

Interactive Lesson Plan

SEASON

Fall 2015

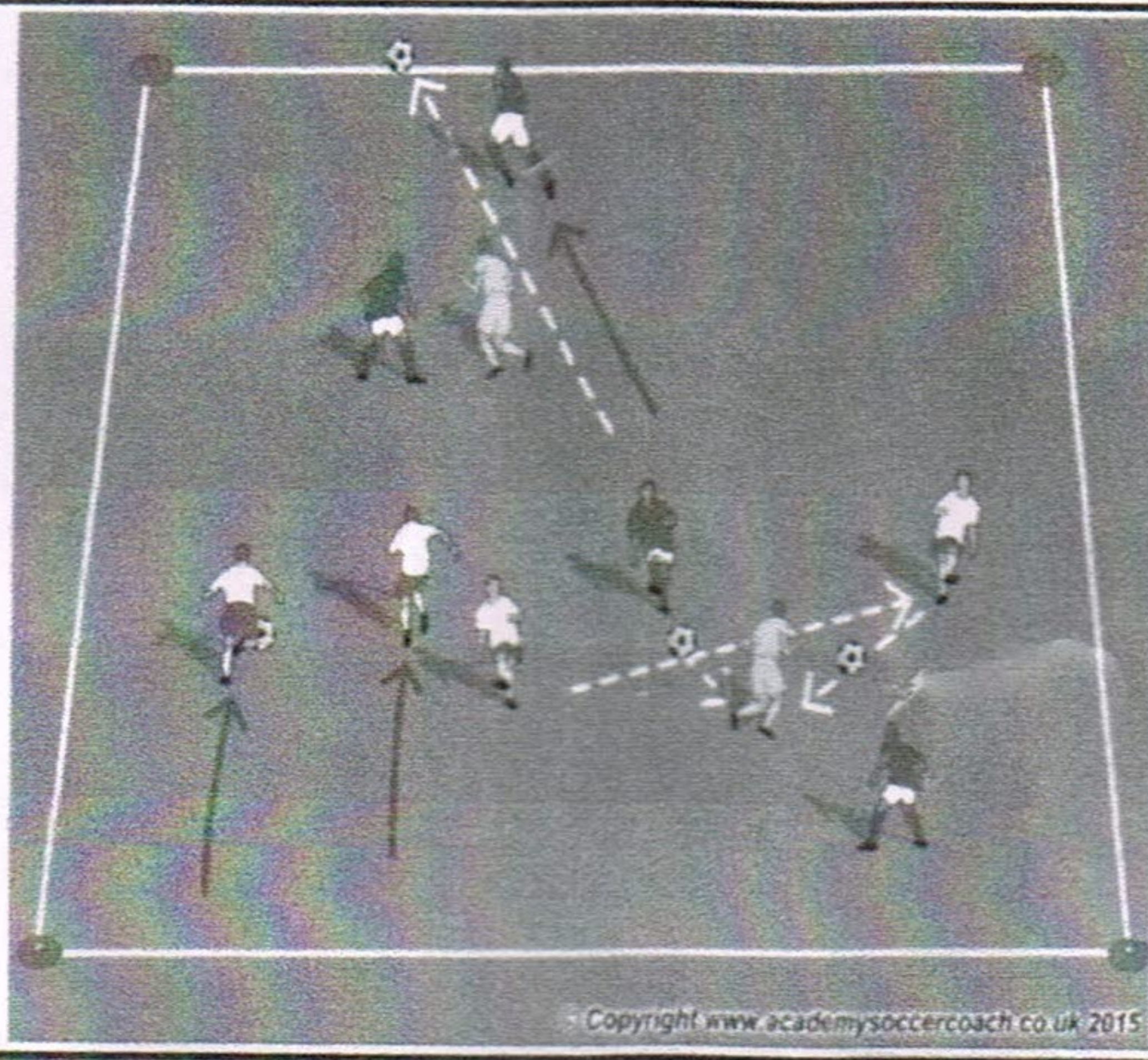
AGE GROUP

U7/U8

WEEK

9

Soccer Festival



ACTIVITY 1

Duration: 10 min.

Intensity:

Med

Activity Time:

2 min

Intervals:

4

Recovery Time:

30 sec

ORGANIZATION (Physical Environment / Equipment / Players)

TEAM OUCH:

In a 15Wx20L yard grid, every player has a partner and 1 soccer ball and they will play within the grid. The coaches jog around the grid and the players must try to hit them in the ankle with their soccer ball. When they hit the coach, the coach should shout out "OUCH." Each time they hit the coach, they earn 1 point. First team to 4 points wins. If they miss the coach or if their ball leaves the grid, go get it and the game continues.

ACTIVITY VARIATIONS

Round 1 – Either player can hit the coach.

Round 2 – The players must take turns hitting the coach.

Round 3 & 4 – Both players must touch the ball before it can hit the coach.

4v4 Festival Organization (Each Game Has A Goal Condition)

Game Duration

4 X 10 minute games

Field Change Time

Teams will have 2-3 minutes to change fields

Substitutions

Coaches will sub on the fly

Team Rotation

Pending number of teams, as shown below by the Red and Blue Arrows

