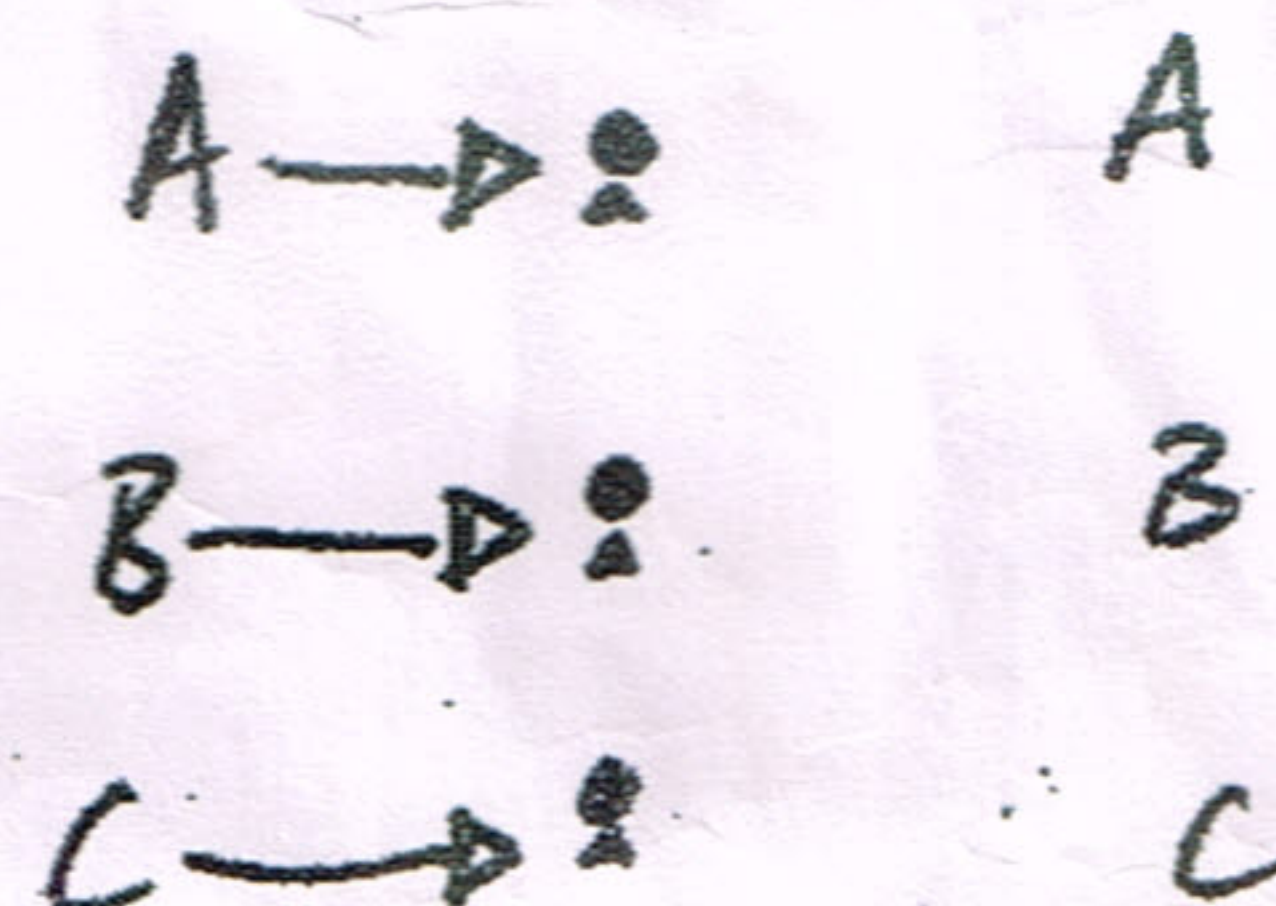
**Comments:** Make sure the players in each pair are evenly matched.



### Activity 2

**Coconut Shy Game.** Organization: In pairs, set the children up 10 yards apart. Put a ball (the coconut) on a disc cone or put a tall cone in between them. Players kick the ball and try to knock the ball off the cone. Player who hits the ball or tall cone resets target ball/cone and the other player retrieves game ball. How many times can you knock the ball off the disc cone in a minute?

**Progressions:** Shoot using any surface, shoot using laces, shoot using inside of foot, etc.

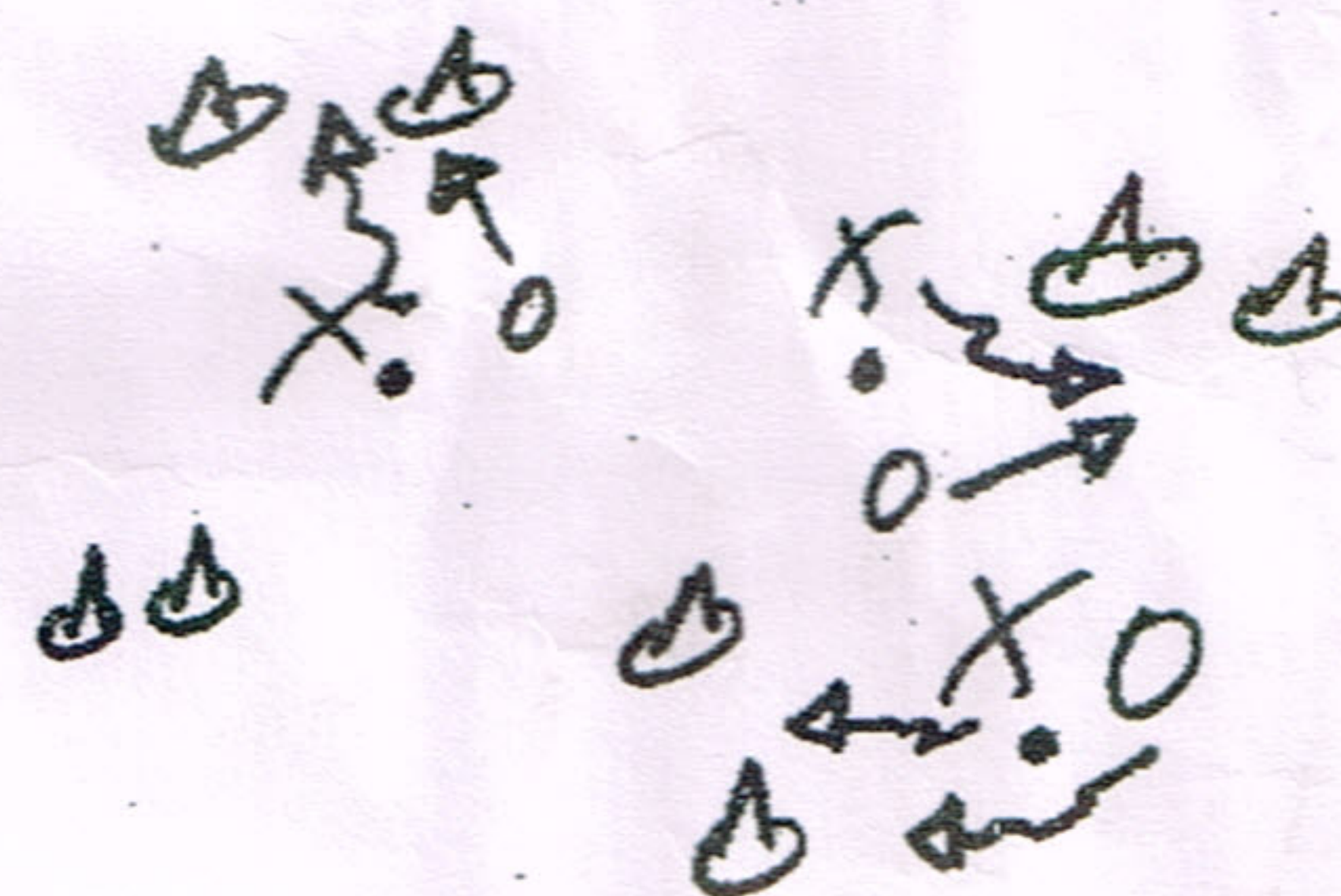


### Activity 3

**Pairs Game.** Organization: A number of goals are set up in a field (one more than the number of pairs). Each player tries to score as often as possible. The coach divides the players into pairs, who play 1 v 1 on the small goals. Each pair has a ball. Players may score on any goal from either side. Due to the high physical intensity, the game should be played in intervals: one minute of play should be followed by a one-minute active rest period, during which players can play and pass through the small goals at a relaxed pace. At a signal from the coach, the 1 v 1 begins again.

**Progressions:** Score by shooting into a goal, score by dribbling through a goal and stopping the ball within 2 yards (leave the ball for your opponent to become the attacker), etc.

**Comments:** The players who scores the most goals wins. Again, well-matched pairs are vital.



### 2 v 2

Use the same field set-up as per activity 3. Each pair now becomes a team. Play 2v2 into multiple goals.

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