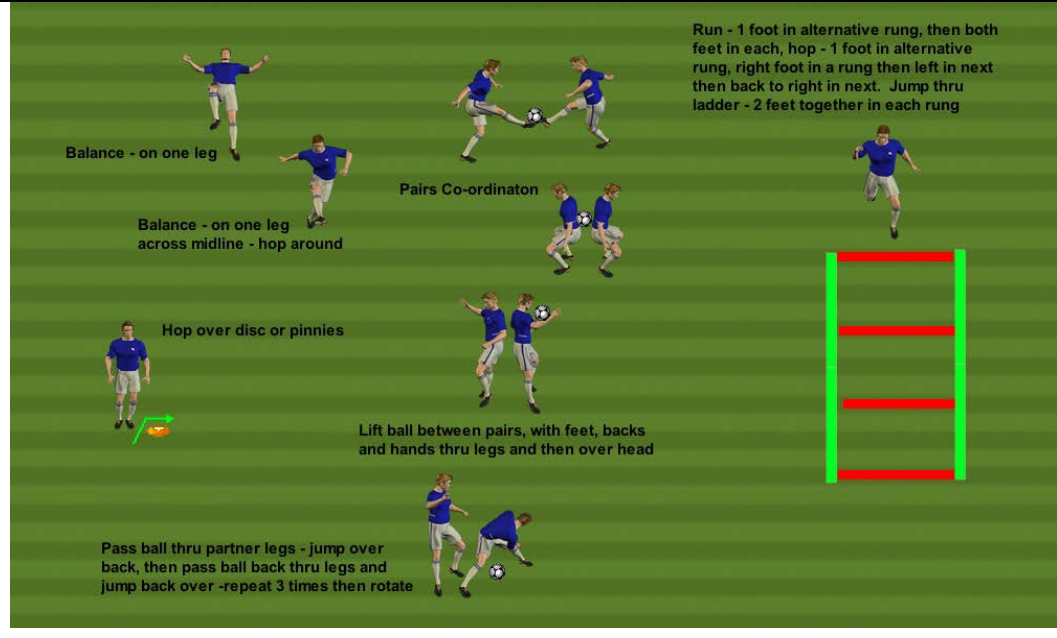
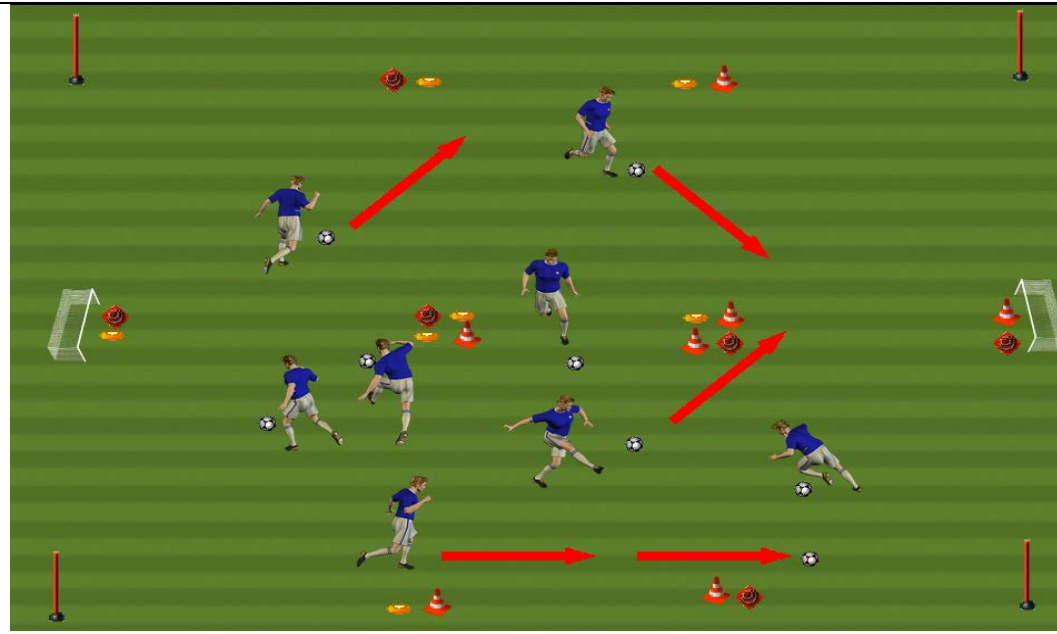
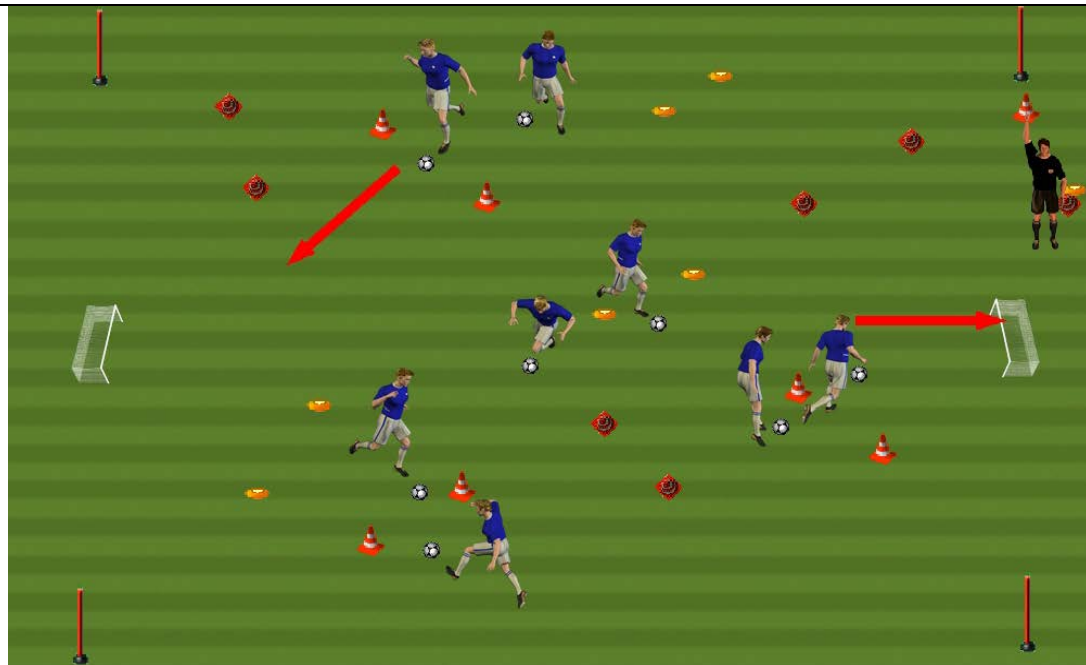


Week 4 U7/U8 Lesson Plan: Dribbling and Running with the Ball

 <p>Balance - on one leg</p> <p>Balance - on one leg across midline - hop around</p> <p>Hop over disc or pinnies</p> <p>Pass ball thru partner legs - jump over back, then pass ball back thru legs and jump back over -repeat 3 times then rotate</p> <p>Pairs Co-ordination</p> <p>Lift ball between pairs, with feet, backs and hands thru legs and then over head</p> <p>Run - 1 foot in alternative rung, then both feet in each, hop - 1 foot in alternative rung, right foot in a rung then left in next then back to right in next. Jump thru ladder - 2 feet together in each rung</p>	<p><u>RHYTHMIC WARM UP</u></p> <p>Movement education. Ask players to find some space where they can see you. Ask them to stand on one foot. Place leg behind, front and sideways. Hop around one foot, find a cone and hop over a cone 6 times with one foot then change foot. Jump up and land and bend knees to cushion. Show how to run on balls of feet on spot. Run thru and then jump thru ladder or cones or over pinnies in a straight line.</p>	<p>0-6 mins</p> <p>Guided Discovery / Coach Pts:</p> <p>Can you do this?</p> <p>Field 20 length by 20 width yards</p>
	<p><u>RUNNING with the BALL</u></p> <p>Coach...organizes field in 6 areas 7.5 yards length by 10 yards wide. Encourage players to take heavy touches so they go from 1 area to another or possibly other end area approx 10 yds min in length. Progress by indicating to players they have 1 minute to visit as many of the 6 areas as possible inc going diagonally. Encourage soft touches near touchline or other players. If a player's ball hits another ball or player they start counting again. Lastly, coach also moves around field trying to intercept balls.</p>	<p>7-14 mins</p> <p>Guided Discovery / Coach Pts:</p> <p>How can you find out where to go? Response – Head up look for space.</p> <p>How can you take a heavy touch? Response– Use instep, toe down, lock ankle & plant foot next to ball.</p> <p>If you want to keep your ball or see someone in the way - what should you do? Response – Look around and / or soft touch change direction and find a new area to run into with the ball.</p> <p>Field 20 length by 20 width yards</p>
<p style="text-align: center;">WATER BREAK</p>		



SCANNING

Coach asks players, for 20 secs [w/out ball], to run thru gates / cones [e.g. red]. After 3 reps, coach asks the players to now keep looking at the coach so they know what color to run thru as he /she holds different colors. They then repeat by dribbling their ball. The coach should move around the field so the players also have to look for coach and color cone. Repeat but now ask players after going thru 2 sets of gates to go to the nearest goal and shoot. The player retrieves the ball and repeats. Coach should change color of cones every 15-20 secs.

16-25 mins

Guided Discovery / Coach Pts:

What can you do to get thru the cones? Look to see where are the ### cones e.g. red cones. Look to see where other players are.

What can you do to find out what color cones to go around?

Response – Listen. Find the coach and look to see what color cone the coach holding.

How can you move the ball between cones/gates?

Response – Heavy or soft touch. Heavy if gates are further away.

Field 25 length by 20 width yards



IND / PAIRS SLALOM thru CONE and SHOOT

Split players into 2 teams – max 4 players a team. Give each player a number 1 thru 4. All players stand behind their goal with a ball. If a players' number is called they must dribble thru or around a cone and then dribble to opposite goal and shoot. Game is over when one team has shot (e.g. 2 players 2 shots) or when both teams have shot. Sometimes ask players to use left foot only. Mix numbers as well as number of players to go e.g. mostly in pairs but sometimes 3 or all 4.

26-35 mins

Guided Discovery / Coach Pts:

What's cones are the quickest way to go to goal?

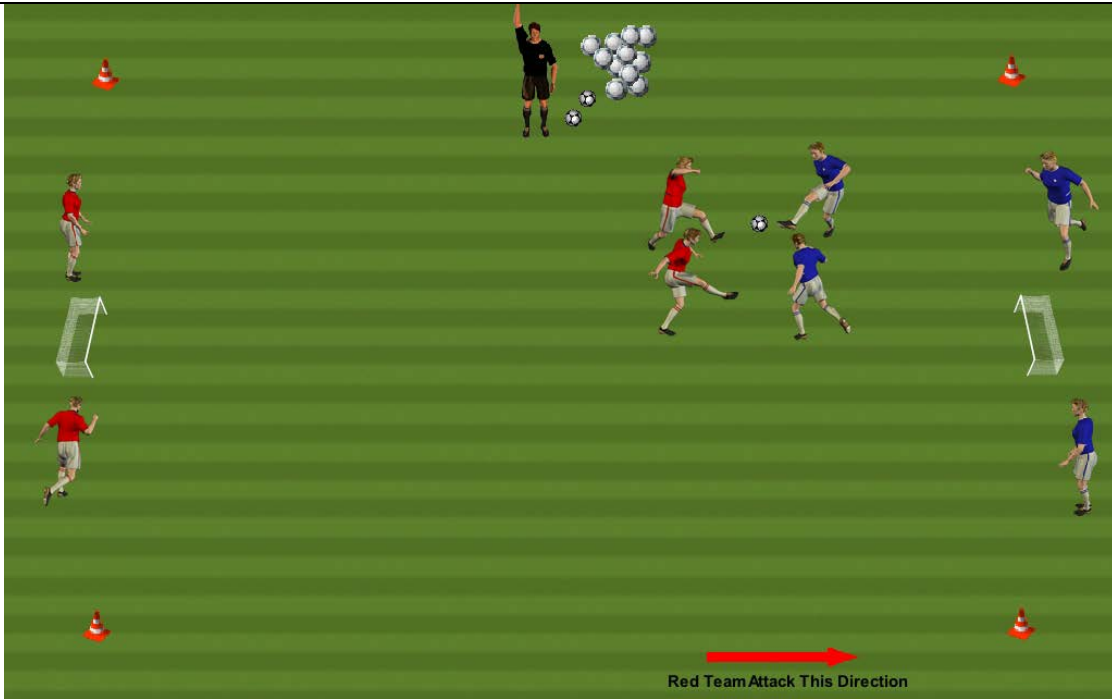
Response – Answers will vary
Suggestion: Is it easier to dribble thru or around cones close to your goal or close to other team's goal?

What can you do to get to the goal quicker?

Response – Answer will vary but maybe push ball ahead and not dribble close – pass to myself ahead – shoot early

Field 25 length by 20 width yards

WATER BREAK

 <p>Red Team Attack This Direction</p>	<p><u>BOSS of the BALLS</u></p> <p>Split players into 2 teams – max 3 players a team. Give each player a number 1 thru 3. All players stand behind their goal WITHOUT a ball. Coach has all the balls and will pass one into the field to start game (at the same time coach will call what #'s to play). If a players' number is called they must get to the ball and with teammate(s) either score or defend. The game is over either when a goal is scored or ball goes out. Coach then restarts a new game and calls 1 or 2 new numbers e.g. 1 or 1&2. Coach should match players of similar ability - make same #. Pass towards players with less experience.</p>	<p>37-45 mins</p> <p>Guided Discovery / Coach Pts:</p> <p>How can you get to the ball quickly? <i>Response</i> – Listen for my number and/or see where the ball is going.</p> <p>How can you get past the other player? <i>Response</i> – See where they are and take a heavy touch.</p> <p>When can you shoot? <i>Response</i> – When I see the goal and am close enough?</p> <p>Field 25 length by 20 width yards</p>
<p>WATER BREAK</p>		
	<p><u>GAME</u></p> <p>Regular soccer 4vs 4. Ask players part of field when ball goes out .Goaline vs. touchline. Reinforce to players when they must go to the center circle when we start the game of if we play the ball over the goal line. If ball goes over the goalline should players go straight to their house or mark someone on the other team.</p>	<p>47-56 mins</p>

COOL DOWN and TEAM CHEER