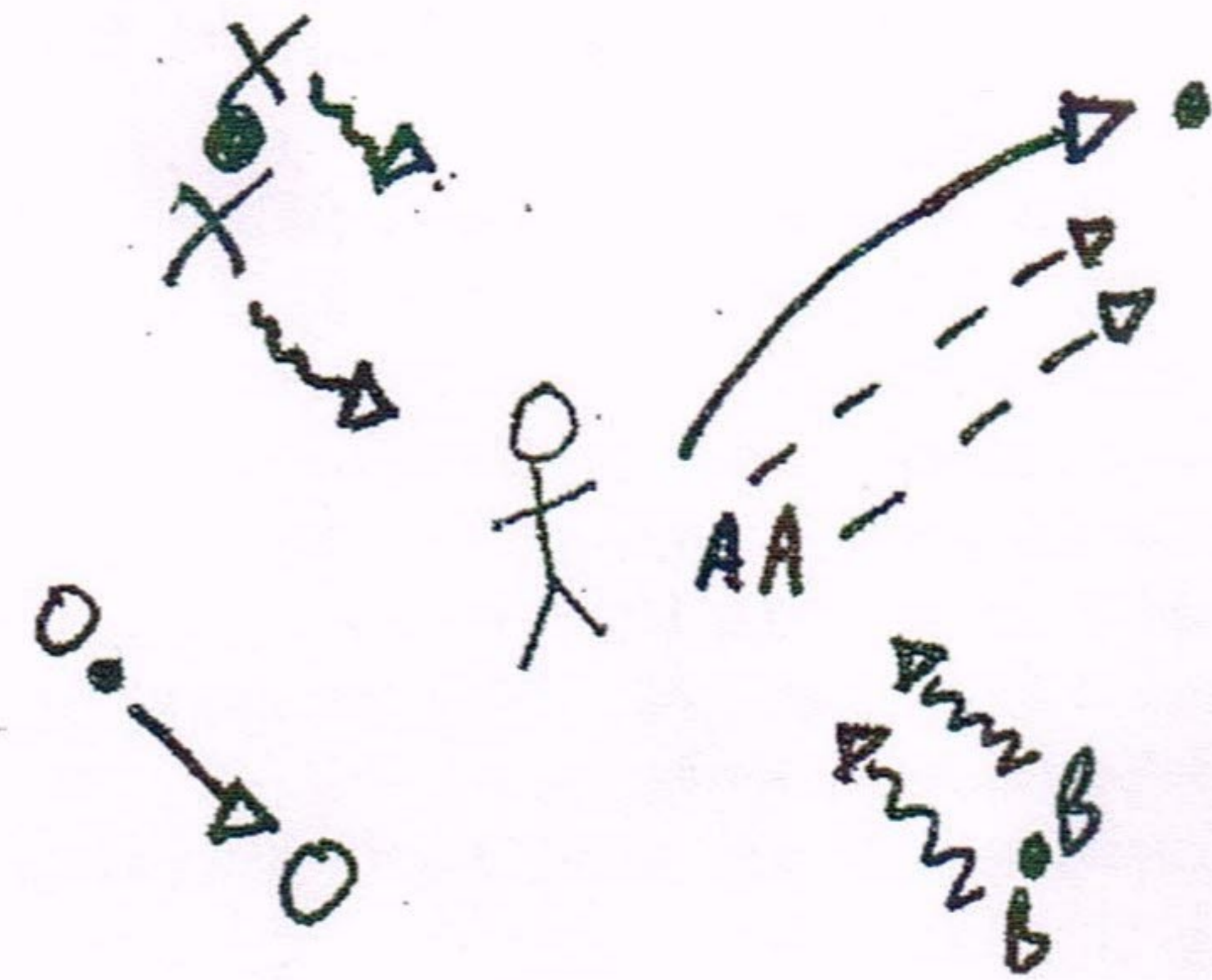


# Recommended U8 Lesson Plans - Lesson 3

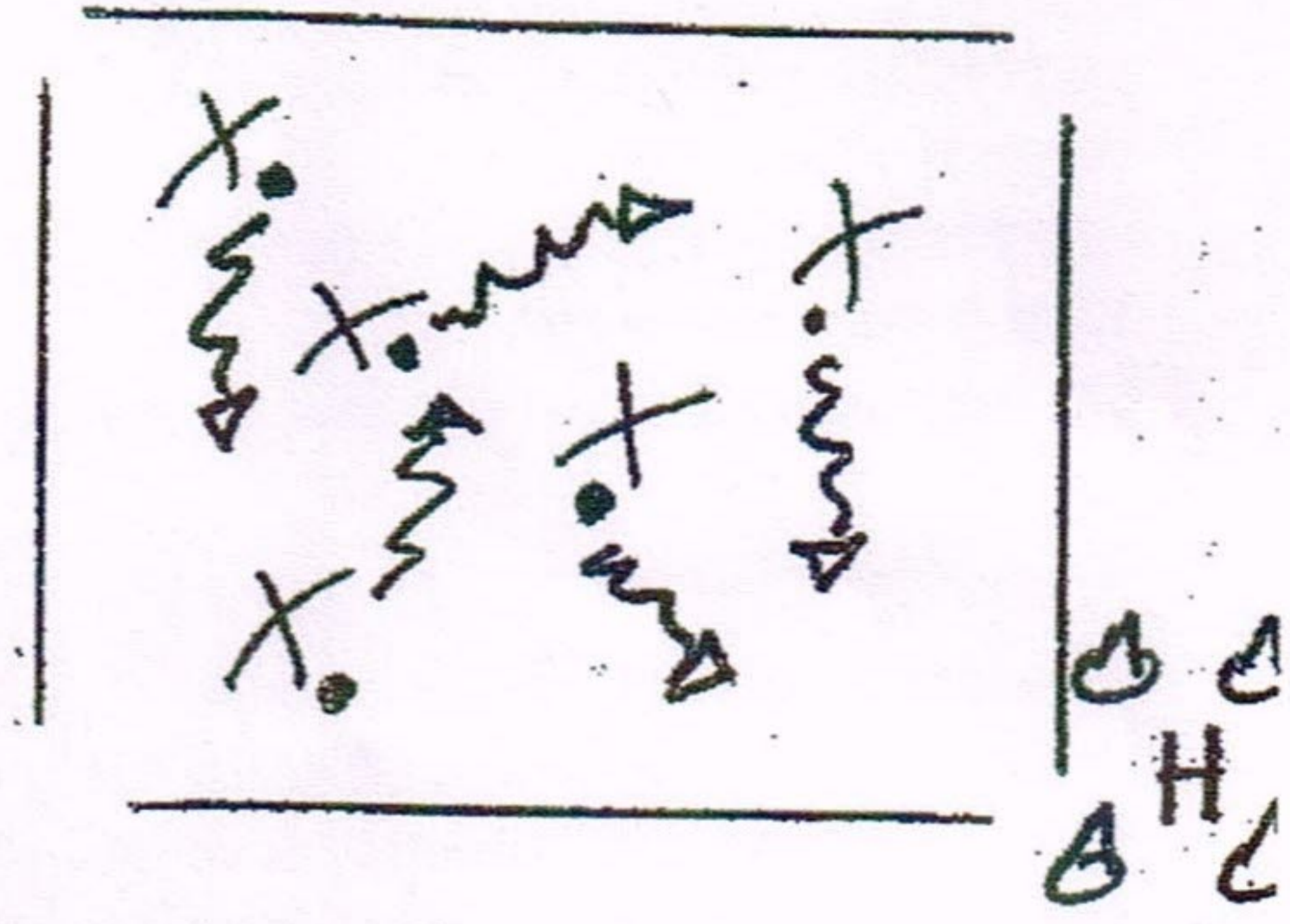
## Warm Up

**Ball Retrieval.** Organization: Children work in pairs. The coach tosses the ball for each player and their partner to bring back. Have all of the players gather closely around you (no lines). Each pair hands you their ball, which you toss randomly into an open area where the pair must retrieve the ball (lines are not needed...just help each pair in turn as they come back) and get it back to you as quickly as possible.  
 Progressions: 4 hands, 4 elbows, one hand and one back, 2 foreheads, 8 passes, 7 passes with feet, 6 passes with right foot, 3 long passes, etc.



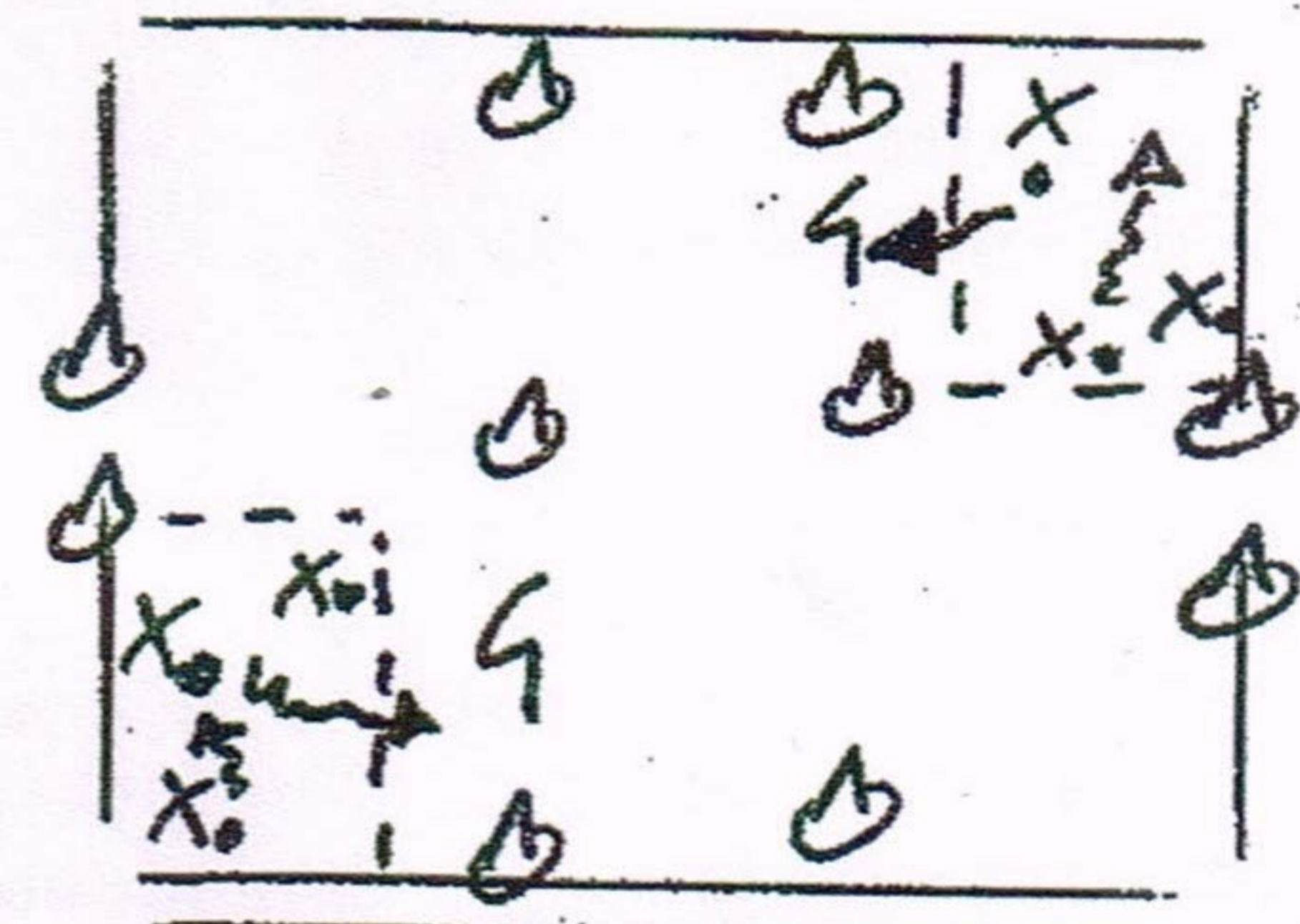
## Activity 1

**Hospital Tag.** Organization: All players each with a ball in a defined area. Set up a second space for a "Hospital." Players must dribble around in the main space and try to tag other players while controlling the ball. If tagged, players must hold the part of the body that was tagged. After player is tagged for the third time, he must go to the hospital. While in the hospital, the players must practice more dribbling. After completing a specific task they come back to the game and begin with a fresh start. Who never went to the hospital?  
 Progressions: Only dribble with one foot, only use the inside of foot, only use the outside of foot, etc.  
 Comments: Encourage rapid changes of speed and direction. Encourage players to attack while they have free hands, but when both hands are holding tagged body areas, they must employ defensive dribbling and go away from attackers.



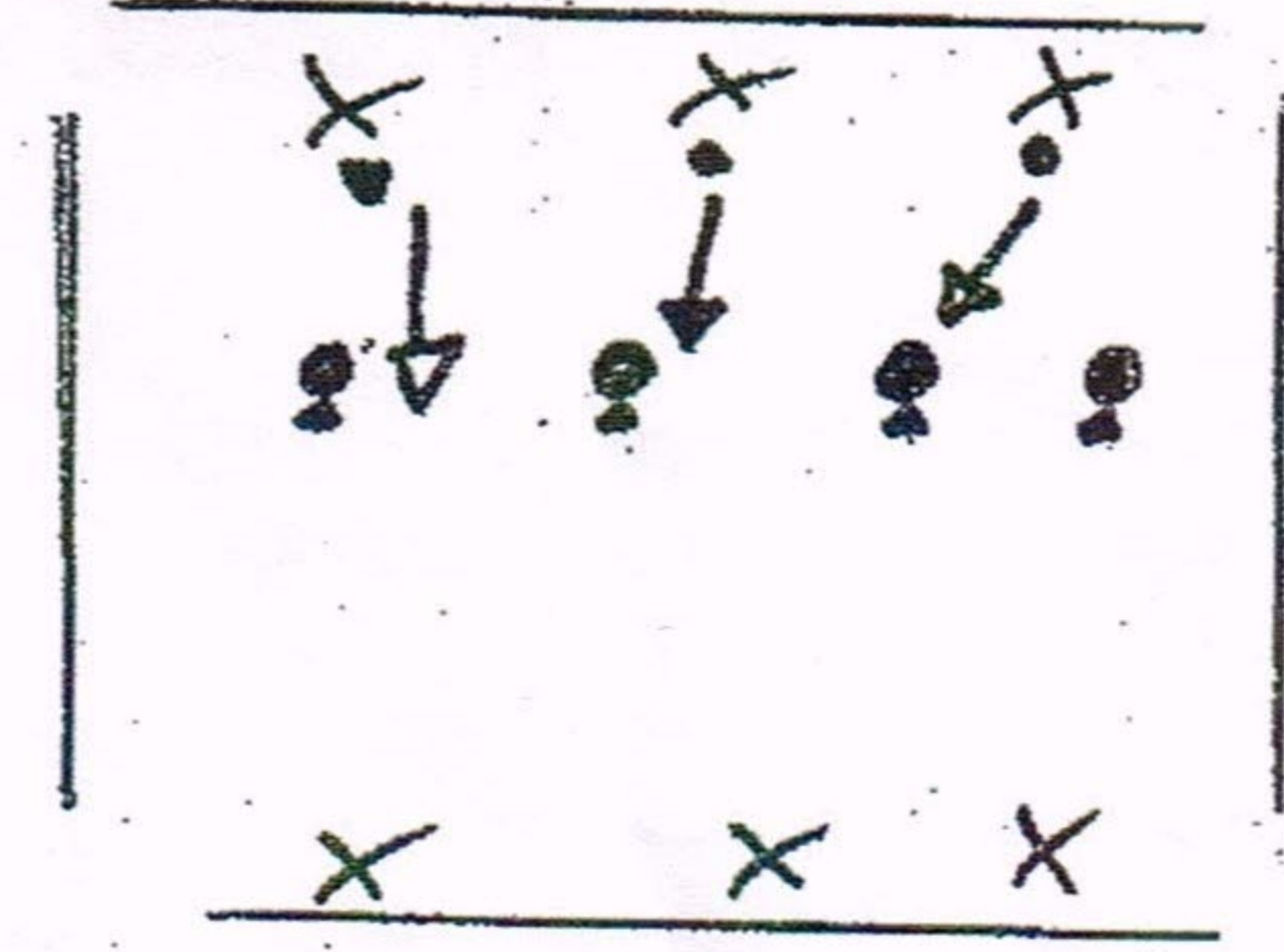
## Activity 2

**Entrances and Exits.** Organization: Divide players into two groups, one on each end line of a field of an appropriate size. The two teams face each other, and each player has a ball. Mark the centerline with a flag or tall cone on each sideline. Call the line between the flags "the bridge." Place one defender on each bridge at the entrance. Essentially the players have to dribble past the bridge defender to the other side. Ask players to go one at a time or call out numbers. Who gets through the most?  
 Progressions: Add second defender at the exit of the bridge, shoot after getting out of the exit, etc.



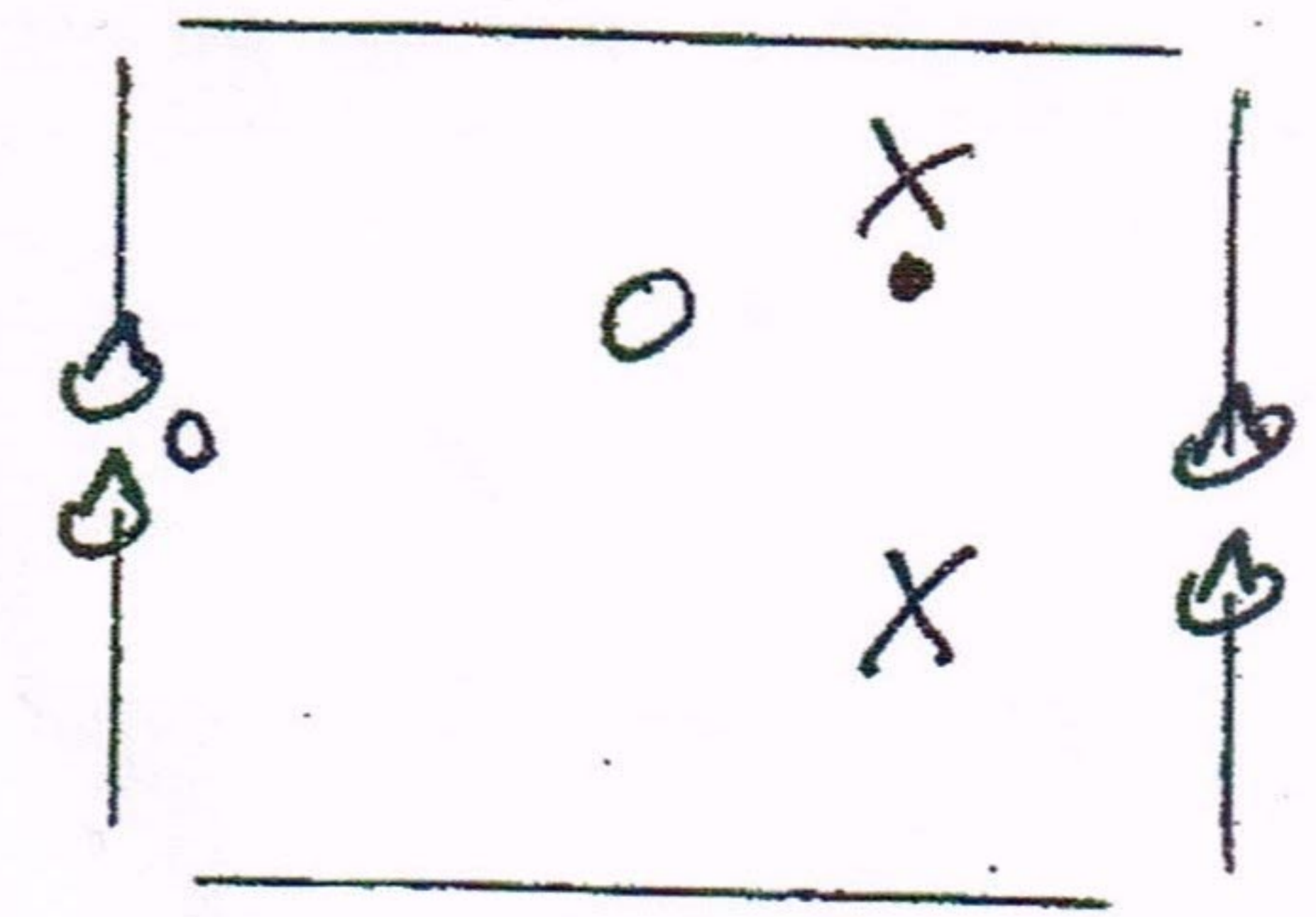
## Activity 3

**Ball Hunting.** Organization: On the baseline of rectangular playing area are 4-6 players. In the middle of the playing area are three cones, each with a ball on top of it. The players shoot from the baseline simultaneously, trying to knock the balls off the cones. Balls that are knocked off are immediately put back on the cones. Who hits the most balls?  
 Progressions: Shoot using any surface, shoot using laces, shoot using inside of foot, etc.



## 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.**