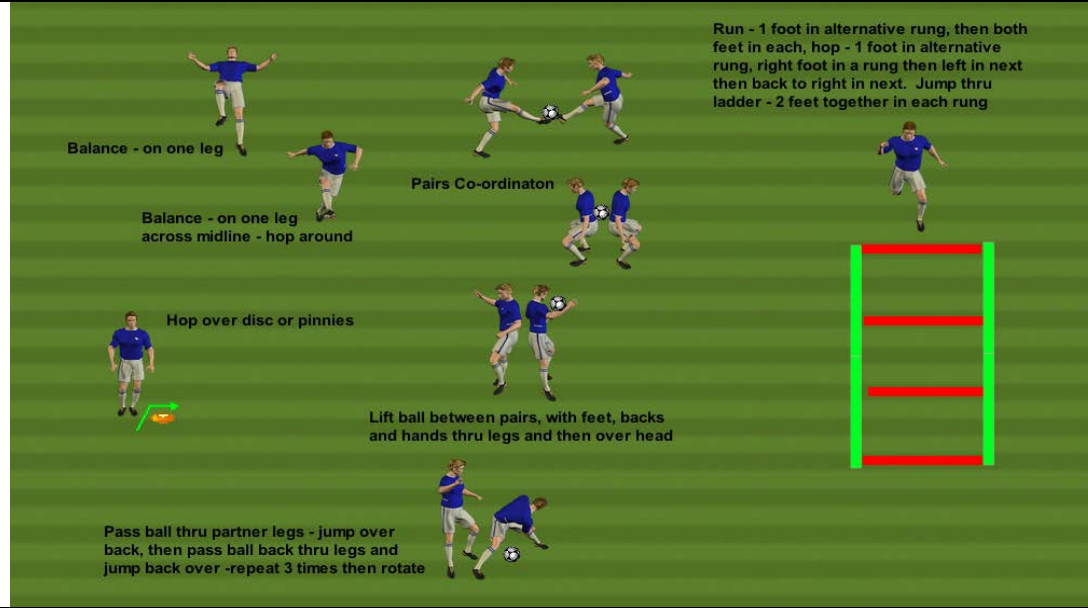
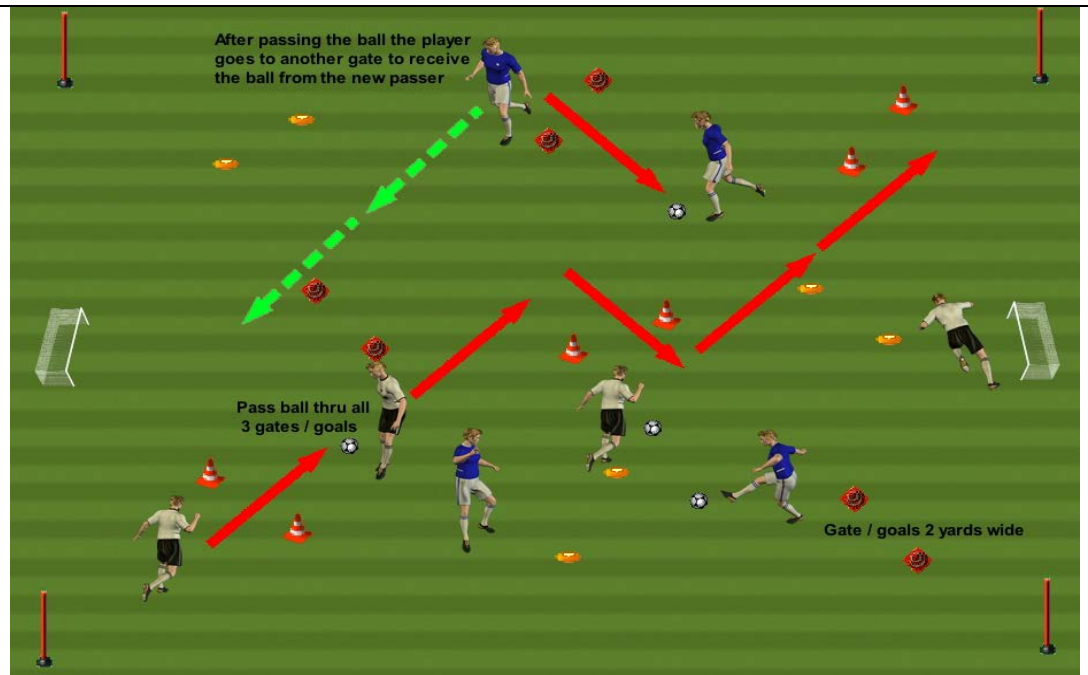
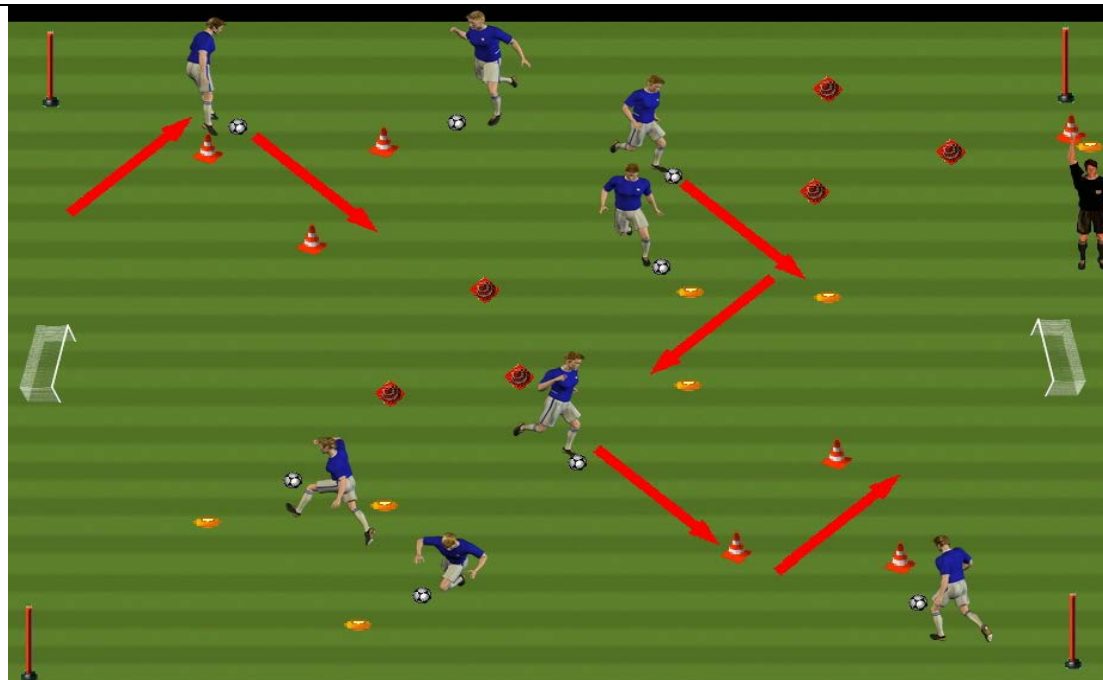


## Week 7 U8 Lesson Plan: Turning, Running with and Striking the Ball

 <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><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> Can you do this?</p> <p>Field 20 length by 20 width yds</p>
 <p>After passing the ball the player goes to another gate to receive the ball from the new passer</p> <p>Pass ball thru all 3 gates / goals</p> <p>Gate / goals 2 yards wide</p>	<p><b><u>PASS in PAIRS</u></b></p> <p>Coach splits players into pairs. If an odd number coach can help a player. Initially the pairs approx 8 yards apart pass the ball to each other. They then begin to move around so they provide a moving target for their friend. Players should pass the ball towards their friend rather than into space. Progress after approx 5 mins, whereby, after passing the ball a player moves towards and behind a gate (approx 3 yards) so their friend upon receiving the ball now has to dribble towards the gate and pass the ball approx 3 yards away from the gate to their friend.</p>	<p>6-14 mins</p> <p><b>Guided Discovery / Coach Pts:</b> What part of the foot can we use to pass? [Instep / laces are best if 10 + yards if not inside of foot]. Tech pts...small steps towards ball. plant foot parallel to ball - 6-8 inches away from ball. Lean over ball, strike foot should be open to surface of ball so feet are L shape. Toe up and towards o/s of ball. Very little follow thru unlike using instep.</p> <p><b>When should I pass?</b> Response - When ball under control but not underneath my body, when I see friend or friend / gate and when they call for the ball.</p> <p>Field 30 length by 25 width yds</p>
<b>WATER BREAK</b>		



### 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.

16-24 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.

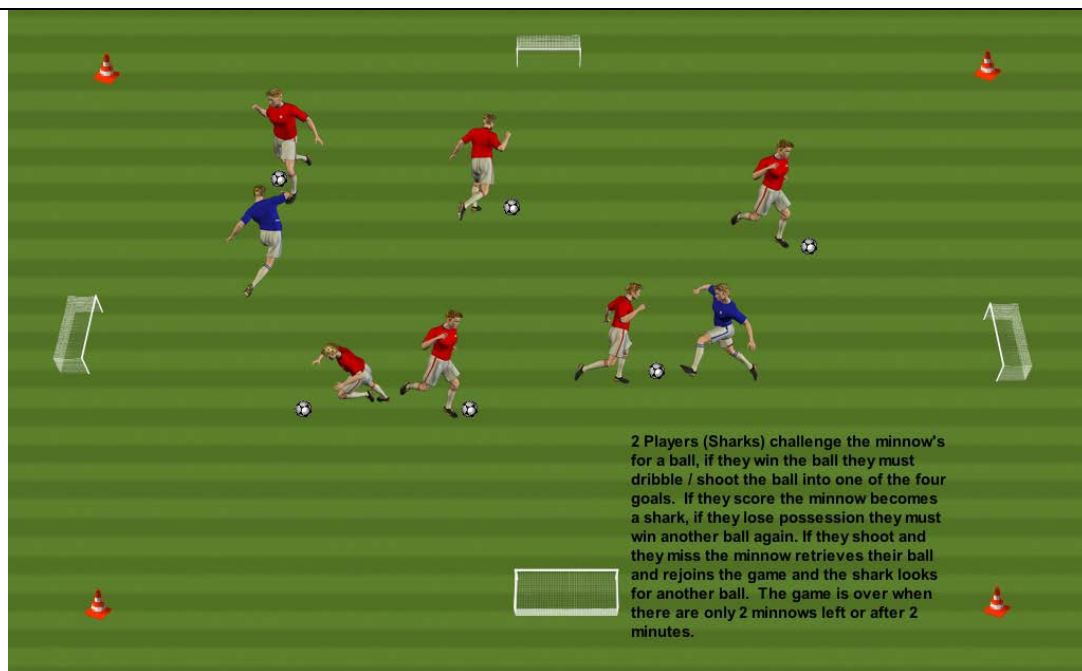
**What can you do to find out what color cones to go around?**

*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 yds



### 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.

25-34 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?**

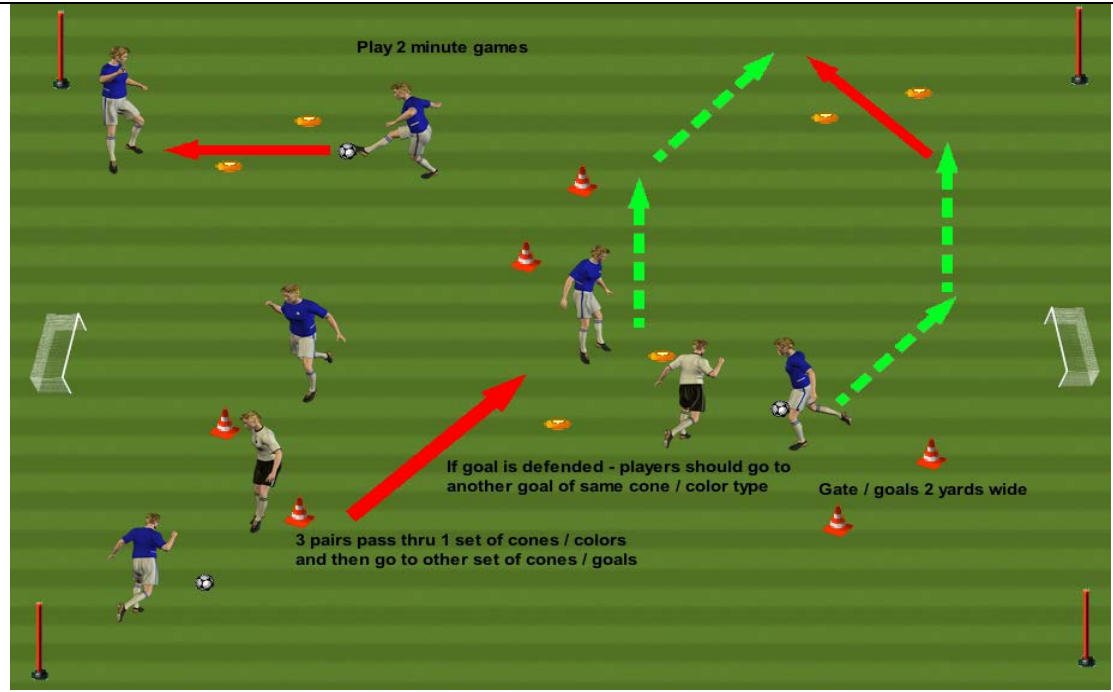

*Suggestion:* Try to keep body between shark / player and ball. Keep looking& using diff surfaces

**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 30 length by 25 width yds

**WATER BREAK**

 <p>Play 2 minute games</p> <p>3 pairs pass thru 1 set of cones / colors and then go to other set of cones / goals</p> <p>If goal is defended - players should go to another goal of same cone / color type</p> <p>Gate / goals 2 yards wide</p>	<p><b><u>3 PAIRS vs. 1 PAIR</u></b></p> <p>Coach splits players into pairs, if an odd number then coach can assist a player. One pair must defend all the goals. If they win the ball they attempt to shoot at 1 of the 2 regular goals. The other 3 pairs of players goal is to both keep possession of the ball and at the correct moment pass the ball through one of the gated /coned goals. Each pair should defend the gated cones 2 mins. 1 point for each gatedcones the ball is passed thru while the pair defending gets 2 points for scoring into the goals. Progress - if a pair lose their ball they are now the new defenders.</p>	<p>36-45 mins</p> <p><b>Guided Discovery / Coach Pts:</b>  <b>What can you do to keep your ball from defenders?</b>  <i>Response</i> – Look around and see where the defenders are as well as my teammate.          If there is no defender near a goal I should move the ball towards a goal so I can pass to my teammate.          If my teammate is already close to the goal I should consider passing the ball sooner rather than dribbling closer as the defender may recover.          If the defender is closing me down and I can not see or pass to my teammate I should dribble/run with the ball until my teammates gets in a position to call for and receive the ball.          Field 30 length by 25 width yds</p>
<p><b>WATER BREAK</b></p>		
 <p>Regular soccer 4vs 4.</p>	<p><b><u>GAME</u></b></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>46-54 mins</p>

**COOL DOWN and TEAM CHEER**