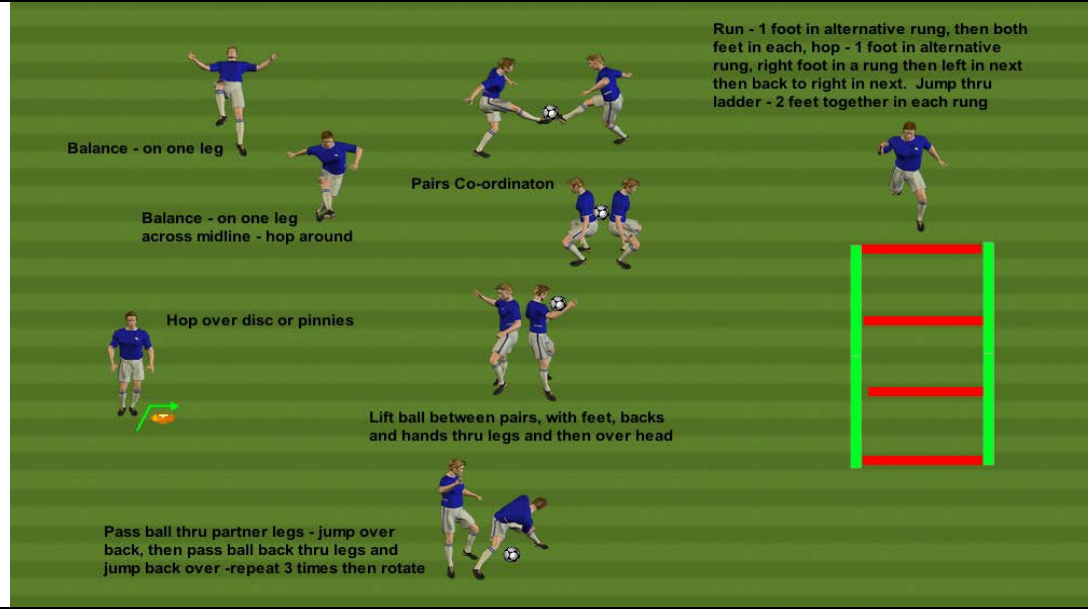
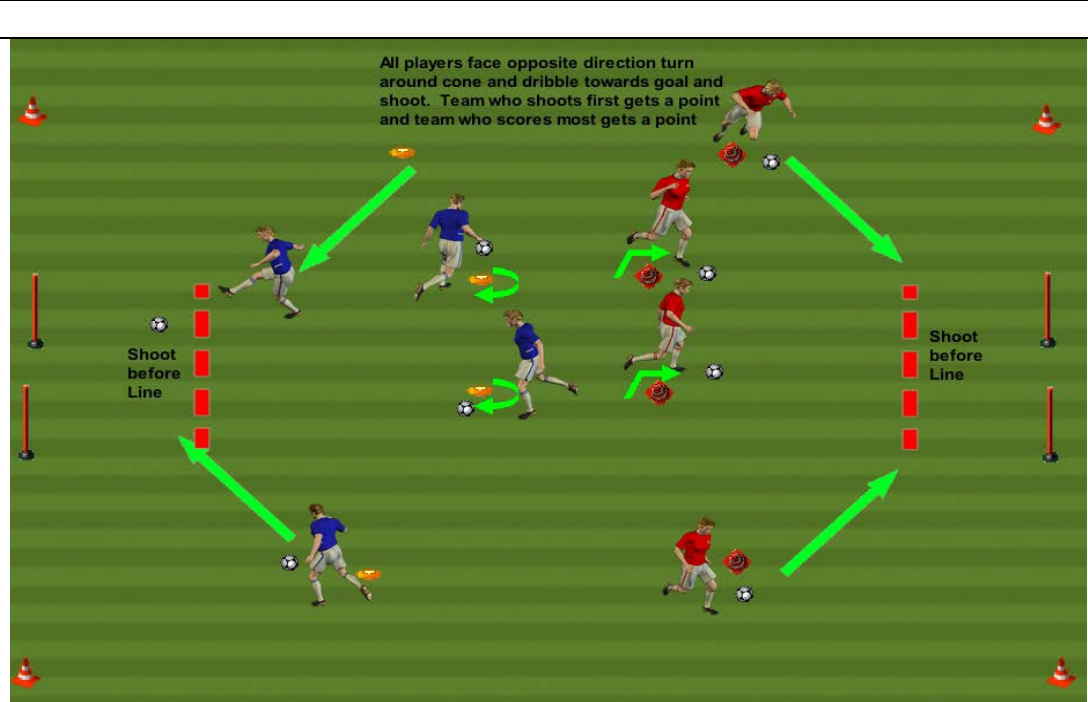
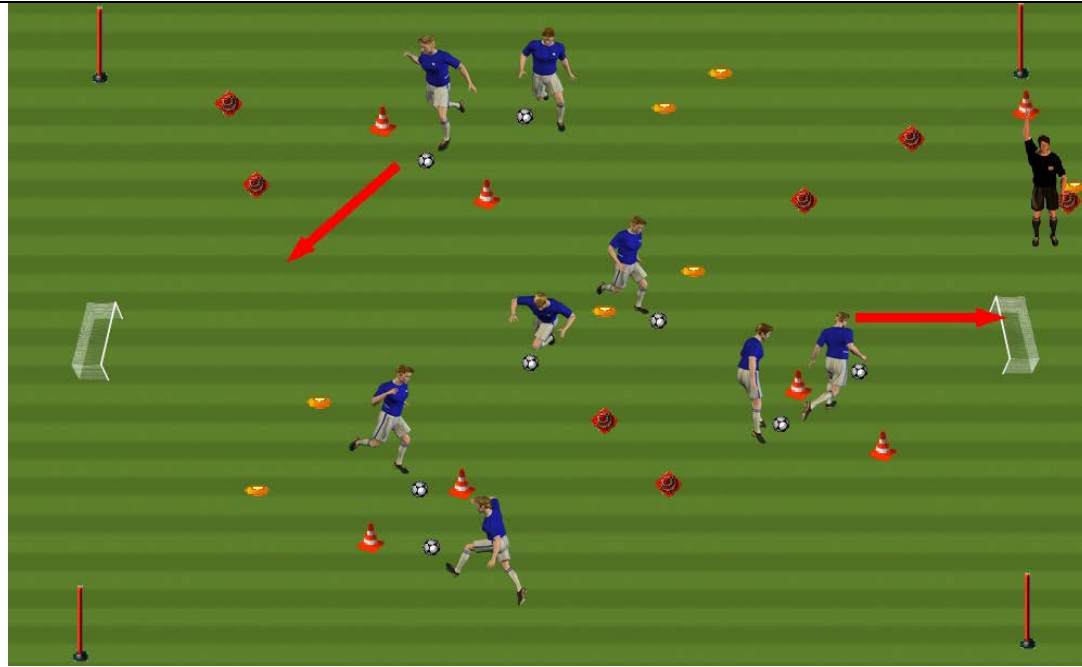


Week 5 U7/U8 Lesson Plan: Turning, Running with and Striking the Ball

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|--|---|---|
|  <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>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><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>All players face opposite direction turn around cone and dribble towards goal and shoot. Team who shoots first gets a point and team who scores most gets a point</p> <p>Shoot before Line</p> <p>Shoot before Line</p> | <p><u>TURN DRIBBLE SHOOT</u></p> <p>All players face cones in opposite direction of goal they will attack – back is facing goal they will score in. All players start same time and turn ONCE around cone and attack goal and shoot before line. Player's will shoot 8 times. After each shot they will wait for all players to set up again. Players move counter clockwise after 2 shots from each cone. Each turn is a cut inside, once with right foot and once with left foot before moving to next cone.</p> | <p>6-13 mins</p> <p>Guided Discovery / Coach Pts: What part of the foot can we use to dribble and TURN? [Instep / laces are best as it mirrors the way children move / run. Also see if players say – inside. How do you know where GOAL and other players are? Response – Head Up or Look around How can you get to the goal quicker? After turn - push ball ahead with a heavy touch and run after the ball. Remember: Lots of praise show me, or what else can you do.</p> <p>Field 30 length by 25 width yards</p> |
| WATER BREAK | | |



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.

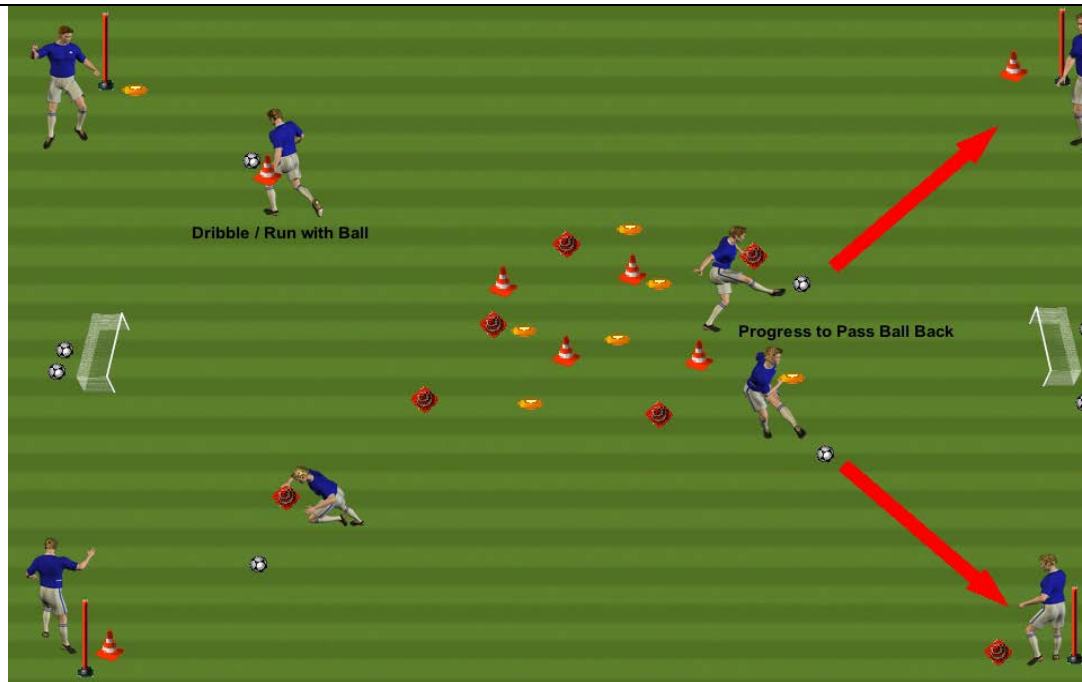
What can you do to find out what color cones to go around?

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



TREASURE CHEST

Split players into 4 teams. Position the players on the touchlines equal distance from the treasure [cones]. Coach asks players to collect treasure by touching their treasure with their ball and then taking it back to their island. Coach (DEMOS) and shows players how to sail to the treasure and take back by dribbling to their island. They can collect only ONE piece of treasure at a time. Once a pirate gets back to their island, the other pirate goes to get a piece of treasure. They repeat until all treasure collected. Progress by passing the ball back to the islands.

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 25 length by 20 width yards

WATER BREAK

| | | |
|--|--|--|
|  <p>Red Team Attack This Direction</p> | <p><u>GET OUTTA HERE</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. When a goal is scored or the ball goes out – Coach shouts 'Get Outta Here' and then restarts a new game and call new numbers. Coach should match players of similar ability - make same #. Pass towards players with less experience.</p> | <p>35-44 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 .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