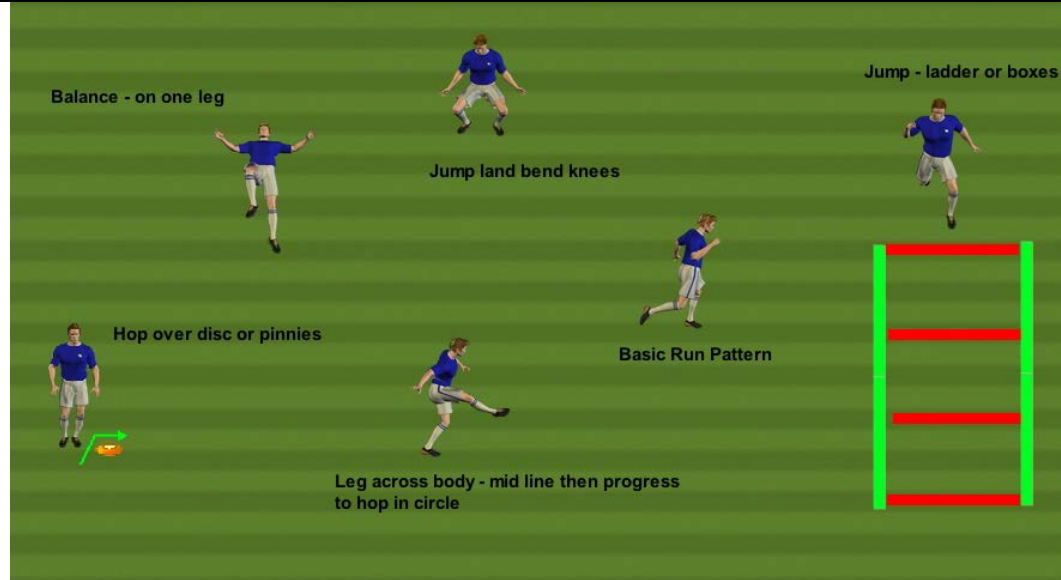
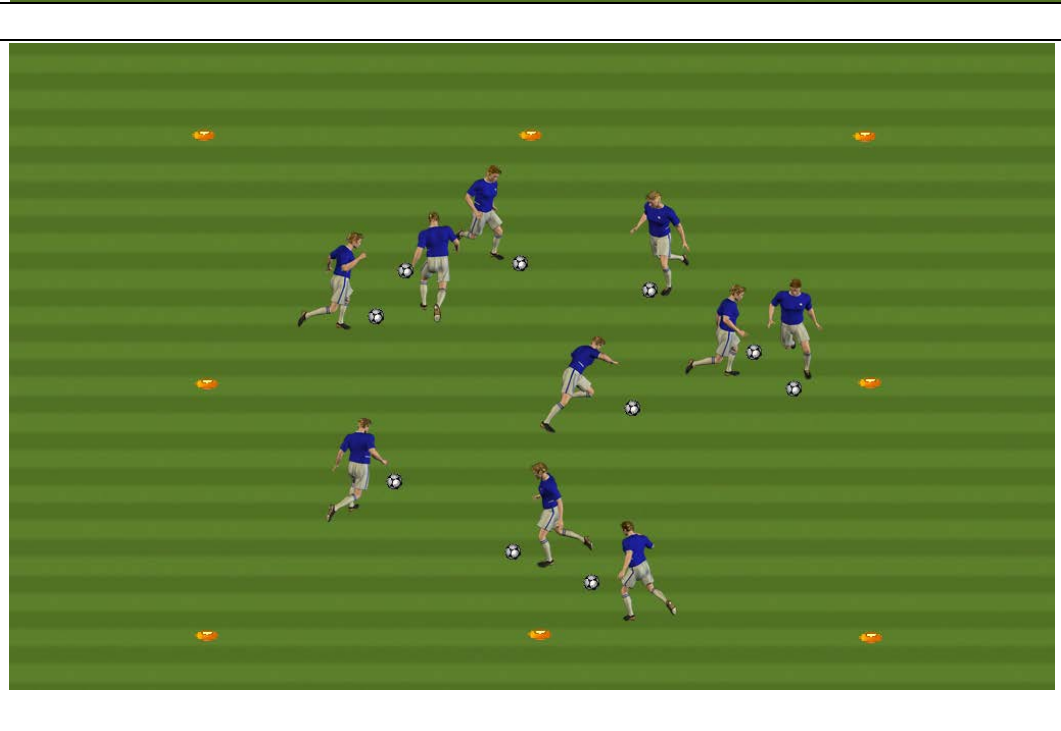
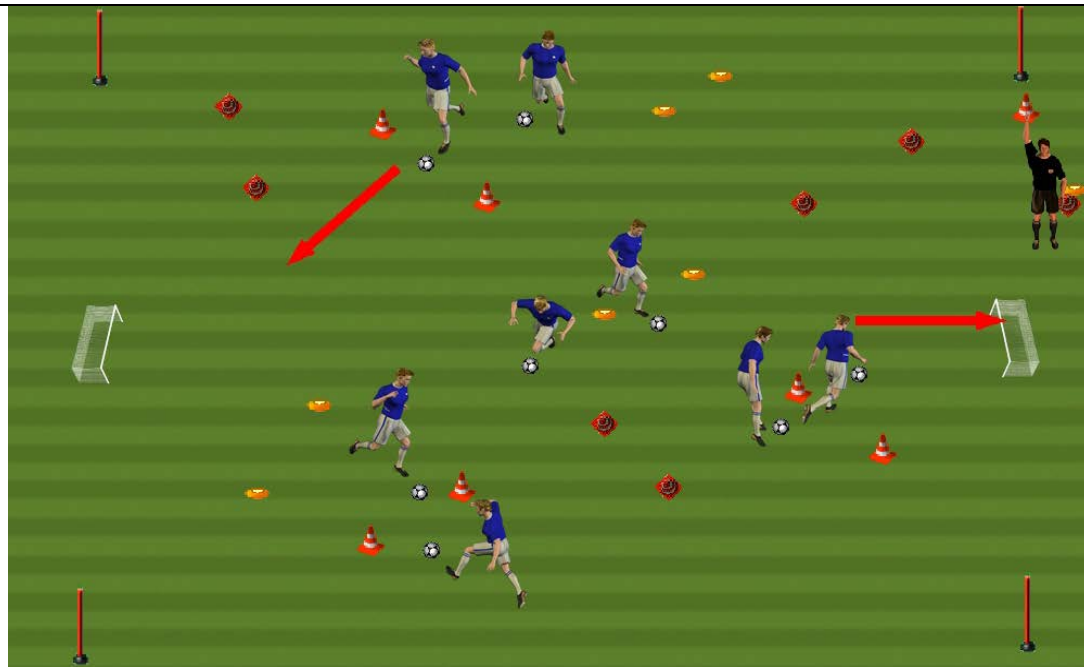


## Week 3 U7/U8 Lesson Plan: Dribbling and Shielding

 <p>Balance - on one leg</p> <p>Jump land bend knees</p> <p>Jump - ladder or boxes</p> <p>Hop over disc or pinnies</p> <p>Basic Run Pattern</p> <p>Leg across body - mid line then progress to hop in circle</p>	<p><b><u>RHYTHMIC WARM UP</u></b></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>0-5 mins</p> <p><b>Guided Discovery / Coach Pts:</b> <i>Can you do this?</i></p> <p>Field 20 length by 20 width yards</p>
	<p><b><u>TAG KNEES or KNOCKOUT</u></b></p> <p>All players dribbling in small grid – within a certain time players attempt to tag each others' knees. Initially players very social and allow others to touch their knees. After first attempt encourage players to tag but not be tagged. [Encourage players to count times tagged not how many they tagged]. All players dribbling in small grid attempt to knockout opponents ball while protecting their own – player who loses ball re-enters. Never ask individual player score but ask lost the ball 8 times [Unrealistic # deliberately chosen thus given praise to all who got less].</p>	<p>6-13 mins</p> <p><b>Guided Discovery / Coach Pts:</b> <i>How can you tag someone's knee?</i> <i>Response – Dribble, come from side, towards or behind bend down.</i></p> <p><i>What was most common way tagged?</i></p> <p><i>Response– From behind or side</i> <i>If you want to keep your ball what should you do?</i> <i>Response – Head up – keep looking around – maybe over shoulder, keep ball away from people – dribble away or use body to shield</i></p> <p><b>Remember: Lots of praise show me, or what else can you do.</b> Field 20 length by 20 width yards</p>
<p style="text-align: center;"><b>WATER BREAK</b></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.

15-24 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.

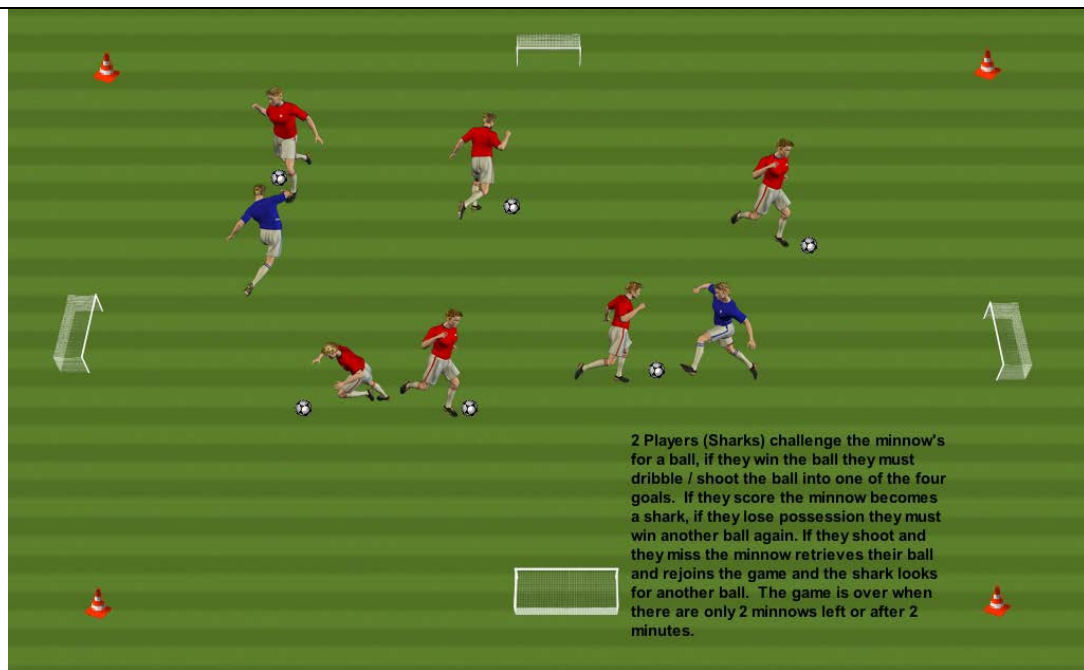
**What can you do to find out what color cones to go around?**

*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



### SHARKS and MINNOWS in PAIRS WIN BALL - SHOOT

Coach begins as the shark or 2 players are sharks. They challenge the other minnow's for their ball. If they win the ball they must dribble and shoot into 1 of 4 goals. If they score the minnow becomes a shark. If the shark misses the goal, the minnow retrieves the ball and rejoins the game. The shark must try to win another ball. If a shark losses possession to a minnow they must win another ball. The game is over when there are 2 minnows left.

24-33 mins

### **Guided Discovery / Coach Pts:**

**How can you win the ball?**

*Suggestion:* Try to force player towards side and / or another shark.

**How can you shield the ball?**


*Suggestion:* Try to keep body between shark / player and ball. Keep looking& using diff surfaces

**How can you move away with ball when shark close by?**

*Suggestion:* Try to force shark(s) one way and then quickly push ball ahead and try to get away – careful not to run into other shark(s)

Field 25 length by 20 width yards

WATER BREAK

	<p><b><u>BOSS of the BALLS</u></b></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 <b>WITHOUT</b> 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&amp;2. Coach should match players of similar ability - make same #. Pass towards players with less experience.</p>	<p>35-44 mins</p> <p><b>Guided Discovery / Coach Pts:</b></p> <p><b>How can you get to the ball quickly?</b>  <i>Response</i> – Listen for my number and/or see where the ball is going.</p> <p><b>How can you get past the other player?</b>  <i>Response</i> – See where they are and take a heavy touch.</p> <p><b>When can you shoot?</b>  <i>Response</i> – When I see the goal and am close enough?</p> <p>Field 25 length by 20 width yards</p>
<b>WATER BREAK</b>		
	<p><b><u>GAME</u></b></p> <p>Regular soccer 3vs 3. Ask players part of field when ball goes out .Goa line 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. Explain why we should be closer to our house /goal.</p>	<p>45-54 mins</p>

**COOL DOWN and TEAM CHEER**