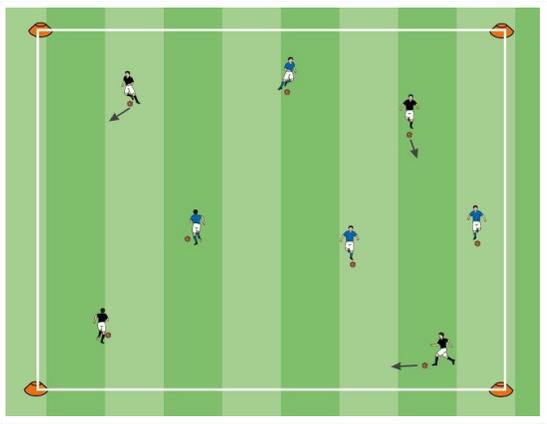
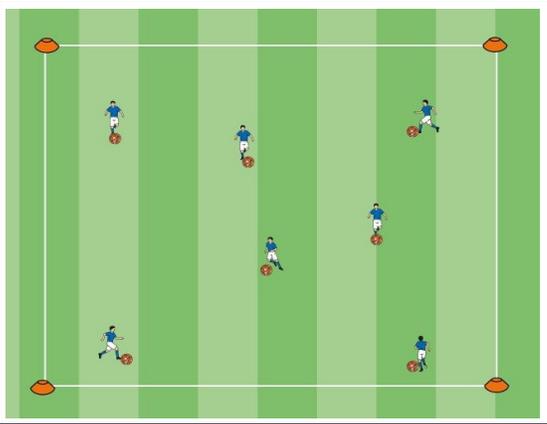


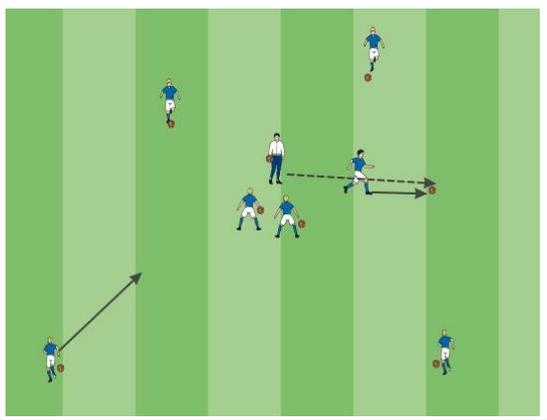
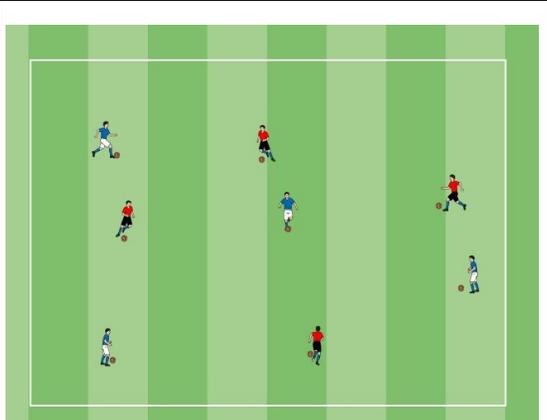
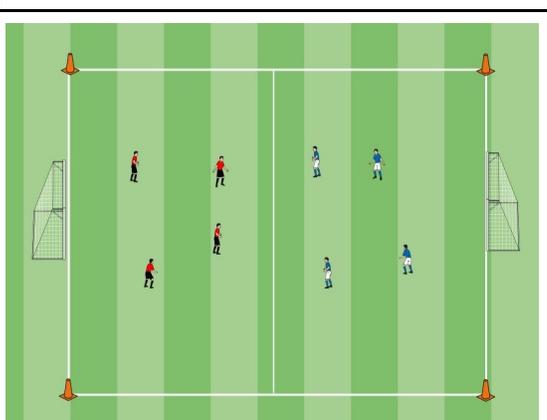
# U7 - U8 Lesson Plan



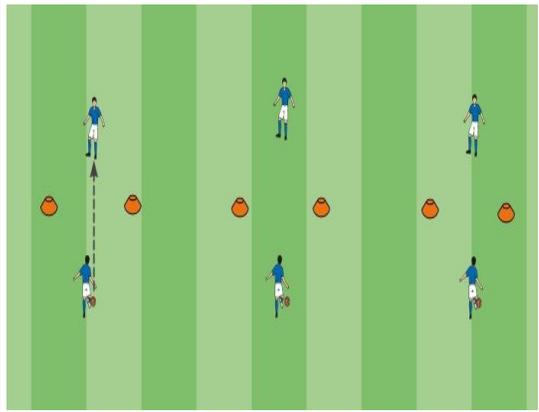
Technical Warm Up	Organization	Coaching Points
	<p><b>Red light/Green light:</b> All players dribbling freely in a 15W x 20L grid. When the coach says “red light” the players must stop and put their foot on the ball. When the coach says “yellow light” the players must dribble slowly, and when the coach says “green light” the players must dribble fast.</p> <p><b>Variations:</b> different parts of foot for colors, or toe tap &amp; tick tock.</p>	<ul style="list-style-type: none"> <li>• How far should the ball be from the dribbler</li> <li>• When and how to change direction</li> <li>• Surface to dribble with</li> <li>• When and how to stop the ball</li> </ul> <p><b>Time:</b> 10 minutes</p>
Small Sided Game	Organization	Coaching Points
	<p><b>Body Part Dribble:</b> All players dribbling a soccer ball. The coach calls out a body part: elbow, knee, head, etc. and the players then stop their ball with that part of the body.</p>	<ul style="list-style-type: none"> <li>• When and how to change direction</li> <li>• Surface to dribble with</li> <li>• How far should the ball be from the dribbler</li> </ul> <p><b>Time:</b> 15 minutes</p>
Exp. Small Sided Game	Organization	Coaching Points
	<p><b>3v3:</b> Split up into two fields of 3v3 games with fields of 20L x 25W no goal keepers. When ball goes out on the endline: corner kick or goal kick. Out of bounds on the side line: throw in. Play 7 minute games then switch opponents</p>	<ul style="list-style-type: none"> <li>• Keep the ball under close control</li> <li>• If teammate has the ball, other players should spread out</li> <li>• Rules of the game</li> </ul> <p><b>Time:</b> 25 minutes</p>
<p><b>6v6 Scrimmage</b></p>		
<p><b>Cool down</b></p>	<p>Static stretching, review</p>	

# U7 - U8 Lesson Plan

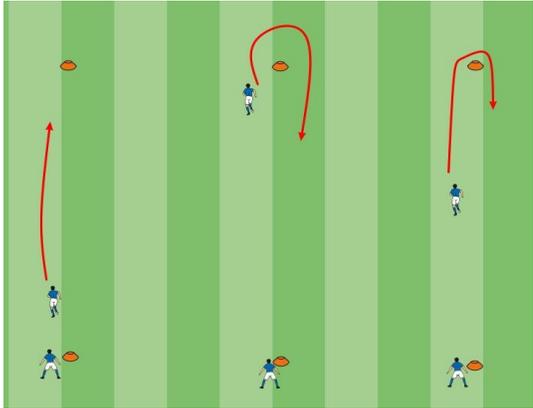
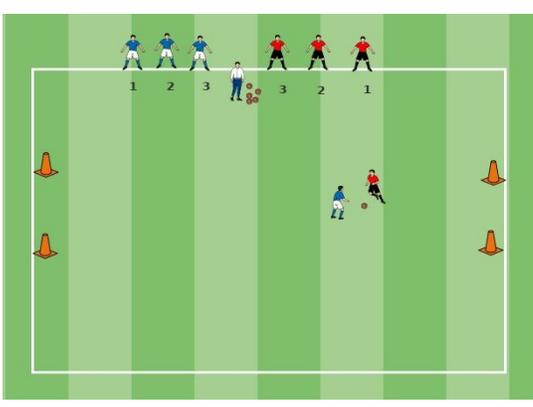
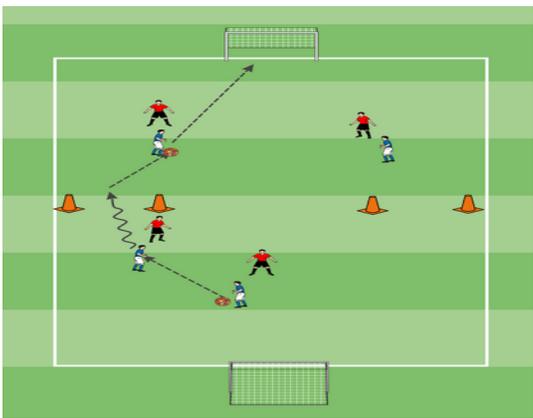


Technical Warm Up	Organization	Coaching Points
	<p><b><u>Dribbling Warm Up:</u></b> Coach tosses a players ball out away from them and player needs to run after it and dribble it back to coach who will throw it out again. Coach should move around not staying in one spot.</p> <p><b>Variation:</b> have players use different parts of their foot to dribble back.</p>	<ul style="list-style-type: none"> <li>• Keeping the ball in control</li> <li>• Head up</li> <li>• Surface to dribble with</li> </ul> <p><b>Time:</b> 10 minutes</p>
Small Sided Game	Organization	Coaching Points
	<p><b><u>Keep Away:</u></b> All players dribbling a soccer ball. Goal is to stay in the grid with out getting your ball knocked out. Start with one or 2 players not having a ball trying to get offensive players ball out of grid. Work up to everyone having a ball and trying to knock others ball out while possessing their own. If ball is knocked out of grid give player a task before returning to grid: toe taps, bells, etc.</p>	<ul style="list-style-type: none"> <li>• Change of direction</li> <li>• Surface to dribble with</li> <li>• Ball control</li> <li>• Shielding ball from opponent</li> </ul> <p><b>Time:</b> 15 minutes</p>
Exp. Small Sided Game	Organization	Coaching Points
	<p><b><u>4v4:</u></b> Split up into two fields of 4v4 games with fields of 20L x 25W no goal keepers. When ball goes out on the endline: corner kick or goal kick. Out of bounds on the side line: throw in. Play 7 minute games then switch opponents</p>	<ul style="list-style-type: none"> <li>• Keep the ball under close control</li> <li>• If teammate has the ball, other players should spread out</li> <li>• Rules of the game</li> </ul> <p><b>Time:</b> 25 minutes</p>
Cool down	Static stretching, review	

# U7 - U8 Lesson Plan

<p style="text-align: center;"><b>Technical Warm Up</b></p> 	<p style="text-align: center;"><b>Organization</b></p> <p><b>Passing:</b> Players have a partner and one ball between them. Passing back and forth keeping the ball between their cones and on the ground. Players should always have feet moving when they don't have the ball. Players should be close together to start.</p> <p><b>Variations:</b> two touch pass, one touch</p>	<p style="text-align: center;"><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>Technique of passing: Locked ankle, Follow through, strike ball solid-through the middle, receiving touch</li> </ul> <p><b>Time:</b> 10 minutes</p>
<p style="text-align: center;"><b>Small Sided Game</b></p> 	<p style="text-align: center;"><b>Organization</b></p> <p><b>Gate Passing:</b> In a 25x30 yard grid, set up gates (two cones about 1 yard apart). Players are in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate in order to score a point and move to another goal to score another point. Variations: have them pass with only their left or their right foot, or the outside</p>	<p style="text-align: center;"><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>Technique of passing: Locked ankle, Follow through, strike ball solid-through the middle, receiving touch - directional</li> <li>Communication for the ball</li> </ul> <p><b>Time:</b> 10 minutes</p>
<p style="text-align: center;"><b>Exp. Small Sided Game</b></p> 	<p style="text-align: center;"><b>Organization</b></p> <p><b>4v4:</b> Split up into two fields of 4v4 games with fields of 20L x 25W no goal keepers. When ball goes out on the endline: corner kick or goal kick. Out of bounds on the side line: throw in. Play 7 minute games then switch opponents</p>	<p style="text-align: center;"><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>Keep the ball under close control</li> <li>If teammate has the ball, other players should spread out</li> <li>Rules of the game</li> </ul> <p><b>Time:</b> 25 minutes</p>
<p style="text-align: center;"><b>Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Coaching Points</b></p>
<p style="text-align: center;"><b>6v6 Scrimmage</b></p>	<p>Play with goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> <li>All of the above</li> </ul>
<p style="text-align: center;"><b>Cool down</b></p>	<p>Static stretching, review</p>	

# U7 - U8 Lesson Plan

<p align="center"><b>Technical Warm Up</b></p>	<p align="center"><b>Organization</b></p>	<p align="center"><b>Coaching Points</b></p>
	<p><b>Cone running competition:</b>            Players are split up into small groups. First player in each line will dribble out and do an inside cut around the cone once back to the start line, the other player will go out and repeat.</p> <p><b>Variations:</b> Outside cut, pull back</p>	<ul style="list-style-type: none"> <li>• What part of the foot should players be using</li> <li>• Where on the field should this be used</li> </ul> <p><b>Time:</b> 10 minutes</p>
<p align="center"><b>Small Sided Game</b></p>	<p align="center"><b>Organization</b></p>	<p align="center"><b>Coaching Points</b></p>
	<p>Set up 2 goals with cones. Split the team into 2 and each player receives a number matching someone on the other team. The coach rolls the ball out onto the field and calls out a number. Players assigned to that number run onto the field and play 1v1. Ends when someone scores or goes out of bounds.</p>	<ul style="list-style-type: none"> <li>• Protect the ball</li> <li>• Shoot when there is a chance of a goal</li> <li>• Defensive position</li> </ul> <p><b>Time:</b> 10 Minutes</p>
<p align="center"><b>Exp. Small Sided Game</b></p>	<p align="center"><b>Organization</b></p>	<p align="center"><b>Coaching Points</b></p>
	<p><b>Double Goals:</b>            Play 4v4 in a 30x20 yard grid. Add two gates (3 yards wide) on both sides. Teams can score a goal if they pass or dribble through either gate, and continue to try and score on the central goal. Players can still score on the central goal without going through the wide gates.</p>	<ul style="list-style-type: none"> <li>• Players should have head up</li> <li>• Attack the width if open</li> <li>• Players off the ball should move into space</li> </ul>
<p align="center"><b>Game</b></p>	<p align="center"><b>Organization</b></p>	<p align="center"><b>Coaching Points</b></p>
<p align="center"><b>6v6 Scrimmage</b></p>	<p>Play with goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul>
<p align="center"><b>Cool down</b></p>	<p>Static stretching, review</p>	