



Interactive Lesson Plan



Season: _____ Age Group: U7-U8 Week: 1

Stage	Activity Description	Diagram	Coaching Points
Activity 1	<p>Rondo: 4v0-Four players will be working together in a 15x10 yard grid. The players will set up as shown in the diagram to the right. One ball per grid. The players will pass the ball in a diamond shape to each other.</p> <p>-Go for 2-3 min to the right.</p> <p>-30 sec. rest.</p> <p>-Go for 2-3 min to the left.</p>		<p>Coach: What part of the foot should you use when passing the ball?</p> <p>Player: Inside the foot or laces when facing your partner.</p> <p>Coach: What foot should you aim for when passing to your partner?</p> <p>Player: Their back foot or uphill foot. When you play their back foot/uphill foot-this allows the other player open up.</p>
Activity 2	<p>Gate Problems- Divide players into pairs & set up gates (at least 1 more gate than groups). Groups score by passing through the gates. First pair to 10 points wins.</p> <p>Coach changes the way the pairs score each round:</p> <ol style="list-style-type: none"> 1) Pass with certain surface 2) Complete 2 passes in 1 gate 3) Find a new partner every time you score a point 		<p>C- When would the player with the ball pass to his partner?</p> <p>P- When his/her partner is in the position or moving into position on the opposite side of gate.</p> <p>C-Why would players want to face a little bit sideways when passing the ball?</p> <p>P-To use the outside of the foot closest to the gate.</p>
Activity 3	<p>Gate Passing with Pirates- Separate players into groups of 2, 1 ball per pair. Select 1 player to be the Pirates. The Pirates tries to intercept/steal the ball from the passers. Passers score by completing a pass between the gates. If the Pirate steals the ball, he/she tries to dribble through a gate to get a point. The passers have to get the ball back from the Pirate. Increase the amount of Pirates if the players get the hang of it.</p> <p>Play 3 rounds, rotating the Pirates.</p>		<p>C- What surface of the foot should you use to pass?</p> <p>P-Inside, toe, or laces if facing your partner.</p> <p>C- Where should the player receiving the ball take their first touch?</p> <p>P-Toward the next gate with either the inside or outside of the foot.</p>
Activity 4	<p>2v1 Attacking to Goal; Use cones/small goal.</p> <p>Divide team into 2 groups, attackers and defenders. Attackers play with 2, defenders with 1. Coach passes ball into the attacking team, then the game begins.</p> <p>Defenders cannot "goal tend".</p> <p>*Encourage 2v1 Decision Making: Either to DRIBBLE or to PASS.</p>		<p>When to dribble: When you have the ball & space in front of you (no defender).</p> <p>When to pass: When a defender is in front of you.</p> <p>Encourage players to make these decisions.</p> <p>When passing, player with ball should commit the 1st defender to open up space for teammate.</p>
Match	Play 3v3 or 4v4 for no more than 15 minutes.	Go over restarts (kickoff, goal-kicks, throw-ins). Be careful of coaching(speaking) too much. Try to only coach in natural stoppages(when the ball is out of bounds, after a goal, etc).	15 minutes



Interactive Lesson Plan



Season: _____ Age Group: U7-U8 Week: 2

Stage	Activity Description	Diagram	Coaching Points
Activity 1	<p>Rondo: 4v0-Four players will be working together in a 15x10 yard grid. The players will set up as shown in the diagram to the right. One ball per grid. The players will pass the ball in a diamond shape to each other.</p> <p>-Go for 2-3 min to the right.</p> <p>-30 sec. rest.</p> <p>-Go for 2-3 min to the left.</p>		<p>Coach: What part of the foot should you use when passing the ball?</p> <p>Player: Inside the foot or laces when facing your partner.</p> <p>Coach: What foot should you aim for when passing to your partner?</p> <p>Player: Their back foot or uphill foot. When you play their back foot/uphill foot-this allows the other player open up.</p>
Activity 2	<p>Red Light/Green Light- Coach calls out GREEN light players dribble as fast as they can. Coach calls out YELLOW light players dribble slowly. Coach calls out RED light players stop ball with bottom of their foot.</p> <p>Coach: Control the tempo with changes in lights.</p> <p>Variation: GREEN mean LACES, YELLOW mean OUTSIDE of foot, ORANGE mean INSIDE of foot, RED means stop the ball with sole.</p> <p>*Each round should last 45 seconds - 1 minute with a break in-between each round.</p>		<p>C: What part of foot should players stop the ball with?</p> <p>P: Sole/Bottom or Inside/Outside</p> <p>C: Where should players dribble when the light is Green?</p> <p>P: To open space, where there are no other players.</p>
Activity 3	<p>Angry Birds- Select 2 players to be the Angry Birds who both have a ball, all other players do not start with a ball. The Angry Birds dribble around & try to tag the players without balls. Once they are tagged they go get a ball & become Angry Birds. The game ends when all players are Angry Birds.</p>		<p>C-Why should the Angry Bird keep the ball close to his/her body?</p> <p>P-So you can control ball better & change direction better.</p> <p>C- What should the Angry Bird do if the other players are very far away from them?</p> <p>P-Take a big touch/Push the ball far in front so you can cover quickly cover more space.</p>
Activity 4	<p>1v1 to Goal; Use Cones or a small goal.</p> <p>Divide team into 2 groups, attackers & defenders. Attackers start with ball on their line, and defenders start on their line. Attacker tries to dribble over the Defenders line/into goal. Defender must step out (no goal tending!) & try to steal attackers ball, if successful the defender can score on attackers line.</p> <p>*Rotate Attackers & Defenders every 1-2 minutes.</p>		<p>Attacker:</p> <p>Coach: Can you dribble quickly & try to run past defender? Can you change speed to beat defender? Can you move ball from one foot to the other to confuse defender?</p> <p>Defender:</p> <p>Coach: can you predict where the attacker wants to go & move in-between the attacker & his destination? Can you steal ball instead of kicking away?</p>
Match	Play 3v3 or 4v4 for no more than 15 minutes.	Go over restarts (kickoff, goal-kicks, throw-ins). Be careful of coaching(speaking) too much. Try to only coach in natural stoppages(when the ball is out of bounds, after a goal, etc).	15 Minutes



Interactive Lesson Plan



Season: _____ Age Group: U7-U8 Week: 3

Stage	Activity Description	Diagram	Coaching Points
Activity 1	<p>Rondo: 4v0-Four players will be working together in a 15x10 yard grid. The players will set up as shown in the diagram to the right. One ball per grid. The players will pass the ball in a diamond shape to each other.</p> <p>-Go for 2-3 min to the right.</p> <p>-30 sec. rest.</p> <p>-Go for 2-3 min to the left.</p>		<p>Coach: What part of the foot should you use when passing the ball?</p> <p>Player: Inside the foot or laces when facing your partner.</p> <p>Coach: What foot should you aim for when passing to your partner?</p> <p>Player: Their back foot or uphill foot. When you play their back foot/uphill foot-this allows the other player open up.</p>
Activity 2	<p>Dribble and Pass-Make 2 lanes (red cones) with a yellow cone placed directly in the middle of the 2 lanes. The yellow cone should be placed 10-12 yards from the players in line. 1 ball per lane. In this drill you will work on dribbling, passing, moves, and balance control. The first player will dribble towards the yellow cone, once they get to the yellow cone, the player will pass the ball to their partner and take his/her place.</p>		<p>Coach-Should the ball be far away from you when you dribble? Or should the ball be close to you when you dribble?</p> <p>Player-The ball should be close to you.</p> <p>C-What part of the foot do you pass with?</p> <p>P-Pass with the inside of your foot to complete the pass to your teammate.</p>
Activity 3	<p>Ball Tag-All players will have a ball and dribble around the grid. When the coach says "Go", players try to hit another players feet or soccer ball by passing their own ball. Players should keep count of how many times they hit someone's feet or ball.</p> <p>Play 3 rounds of 2 min. with 20 sec. rest in between.</p>		<p>C-What parts of the foot can a player use to strike a ball?</p> <p>P-Laces for more power and distance, and inside of the foot for short passes.</p> <p>C-Why do you need to have your head up when dribbling?</p> <p>P-so you know where the other players are and recognize where the space is on the field.</p>
Activity 4	<p>2v2 to Goal; Use Cones or a small goal.</p> <p>Divide team into 2 groups, attackers & defenders. Attackers start with ball on their line, and defenders start on their line. Attackers tries to dribble over the Defenders line/into goal or shoot into the goal. Defenders must step out (no goal tending!) & try to steal attackers ball, if successful the defenders can score on attackers line.</p> <p>*Rotate Attackers & Defenders every 1-2 minutes.</p>		<p>Attackers:</p> <p>Coach: Can you dribble quickly & try to run past defender? Can you pass ball to your teammate? If you don't have ball can you move into a position to help your teammate with the ball?</p> <p>Defenders:</p> <p>Coach: can you predict where the attacker wants to go & move in-between the attacker & his destination? Can you steal ball instead of kicking away? Can you & your teammate work together (1 should step to ball, 1 should cover space behind).</p> <p>NO GOALIES!</p>
Match	Play 3v3 or 4v4 for no more than 15 minutes.	Go over restarts (kickoff, goal-kicks, throw-ins). Be careful of coaching(speaking) too much. Try to only coach in natural stoppages(when the ball is out of bounds, after a goal, etc).	15 Minutes



Interactive Lesson Plan



Season: _____ Age Group: U7-U8 Week: 4

Stage	Activity Description	Diagram	Coaching Points
Activity 1	<p>Rondo: 4v1 (Monkey in the Middle). The Rondo will be played in a 15x10 yard grid. Four players will be working together to keep the ball away from the defender in the middle (player in red/monkey). The player on the outside that loses the ball to the defender and or kicks the ball out of bounds becomes the defender (Monkey in the middle).</p> <p>Encourage the players to keep the ball on the ground, change their angles to support their teammates, communicate, and play quickly.</p> <p>-Play for 5-7 min.</p>		<p>Coach: Should the players on the outside stay active and move around, or stand still?</p> <p>Player: Move around and stay active to support your teammates.</p> <p>Coach: What part of the foot should you use when passing the ball?</p> <p>Player: Inside the foot or laces when facing your partner.</p> <p>Coach: What foot should you aim for when passing to your partner?</p> <p>Player: Their back foot or uphill foot. When you play their back foot/uphill foot-this allows the other player open up.</p>
Activity 2	<p>Dribble Tag-All players will start by dribbling inside the grid. When the coach yells out "Go", the players must try to tag the other players with their hands to get a point. Players can also kick their own ball and hit the opponents ball to get two points.</p> <p>-Have players keep count of how many players they tag and or how many balls they hit.</p> <p>-Players with the most points after one minute wins!</p> <p>Play 4 rounds of 1 min. with 20 sec. rest in between.</p>		<p>Coach- What parts of the foot do players normally dribble with?</p> <p>Player-Laces, Inside (big toe), Outside(pinky toe)</p> <p>C-Why should players always have their heads up when dribbling?</p> <p>P-So they always know who is around them. To find someone to tag and avoid being tagged.</p>
Activity 3	<p>Pirates-Select 1 to 2 players to be Pirates. All other players will dribble inside the grid. The Pirates goal is to steal the dribbling players ball and bring them back to one of the two hideouts (Orange/Yellow cone grids). If the Pirate gets the ball into the hideout, that player that lost the ball becomes a Pirate.</p> <p>Play 5 rounds of 1 min. with 30 sec. rest in between.</p>		<p>C-What can a player do to protect the ball from the Pirates</p> <p>P-Dribble with speed away from the Pirate.</p> <p>Change directions and dribble with speed away from the Pirate. Put your body between the ball and Pirate (Shielding).</p> <p>C-Where should the ball be when shielding?</p> <p>P-On the furthest foot from the Pirate.</p>
Activity 4	<p>Battle 1- Coach makes 2 teams of 3-5 players. The players start on each side of the coach. When the coach serves the ball into the open field, 1 player from each team will enter the field & try to get to the ball. The first player to get to the ball is the attacker, the other player becomes the defender.</p> <p>Players score by kicking ball into 1 of the 2 goals. If the defender steals the ball, he/she can score on the goals as well. Each score counts as 1 point.</p> <p>-The coach can make it 1v1, 2v2, and 3v3.</p> <p>-Coach can also have two groups going at once.</p> <p>Play 3 rounds of 3 min. with 30 sec. rest in between.</p>		<p>C-If you get to the ball first, what should you do?</p> <p>P-If you have space, turn & face opponent, then attack the goal. If the opponent is close to you & you don't have space, protect (shield) the ball.</p> <p>C-Why is it important to pay attention & always be ready?</p> <p>P-So when its your turn you know what to do, & be the fastest to the ball.</p>
Match	Play 3v3 or 4v4 for no more than 15 minutes.	Go over restarts (kickoff, goal-kicks, throw-ins). Be careful of coaching(speaking) too much. Try to only coach in natural stoppages(when the ball is out of bounds, after a goal, etc).	15 Minutes



Interactive Lesson Plan



Season: _____ Age Group: U7-U8 Week: 5

Stage	Activity Description	Diagram	Coaching Points
Activity 1	Rondo: 4v1 (Monkey in the Middle). The Rondo will be played in a 15x10 yard grid. Four players will be working together to keep the ball away from the defender in the middle (player in red/monkey). The player on the outside that loses the ball to the defender and or kicks the ball out of bounce becomes the defender (Monkey in the middle). Encourage the players to keep the ball on the ground, change their angles to support their teammates, communicate, and play quickly. -Play for 5-7 min.		Coach: Should the players on the outside stay active and move around, or stand still? Player: Move around and stay active to support your teammates. Coach: What part of the foot should you use when passing the ball? Player: Inside the foot or laces when facing your partner. Coach: What foot should you aim for when passing to your partner? Player: Their back foot or uphill foot. When you play their back foot/uphill foot-this allows the other player open up.
Activity 2	Freeze Tag- The Coach is the "freezer" or "tagger" without a soccer ball. The players dribble around grid & attempt to avoid the coach from tagging/freezing them. When tagged the player is frozen & must stop, pick ball up & hold above head, & stand with legs opened. To unfreeze another player must dribble/pass the ball between the frozen players legs. Variation: coach can allow players to be the freezer.		C- What parts of the foot can a player use to pass ball between the frozen players legs? P- Inside (lock ankle, toe up, heel down); Laces (knee up, point toe towards ground, strike ball with laces in center of ball). C-Why do players need to play with head up? P-To locate the Freezer & so you don't run into other players.
Activity 3	Capture the Balls- Players should be divided into equal teams, with each team having separate bases in a 2 corners. Balls start in the middle of grid, players start in their home base. Coach starts the game, & each player goes to get a ball (only 1 ball at a time!) & dribble or pass it back to their base. Coach: Call time & count the number of balls in each base. Then put all the balls back, & start the next round (add scores from game to game). Play 4 rounds, highest total score wins.		C-What does a player do if they do not have a ball? P-Steal a ball from another teams base. C-Why would a player want to get the ball back to their base quickly? P-So you can find another ball quicker.
Activity 4	4 Corner, 2v2 to goal- Coach should divide players into 2 teams, & group the teams in the 2 corners near the goal they are defending. The coach stands outside the field & serves the ball on the ground to either team. Ball should be played to a players feet while they are still in corner, both players come out & play 2v2 (defenders can't run out until attack leaves corner). The game is over when a team scores/ball out of bounds.		C- Should an attacker dribble quickly or slowly? P- It depends; quickly to take advantage of a situation, or slowly to allow the play to develop. C-If the player with the ball can't score, what should the player do? P-Find a teammate & pass the ball!
Match	Play 3v3 or 4v4 for no more than 15 minutes.	Team Shape should be a Diamond, with 1 high player, 2 middle/wide players, & 1 deep player. All players should defend, & all players should attack	15 Minutes



Interactive Lesson Plan



Season: _____

Age Group: _____ U7-U8

Week: _____ 6

Stage	Activity Description	Diagram	Coaching Points
Activity 1	Rondo: 4v1 (Monkey in the Middle). The Rondo will be played in a 15x10 yard grid. Four players will be working together to keep the ball away from the defender in the middle (player in red/monkey). The player on the outside that loses the ball to the defender and or kicks the ball out of bounds becomes the defender (Monkey in the middle). Encourage the players to keep the ball on the ground, change their angles to support their teammates, communicate, and play quickly. -Play for 5-7 min.		Coach: Should the players on the outside stay active and move around, or stand still? Player: Move around and stay active to support your teammates. Coach: What part of the foot should you use when passing the ball? Player: Inside the foot or laces when facing your partner. Coach: What foot should you aim for when passing to your partner? Player: Their back foot or uphill foot. When you play their back foot/uphill foot-this allows the other player open up.
Activity 2	Gates - place pairs of cones (gates) around the grid. The size of the gates should vary. Make sure to have at least 1 more gate than players. Players should dribble without stopping using the laces, inside, & outside of foot; players should go back & forth between left & right foot. Players should change speeds and accelerate through the gates. Encourage players to dribble faster as they improve.		C- What surfaces of the foot can you use to dribble? P- Laces, Inside, Outside, Sole/Bottom, Heel, & Toe. C- Why is it important to keep ball close? P-If you are chasing ball then you won't get as many touches.
Activity 3	Raleigh Retriever- Players dribble from one side of grid to the other. Coach acts as the Raleigh Retriever & tries to steal the ball from the players & dribble ball out of grid. The player can steal ball back, but if the Raleigh Retriever gets the ball out of the grid, then the player becomes a Raleigh Retriever. Coach- start out by allowing players to escape you, so they have success. Then encourage them to use moves, change speed to get away. Variation: 1) Players can turn away from bulldog & put their body between the Retriever they get a free pass, this teaches Shielding the Ball. 2) A Player can be the Retriever.		C- What should you do if your ball is stolen? P- Quickly chase the Retriever & steal the ball back before the Retriever gets out of grid. C-Why would you change direction or change speed? P-Because the Retriever is close to you or chasing you.
Activity 4	2v1 Attacking to Goal; Use cones/small goal. Divide team into 2 groups, attackers and defenders. Attackers play with 2, defenders with 1. Coach passes ball into the attacking team, then the game begins. Defenders cannot "goal tend". *Encourage 2v1 Decision Making: Either to DRIBBLE or to PASS.		When to dribble: When you have the ball & space in front of you (no defender). When to pass: When a defender is in front of you. Encourage players to make these decisions. When passing, player with ball should commit the 1st defender to open up space for teammate.
Match	Play 3v3 or 4v4 for no more than 15 minutes.	Go over restarts (kickoff, goal-kicks, throw-ins). Be careful of coaching(speaking) too much. Try to only coach in natural stoppages(when the ball is out of bounds, after a goal, etc).	15 Minutes



Interactive Lesson Plan



Season: _____ Age Group: U7-U8 Week: 7

Stage	Activity Description	Diagram	Coaching Points
Activity 1	Rondo: 4v1 (Monkey in the Middle). The Rondo will be played in a 15x10 yard grid. Four players will be working together to keep the ball away from the defender in the middle (player in red/monkey). The player on the outside that loses the ball to the defender and or kicks the ball out of bounce becomes the defender (Monkey in the middle). Encourage the players to keep the ball on the ground, change their angles to support their teammates, communicate, and play quickly. -Play for 5-7 min.		Coach: Should the players on the outside stay active and move around, or stand still? Player: Move around and stay active to support your teammates. Coach: What part of the foot should you use when passing the ball? Player: Inside the foot or laces when facing your partner. Coach: What foot should you aim for when passing to your partner? Player: Their back foot or uphill foot. When you play their back foot/uphill foot-this allows the other player open up.
Activity 2	Gate Problems- Divide players into pairs & set up gates (at least 1 more gate than groups). Groups score by passing through the gates. First pair to 10 points wins. Coach changes the way the pairs score each round: 1) Pass with certain surface 2) Complete 2 passes in 1 gate 3) Find a new partner every time you score a point		C- When would the player with the ball pass to his partner? P- When his/her partner is in the position or moving into position on the opposite side of gate. C-Why would players want to face a little bit sideways when passing the ball? P-To use the outside of the foot closest to the gate.
Activity 3	2v2 to Two Corner Goals & End Zone Goals-Attacking team will try to dribble soccer ball through any of the diagonal goals. If defending team wins the ball they can score. -Dribbling through center goal- 1point -Dribbling through diagonal goal- 3 point Play 4-6 (1-minute) rounds, switching attacking & defending team each round.		C-Where on the field should you take a risk, or be the most aggressive when dribbling? P-Near or close to the opponents goal / when in opponents defensive third /when there are less defenders & lots of space C-If the your teammate has the ball & is attacking a corner goal where could you be? P-At an angle behind (depth) or wider/closer to opposite goal (so teammate can pass me the ball & score)
Activity 4	4v4 to 4 Goals-Two goals on each end-line. 4v4 inside the grid. -You get 1 point for kicking the ball through the goal they are attacking. -You get 2 points for dribbling through the goal they are attacking. Ball starts with coach every-time a goal is scored. Play 4 rounds of 4 min. with 1 min. rest in between.		C- What can players do to prevent the other team from scoring? P-work as a team to win the ball back. C-How can you score? P-Use fakes, change speeds, dribble quickly with different surfaces. C-If you can't go to goal or forward what should you do? P-Pass the ball backwards or sideways so you can find a new way to score from a different angle.
Match	Play 3v3 or 4v4 for no more than 15 minutes.	Go over restarts (kickoff, goal-kicks, throw-ins). Be careful of coaching(speaking) too much. Try to only coach in natural stoppages(when the ball is out of bounds, after a goal, etc).	15 Minutes



Interactive Lesson Plan



Season: _____ Age Group: U7-U8 Week: 8

Stage	Activity Description	Diagram	Coaching Points
Activity 1	Dribbling in Crowded Area. 20x20 yard grid. To improve dribbling skills in small spaces. Two teams across from each other. Middle grid with cones and or obstacles. Players try to dribble through the crowded zone without hitting a cone/obstacles. Progression 1 - Add a move inside the crowded zone. Progression 2 - Turn it into a race and competition.		C-What part of foot do you use to dribble forward quickly with? P-Laces, toe pointed down, knee up. C-What part of the foot do you use to change directions? P-Inside/Outside/Bottom(sole) of foot. C-What should you do after you get out of the crowded zone? P-Accelerate/change speed.
Activity 2	Gate Passing with Defenders- Separate players into groups of 2, 1 ball per pair. Select 2-3 players to be Defenders. Defenders try to intercept/steal ball from passers. Passers score by completing pass between the gates. If Defenders steals ball, he/she tries to dribble through a gate to get a point. The passers have to get the ball back from the Defenders. Play 3-6 rounds, rotating the Defenders each round. Make sure to coach the defenders too!		Coach- What surface of the foot should you use to pass? Player-Inside, toe, or laces if facing your partner. C- Where should the player receiving the ball take their first touch? P-Toward the next gate with either the inside or outside of the foot.
Activity 3	Partner Defending: Players partner up, 8-10 yards apart. Players pass back & forth until the coach says "Go", the player that has the ball must control ball as quick as possible & not lose ball. The other player will become a defender. Coach the defender to close down the space as quick as possible. -Coach body shape (bent knees/ staggered feet). -Coach angle of pressure (teach player to force attacker one way, by angling approach of defending run). Progression: Defender must try to take ball from attacker. Play 3-4 rounds of 3-4 min.		C-Why is it important to close down space as quick as possible? P-To take away options for the attacker. C-Where do you want to force the attacker? P-You want to force the player out wide (towards the side line) and or make the attacker go the opposite direction.
Activity 4	4 Corner, 2v2 to goal- Divide players into 2 teams, group the teams in the 2 corners near goal they are defending. Coach is outside the field & serves balls on the ground to teams. Ball should be played to feet while they are still in corner, both players come out & play 2v2 (defenders can't run out until attacker takes 1st touch). Game is over when a team scores/ball out of bounds. 4 Rounds of 3-4 minutes each. Make sure players play with different partners.		C- Should an attacker dribble quickly or slowly? P- It depends quickly to take advantage of a situation, or slowly to allow the play to develop. C-If the player with the ball can't score, what should the player do? P-Find a teammate & pass the ball! *Look to create 2v1 or advantageous 1v1 situations.
Match	Play 4v4, 5v5 (with GK)	Go over restarts (kickoff, goal-kicks, throw-ins). Be careful of coaching(speaking) too much. Try to only coach in natural stoppages(when the ball is out of bounds, after a goal, etc).	15-20 minutes



Interactive Lesson Plan



Season: _____ Age Group: U7-U8 Week: 9

Stage	Activity Description	Diagram	Coaching Points
Activity 1	Control Box-Divide players into 2 groups. Players inside the box start with ball & dribble/pass the ball to the players on the outside. The players on who receives the ball dribbles into the middle, then dribble to/connect a pass to a different player on the outside. 1-2 Minute rounds. Ask to take lots of touches/change speed. 2)Start balls with players on the outside;player inside receive pass/turn/find new player on the outside. Coach rotates players from inside/outside after 1 Min. *Variation: 2 touch passes, 3 touch (trap, dribble, pass). Require the use of weaker foot.		Coach-What should you do before passing? Player-Call the players name you are passing to, or make eye contact with them. COMMUNICATE C-What should you do before receiving pass? P-Make eye contact, move body in line with ball. Watch ball until it gets to your foot. C-When passing, where should non-kicking foot be pointed? P-Towards my target or teammate.
Activity 2	Rondo 4v2: Objective is to pass the ball to each player without losing the ball, this time with a defender in the middle. Players can move side to side on the line, should try to stay outside of box. -Rotate the Defender after 45 seconds (each player should be defender). Progression: (1) Restrict touches to 3 touch or 2 touch. (2) Reduce the size of the grid, which will make it tougher for the 4 players keeping possession.		Make sure players are moving side to side on their lines, creating space & making it easy for the player in possession to pass. Players should look up to find their target BEFORE receiving the ball. Players should be communicating to each other on where to pass ball.
Activity 3	3v3 to 6 Goals-Each team has 3 goals to defend & 3 goals to attack. Each goal is 3 yards wide(if game needs to be harder make goals smaller; if game needs to be easier make goals bigger). *Coach can add a Goalkeeper to try to defend all 3. Scoring: Score goal fro attacking half = 1 point. Score goal from defensive half = 5 points. Play multiple rounds, 3-4 minutes each. Coaching points during breaks.		C-Who should shoot/When should you shoot? P-Any player or any time there is a clear path to a goal. C-What do you do if the goal you were attacking is well defended? P-Look up & find new goal to score on (there are 3!)
Activity 4	4v4 to 6 Goals- Each team has 3 goals to defend & 3 goals to attack. Coach can add Goalkeepers if needed. Players score by shooting or dribbling through opponents 3 goals. Scoring: Score goal fro attacking half = 1 point. Score goal from defensive half = 5 points. Play 2 rounds, 8-10 minutes each. Coaching points during halftime, or when ball goes out of bounds. Variations: only allow goals by dribbling. Must get certain # of passes before scoring.		C-Who should shoot/When should you shoot? P-Any player or any time there is a clear path to a goal. C-What do you do if the goal you were attacking is well defended? P-Look up & find new goal to score on (there are 3!)
Match	Play 4v4, 5v5 (with GK)	Go over restarts (kickoff, goal-kicks, throw-ins). Be careful of coaching(speaking) too much. Try to only coach in natural stoppages(when the ball is out of bounds, after a goal, etc).	15-20 minutes



Interactive Lesson Plan



Season: _____ Age Group: U7-U8 Week: 10

Stage	Activity Description	Diagram	Coaching Points
Activity 1	<p>5 Cone Dribbling Move- Set up TWO GRIDS of 5 cones in shape of lower-case t. 10 yards between each cone. Objective is to dribble to middle cone, turn(left/ right), dribble to next cone. Players perform moves/cuts/turns at center cone. Warmup with dribble to cone: cut right with inside foot. Do both right/left cuts with inside; then do left/right of outside of foot.</p> <p>1- Snake (outside of foot tap outside, cut with inside foot across body)</p> <p>2- Fake & Take: Fake one direction, dribble the other direction.</p> <p>3-Roll/Rake ball & Take: Roll ball with bottom of foot, then cut across body.</p>		<p>C-What part of foot do you use to dribble forward quickly with?</p> <p>P-Laces, toe pointed down, knee up.</p> <p>C-What part of the foot do you use to change directions?</p> <p>P-Inside or Outside of the foot.</p> <p>C-What should you do after a cut/move?</p> <p>P-Accelerate/change speed.</p>
Activity 2	<p>Protect Your Ball- Divide players into groups of 2. One is the TAGGER & the other is the PROTECTOR. The Tagger scores 1 point by throwing & hitting the Protector's ball (or if the Protector dribbles out of bounds). Switch players every minute or minute & 30 seconds.</p>		<p>Coach- How does the Protector, protect his/her ball?</p> <p>Player- Head up & know when the Tagger is trying to attack. Put body between your ball & tagger and SHIELD YOUR BALL.</p> <p>Players should also change direction & speed to avoid Tagger.</p>
Activity 3	<p>3v3 to End Zones- Set up end zones at the end of each area 2-3 yards deep, teams attack oppositions end zone & defend their own. Players score by dribbling into or receiving pass in end zone.</p> <p>Scoring:</p> <p>1 point for dribbling in the end zone.</p> <p>2 points for dribbling & stopping ball in the end zone.</p> <p>5 points if the player scores after a turn, & dribbles into the end zone & stops the ball.</p>		<p>C- What are the visual cues for making a pass? IE: When should you pass?</p> <p>P- When there is a defender close to me & I have teammates in supporting positions (front, side, behind).</p> <p>C-Who should provide support?</p> <p>P-The players without the ball.</p> <p>C-Where should support be provided?</p> <p>P-In front, behind, on both sides of the player with the ball.</p>
Activity 4	<p>4v4 to Goal-Coach serves the ball in from the sideline. Each team has 4 players on the field, playing 4v4. No Goalkeepers. Don't allow players to stand.</p> <p>Progression 1: Add a Neutral with unlimited touches (4v4 +1).</p> <p>Progression 2: Everyone 2 touch, Neutral Unlimited touches.</p> <p>If you have subs, rotate them in every 3 outs, Every time the ball goes out of bounds, count that as 1 out. Play 10-15 min.</p>		<p>C-When is it a good time to try and score?</p> <p>P-Any time you see an open goal.</p> <p>C-Can GK's be an option for a pass?</p> <p>P-Yes, they can relieve pressure for the team in possession.</p>
Match	Play 4v4, 5v5 (with GK)	Go over restarts (kickoff, goal-kicks, throw-ins). Be careful of coaching(speaking) too much. Try to only coach in natural stoppages(when the ball is out of bounds, after a goal, etc).	15-20 minutes