

Recommended U8 Lesson Plans - Lesson 9

Warm Up

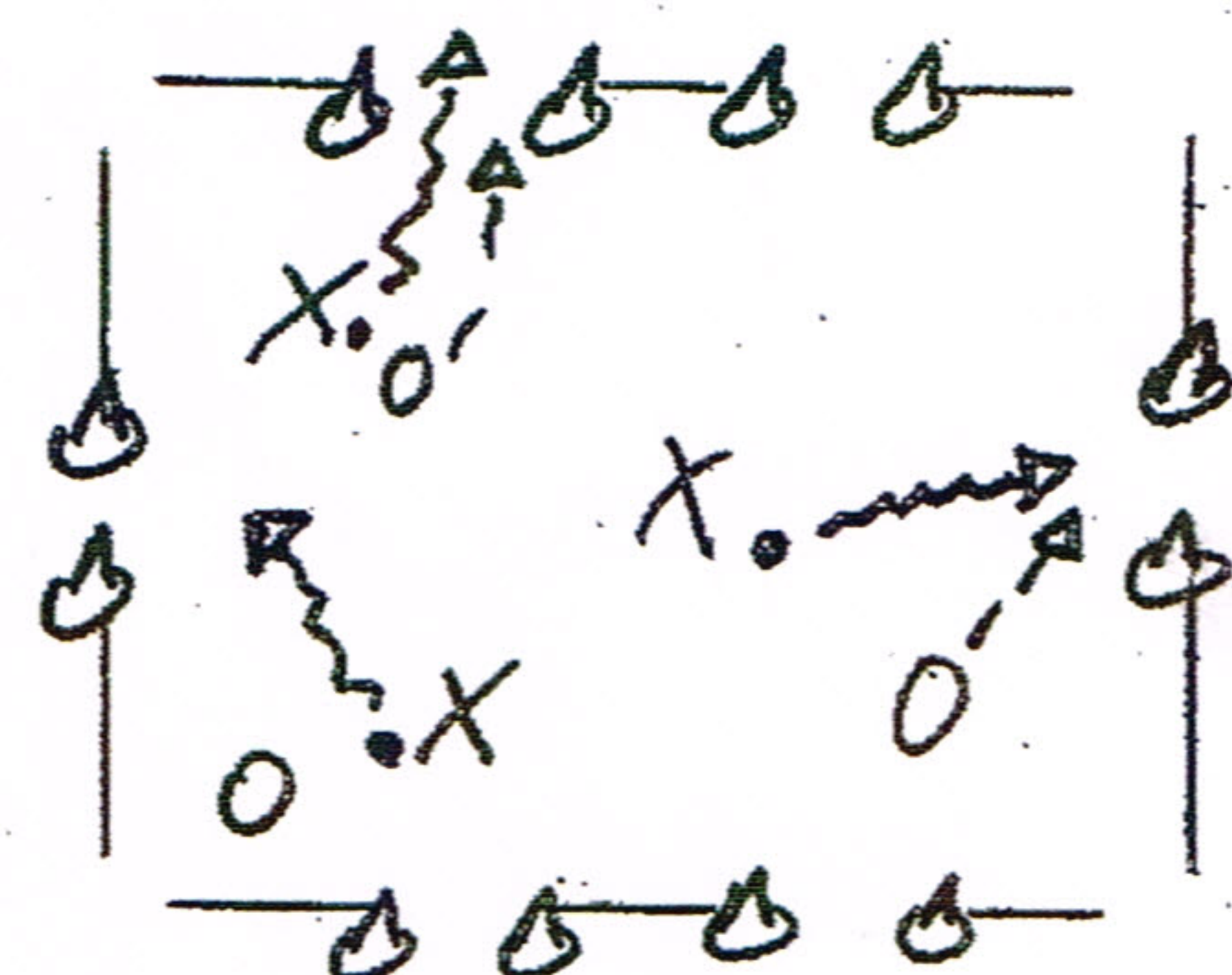
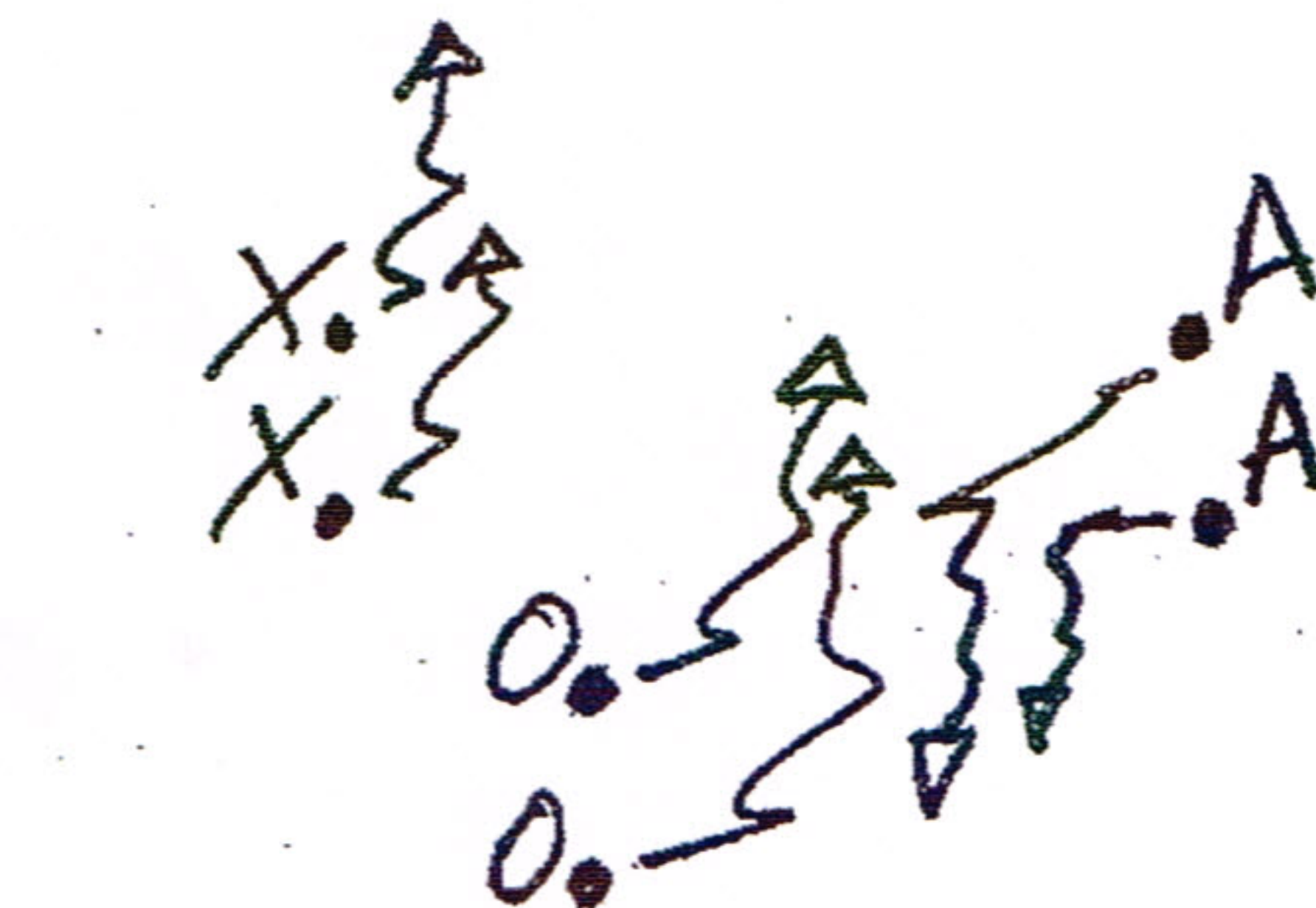
Partner Exercises. Organization: Players divide into two groups. Each player in Group A has a partner in Group B. B runs behind A at an easy pace. At the coach's signal (whistle, hand signal, dropped ball), each pair must perform specific tasks. Progressions: A stands with legs apart and B crawls under 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, etc. Each player has a ball...adjust tasks accordingly. Comments: Players switch roles halfway through the exercise.

Activity 1

- Tag in Pairs.** Players are in pairs and everybody has a ball in a unlimited space. One player is "it" and has to catch their partner and tag them (tag with hand below shoulder height). If the other player is tagged, they become "it" and now must tag their partner. Players must keep their ball with them at all times.
- Progressions: Don't run away but be brave and see how close you can let "it" get to you before getting away, don't turn and run away again but go around "it" to the side, lean one way and go another way to get away, etc. Can be played by varying the tagging method... "it" has to hit their ball against their partners.
- Comments: Use your coaching points as the rules for the next round. Even matching of pairs needed for this game.

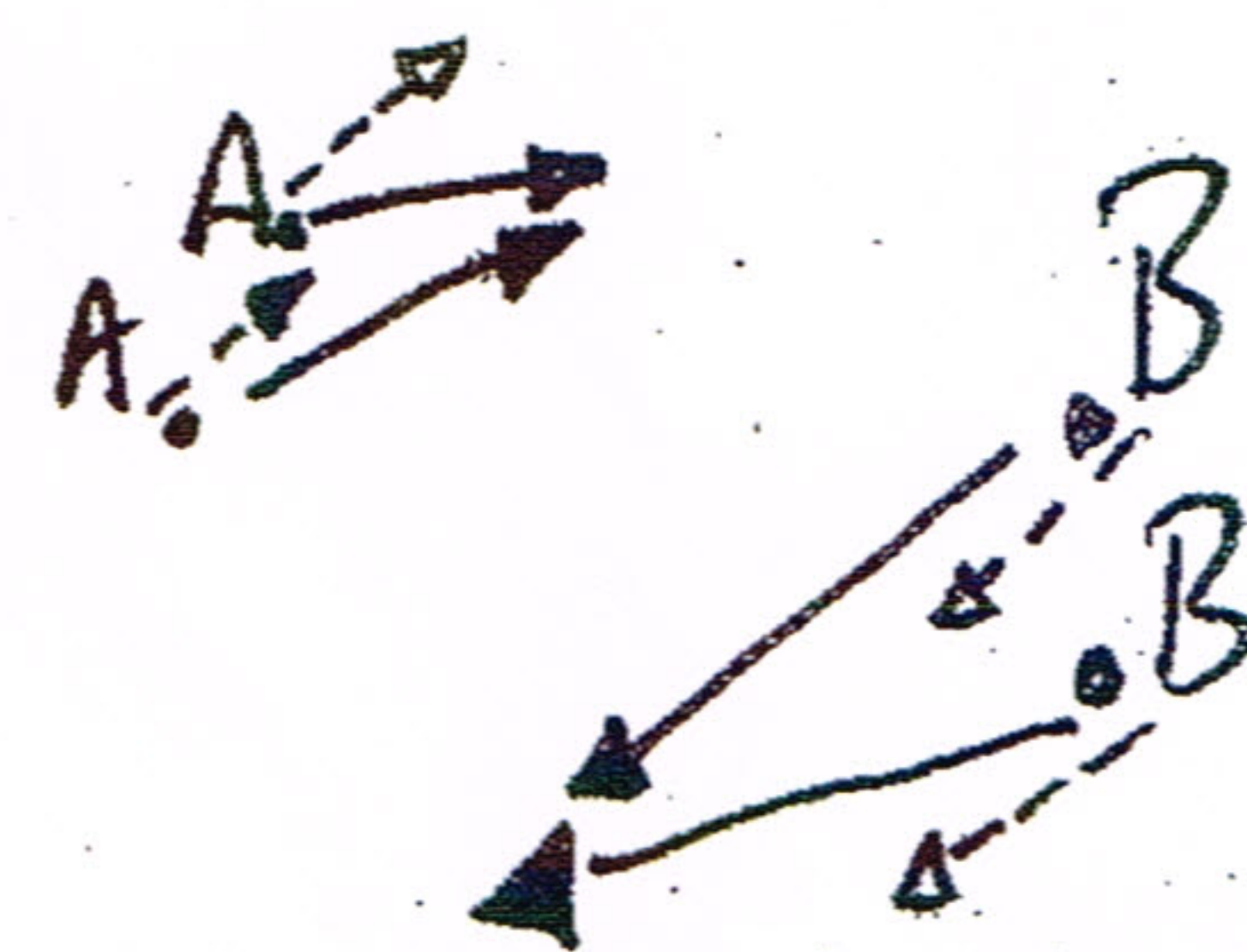
Activity 2

Gate Game. Organization: Set up "Gates" marked by markers in an area 20 x 30 yards. Players are in groups of 2. One player (X) starts as an attacker and the other is a defender (O). X tries to beat O to run the ball through an empty gate. If O wins the ball, he/she now becomes the attacker. Play until a goal is scored, then players change over. No player can score in the last goal scored upon. Play for 2 minutes and see how many goals each player scores. All groups working at the same time, therefore the empty gates keep changing. Rotate the players.



Activity 3

Duck Hunt. Organization: The players are in pairs. Each player has a ball. One person is in front of the other as in "partner exercises." The person in front dribbles anywhere, but cannot lose his/her partner who is following right behind with a ball. When the coach says "pull", the person in front passes their ball to the side and the person behind has to pass immediately and try and hit the ball that was just passed. If a ball is hit then a point is scored. Players switch roles after three times. Progressions: Specify which foot is used, what technique is used, etc. Allow players in front to decide themselves when they pass a ball out instead of listening to the coach yell.



2 v 2

- GK Game.** Organization: Set-up a couple of 2 v 2 fields (10 x 20 yards) with 2 six yard goals. 2 pairs play against each other with one condition... if a pair does not have the ball one player must drop back into goal (they can play as a GK if you wish). When the single player wins the ball he must pass back to the other player in the goal before attacking (meanwhile the other team has a player drop back).
- Comments: Each team can play 3 games, so that all the teams play each other.

Scrimmage: 3 v 3 or 4 v 4.

SEE LESSON 4

SEE LESSON 3