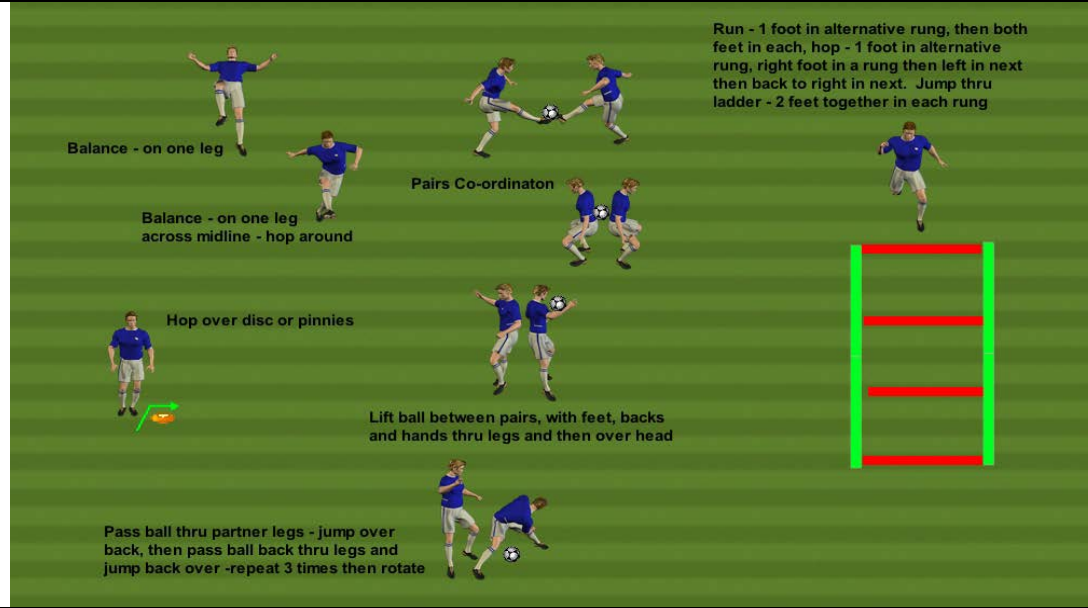
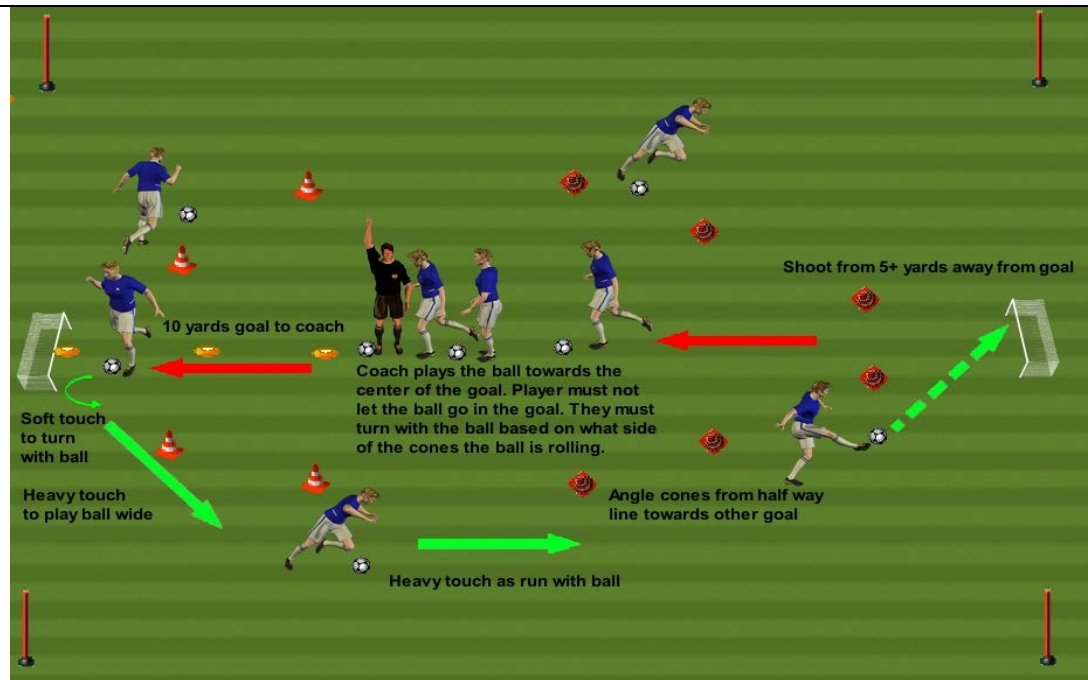
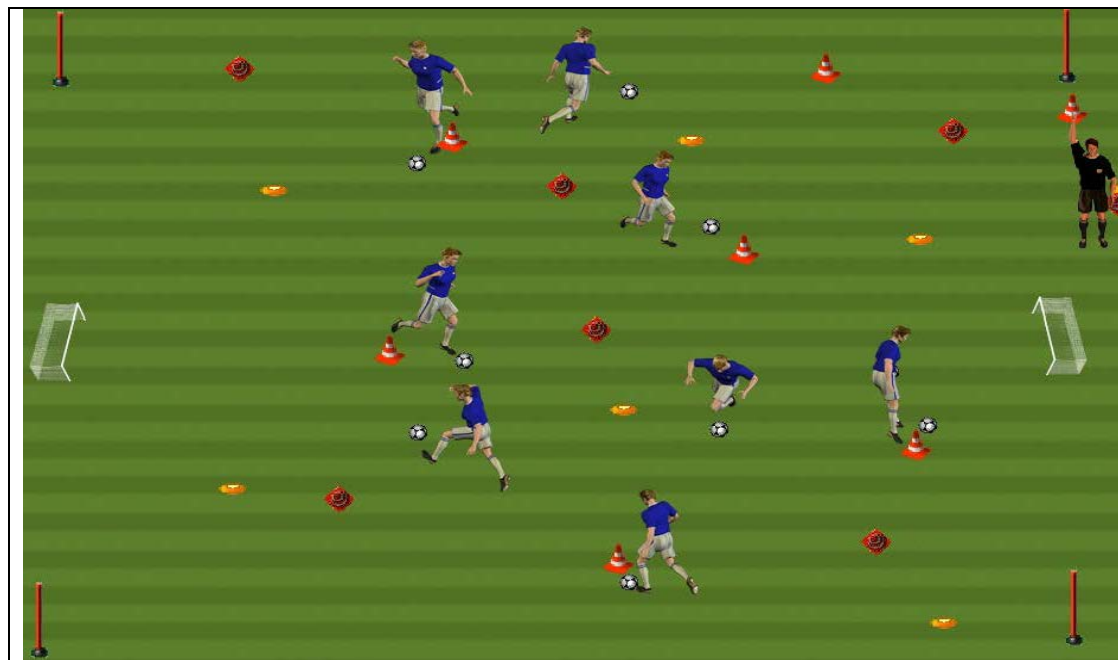


Week 6 U7/U8 Lesson Plan: Turning, Running with and Striking the Ball

 <p>Balance - on one leg</p> <p>Balance - on one leg across midline - hop around</p> <p>Hop over disc or pinnies</p> <p>Pairs Co-ordination</p> <p>Lift ball between pairs, with feet, backs and hands thru legs and then over head</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>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>0-5 mins</p> <p>Guided Discovery / Coach Pts: Can you do this?</p> <p>Field 20 length by 20 width yards</p>
 <p>10 yards goal to coach</p> <p>Soft touch to turn with ball</p> <p>Heavy touch to play ball wide</p> <p>Coach plays the ball towards the center of the goal. Player must not let the ball go in the goal. They must turn with the ball based on what side of the cones the ball is rolling.</p> <p>Heavy touch as run with ball</p> <p>Angle cones from half way line towards other goal</p> <p>Shoot from 5+ yards away from goal</p>	<p><u>TURN DRIBBLE SHOOT</u></p> <p>All players line up next to coach approx 10 yards from goal. Coach strikes the player's ball towards the center of the goal. Ideally the player reaches the ball before it goes into the goal and turn with the ball based on what side of the cones the ball is rolling. If the ball is closest to the left post the player turns with their right foot and vice versa. The player then dribbles / runs with the ball towards the wing then goes towards the other goal where they must shoot before they get within 5 yards from goal. Coach should make sure players gets to turn both ways.</p>	<p>6-12 mins</p> <p>Guided Discovery / Coach Pts: What way should you turn? Response – Turn in the direction of the touchline that is closest. Use the foot which is closest to the goal when you turn.</p> <p>When should I take a short or heavy touch? Response – Take a short touch when turning with the ball or about to shoot. Heavy touch into space.</p> <p>Should you take short or long strides before you shoot? Response – Take short strides.</p> <p>Field 30 length by 25 width yards</p>
WATER BREAK		



SCANNING

Coach asks players to look at the coach so they know what color cones to run around [w/out ball] as the coach holds different colors. They then repeat by dribbling their ball. The coach should move around the field so the players have to look for coach / color cone. Ask players to dribble around 3 cones and then score in the nearest goal. Change the color of the cones every 8-10 secs so the player has to change what color they are dribbling around before they shoot. Players can strike other players' ball into a net if the player loses control of the ball.

14-23 mins

Guided Discovery / Coach Pts:

What can you do to get around 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 around or between cones?

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

Field 30 length by 25 width yards



TREASURE CHEST

Same set up as previous week – except have fewer cones of 1 color and say it is worth 3 pts. Coach asks players to collect treasure by touching treasure with their ball and then taking it back to their island. They can collect only ONE piece of treasure at a time either from the middle or another pirate's treasure island. They must dribble home with the treasure. Progress – pass the ball back to the islands. Progress – after the 1st pass other pirate passes the ball back to the 1st pirate who scores in the closest goal. At that point the next pirate goes and the 1st goes home.

24-33 mins

Guided Discovery / Coach Pts:

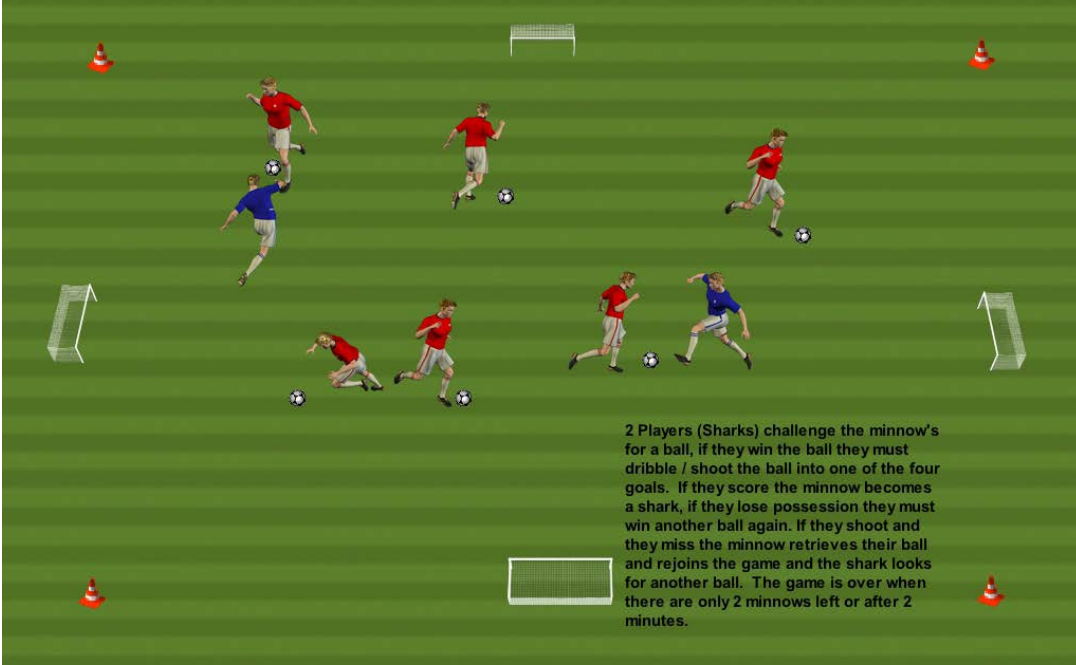
What part of the foot can we use to dribble and TURN? *Response* – [Instep / laces are best as it mirrors the way children move / run. Also see if players say – inside.

How can you get back to your treasure island?

After turn - push ball ahead with a heavy touch and run after. If passing the ball – hop onto plant foot which should be next to the ball facing their fellow pirate and then strike the ball with their instep making sure ankle is locked.

Field 30 length by 25 width yards

WATER BREAK

 <p>2 Players (Sharks) challenge the minnow's for a ball, if they win the ball they must dribble / shoot the ball into one of the four goals. If they score the minnow becomes a shark, if they lose possession they must win another ball again. If they shoot and they miss the minnow retrieves their ball and rejoins the game and the shark looks for another ball. The game is over when there are only 2 minnows left or after 2 minutes.</p>	<p><u>SHARKS and MINNOWS in PAIRS WIN BALL - SHOOT</u></p> <p>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. Use cones for 2 goals on touchline if no other goals are available.</p>	<p>35-44 mins</p> <p>Guided Discovery / Coach Pts: How can you win the ball? <i>Suggestion:</i> Try to force player towards side and / or another shark.</p> <p>How can you shield the ball? <i>Suggestion:</i> Try to keep body between shark / player and ball. Keep looking& using diff surfaces</p> <p>How can you move away with ball when shark close by? <i>Suggestion:</i> 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)</p> <p>Field 30 length by 25 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 .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