

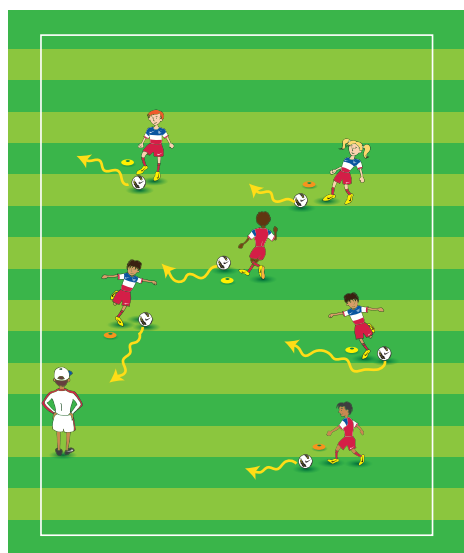
# **U8 Weekly Lesson Plans**





## TRAINING OBJECTIVES: DRIBBLING WITH THE HEAD UP

- To improve dribbling and ball familiarity.
- To work on dribbling with the head up.

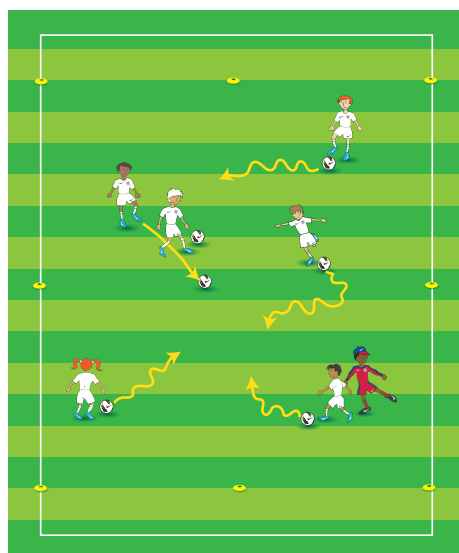


### I. Warm-up: The Network

**ACTIVITY INTENSITY:** Low-Medium  
**ACTIVITY TIME:** 1-2 minutes  
**DURATION:** 8 minutes  
**REPETITIONS:** 4  
**RECOVERY TIME:** 1 minute

**Organization (Physical Environment / Equipment / Players):** Place different colored cones within a playing area. Each player has their own ball. At first, perform the activity without the ball. A) Run and touch cones with hands, B) Run and touch cones with feet, C) Run and hop over cones with two feet, D) Run and hop over cones with one foot. Then add a ball. Have the players dribble from cone to cone. A) Dribble around a cone, B) Dribble to a new color.

**Coaching Points / Key Concepts:** Dribbling with the head up. Working on movement ability (w/out ball).

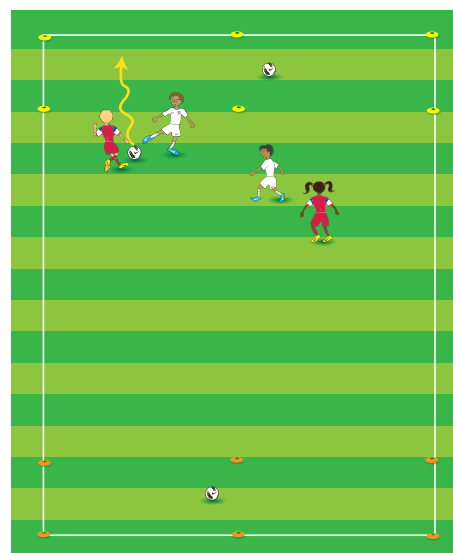


### II. Main Part: Small-Sided Activity (Freeze Tag)

**ACTIVITY INTENSITY:** Medium  
**ACTIVITY TIME:** 2 minute  
**DURATION:** 12 minutes  
**REPETITIONS:** 4  
**RECOVERY TIME:** 1 minute

**Organization (Physical Environment / Equipment / Players):** To start, have players run with balls in their hands. If player gets tagged then 5 touch-ups to get unfrozen. Then progress to dribbling a ball. If player gets tagged by the coach then a teammate has to unfreeze them by passing ball under the legs or dribbling around them. Play for a period then make the boundaries smaller.

**Coaching Points / Key Concepts:** Dribbling with the head up. Introduce how to turn the ball with the inside of the foot. Ask them to show how they get away from being tagged.

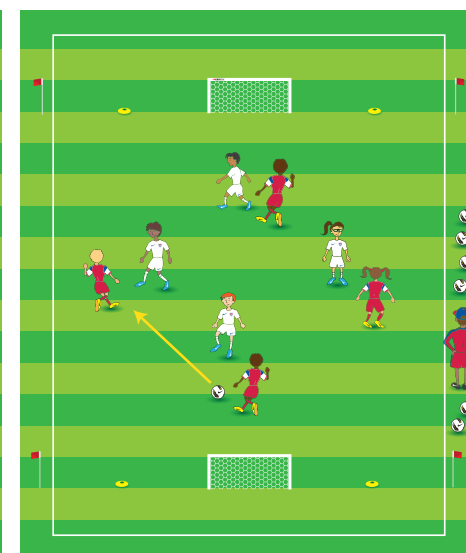


### III. Main Part: Expanded Activity (2v2 / 3v3 / 4v4 to an end zone)

**ACTIVITY INTENSITY:** Medium-High  
**ACTIVITY TIME:** 2 minutes  
**DURATION:** 12 minutes  
**REPETITIONS:** 4  
**RECOVERY TIME:** 1 minute

**Organization (Physical Environment / Equipment / Players):** Create two endzones and put a ball in each. There is also one game ball. Play 2v2, 3v3 or 4v4. The objective is to dribble the ball into the other team's endzone. When a team is successful, they retrieve another ball from their defending endzone and try again. The first team to get all three balls in the other team's endzone wins.

**Coaching Points / Key Concepts:** Introducing how to dribble around an opponent. Ask players to show you how they go around someone.



### IV. Game: 4v4

**ACTIVITY INTENSITY:** High  
**ACTIVITY TIME:** 3 minutes  
**DURATION:** 10 minutes  
**REPETITIONS:** 2  
**RECOVERY TIME:** 2 minutes

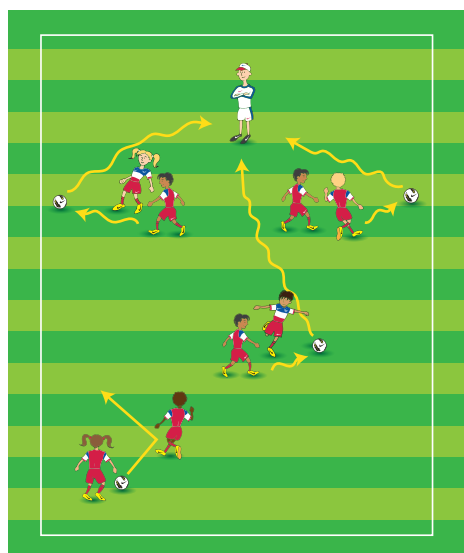
**Organization (Physical Environment / Equipment / Players):** Play 3v3 to small goals. At first play "NEW BALL." Whenever a ball goes out of bounds the players will receive a new ball from the coach. Play until one ball is left. After that show what occurs after the ball goes out of bounds (kick-in, goal kick, corner kick, etc.) End with "Super High Fives." Make them jump in the air to slap the coach "five."

**Coaching Points / Key Concepts:** Play and enjoy!



## TRAINING OBJECTIVES: PUSH PASS

- To improve passing the ball. Specifically the push pass.
- To develop working with a teammate.

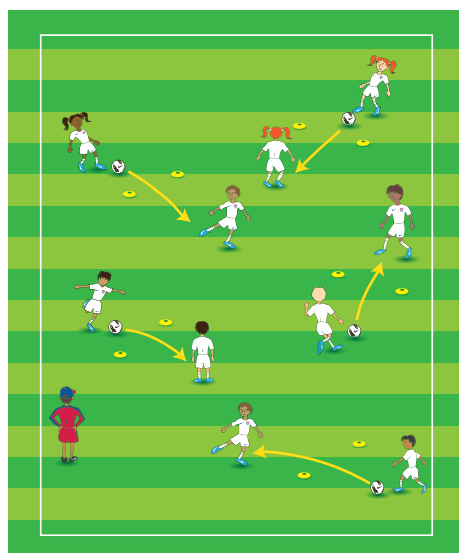


### I. Warm-up: "Back to Coach - Pairs"

**ACTIVITY INTENSITY:** Low-Medium  
**ACTIVITY TIME:** 1-2 minutes  
**DURATION:** 8 minutes  
**REPETITIONS:** 4  
**RECOVERY TIME:** 1 minute

**Organization (Physical Environment / Equipment / Players):** Players are in pairs. Coach tosses ball and each pair brings the ball back to the coach by passing it back to each other. A) Get it back to coach B) make a specific amount of passes, C) Coach walks away. Now can they find the coach?

**Coaching Points / Key Concepts:** Dribbling with the head up. Striking the ball with the biggest part of the foot, which is the inside.

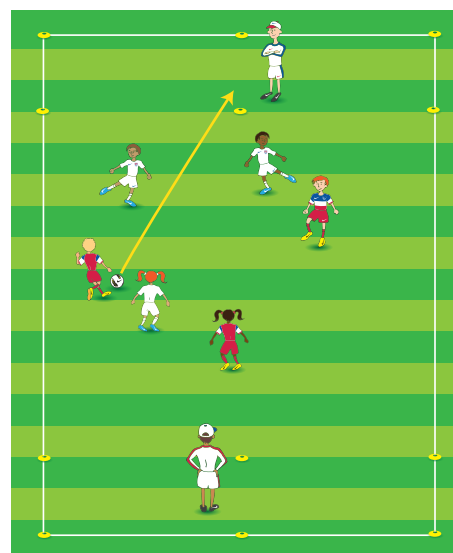


### II. Main Part: Gates

**ACTIVITY INTENSITY:** Medium  
**ACTIVITY TIME:** 2 minutes  
**DURATION:** 12 minutes  
**REPETITIONS:** 4  
**RECOVERY TIME:** 1 minute

**Organization (Physical Environment / Equipment / Players):** Each pair has a ball. Make small gates. Progression: A) Players pass ball back and forth through gate. See how many they can get in 20 seconds, B) Pass through gate and go to a new one. C) Pass through gate two times then go to a new one. D) Coach and assistants walk around and block a gate. E) Challenge them to make a longer pass. Can they pass the ball through two gates?

**Coaching Points / Key Concepts:** Push pass. What part of the foot do you use to pass the ball? (Inside, instep, or outside).

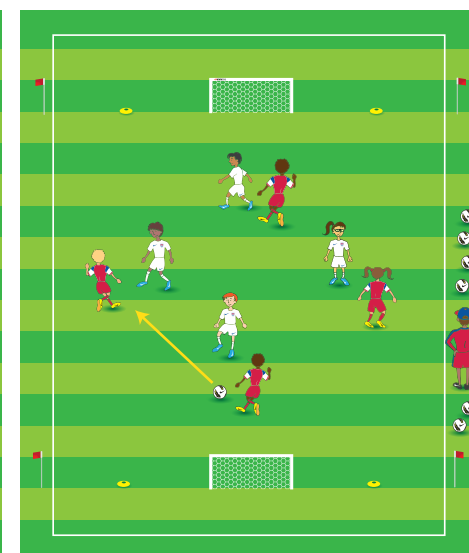


### III. Main Part: Expanded Activity (2v2, 3v3 to a target)

**ACTIVITY INTENSITY:** Medium-High  
**ACTIVITY TIME:** 2 minutes  
**DURATION:** 12 minutes  
**REPETITIONS:** 4  
**RECOVERY TIME:** 1 minute

**Organization (Physical Environment / Equipment / Players):** Play 2v2, 3v3 with a parent or assistant coach inside each endzone. The object is to try and pass the ball to one of the coaches in the endzone.

**Coaching Points / Key Concepts:** What part of the foot do you use to score? What if you can't pass? Then what? (pass the ball to a teammate)



### IV. Game: 4v4

**ACTIVITY INTENSITY:** Medium-High  
**ACTIVITY TIME:** 3 minutes  
**DURATION:** 10 minutes  
**REPETITIONS:** 2  
**RECOVERY TIME:** 2 minutes

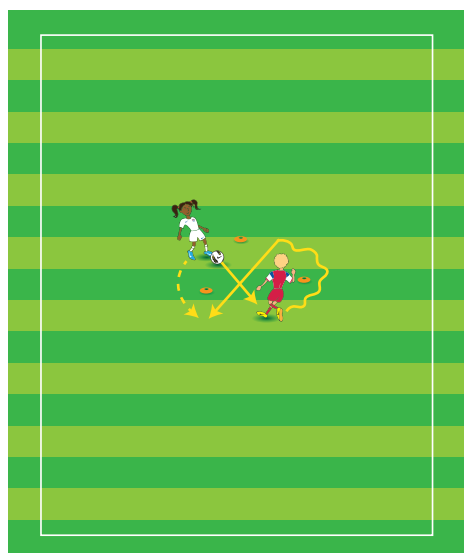
**Organization (Physical Environment / Equipment / Players):** Play small-sided game to goals.

**Coaching Points / Key Concepts:** Play and enjoy!



## TRAINING OBJECTIVES: REDIRECTING THE BALL

- To improve how to redirect or receive the ball. "Take it somewhere new."
- To develop how to work with a teammate.



### I. Warm-up: The Triangle

ACTIVITY INTENSITY: Low-Medium

ACTIVITY TIME: 1-2 minutes

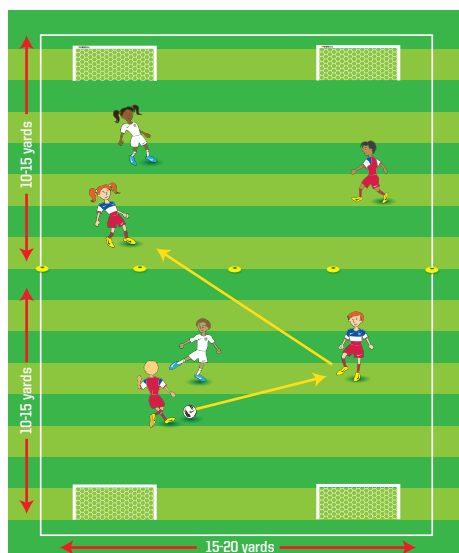
DURATION: 8 minutes

REPETITIONS: 4

RECOVERY TIME: 1 minute

**Organization (Physical Environment / Equipment / Players):** Players are in pairs and share one ball. Each pair makes a triangle with cones. Triangles should be around 2 yards apart. The player with the ball passes the ball through the triangle. The player receiving the ball tries to redirect the ball around a cone and then pass the ball back through the triangle without hitting the cones. A) See how many times they can pass the ball back through the triangle without hitting the cones. B) See which pair can make the most passes back through the triangle without touching the cones.

**Coaching Points / Key Concepts:** Redirect the ball with the inside of the foot. Can they do it with the outside of the foot? First touch sets up their next touch.



### II. Main Part: 2v1 4 goal game

ACTIVITY INTENSITY: Medium-High

ACTIVITY TIME: 2 minutes

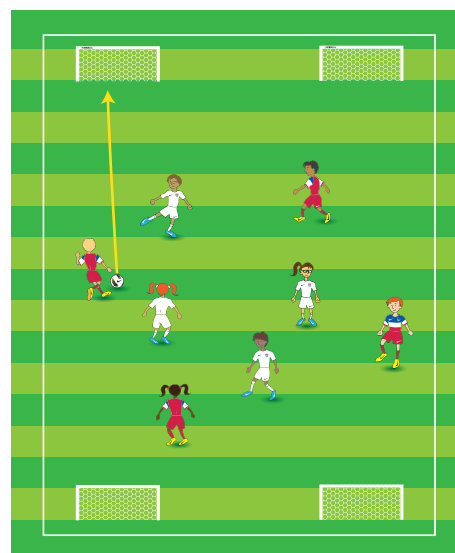
DURATION: 12 minutes

REPETITIONS: 4

RECOVERY TIME: 1 minute

**Organization (Physical Environment / Equipment / Players):** Divide the field in half. Two players from the attacking team each go to a half. They stay in that half. The object is to receive the ball from a pair in the back half and score in one of the two side goals. One player from the defending team also goes into a half. They stay in their half. If they win the ball they try to score in one of the other two side goals. If they win the ball they can go into either half. Rotate the players around each round.

**Coaching Points / Key Concepts:** Focus on how they redirect the ball. What part of the foot do you use to redirect the ball? Can they take it somewhere new?



### III. Main Part: Expanded Activity (3v3 / 4v4 Game to 4 goals)

ACTIVITY INTENSITY: Medium-High

ACTIVITY TIME: 2 minutes

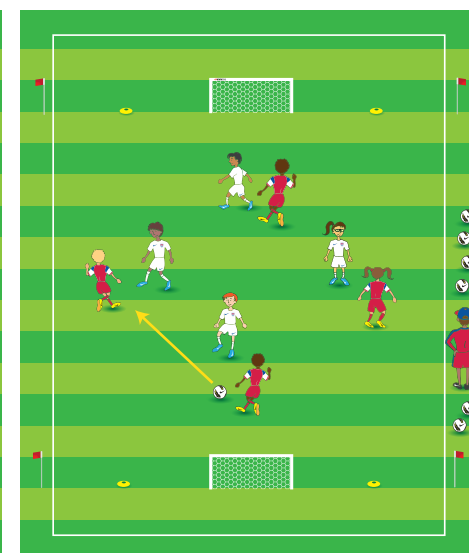
DURATION: 12 minutes

REPETITIONS: 4

RECOVERY TIME: 1 minute

**Organization (Physical Environment / Equipment / Players):** Play 3v3 / 4v4 to 4 goals. Each team attacks two goals and defends two. Rotate the players to a new role and let them experience redirecting the ball in a different part of the field.

**Coaching Points / Key Concepts:** What part of the foot do you use to redirect the ball? Where should you redirect the ball if the opponent is coming at you? (away from pressure)



### IV. Game: 4v4

ACTIVITY INTENSITY: Medium-High

ACTIVITY TIME: 3 minutes

DURATION: 10 minutes

REPETITIONS: 2

RECOVERY TIME: 2 minutes

**Organization (Physical Environment / Equipment / Players):** Play small-sided game to 4 goals.

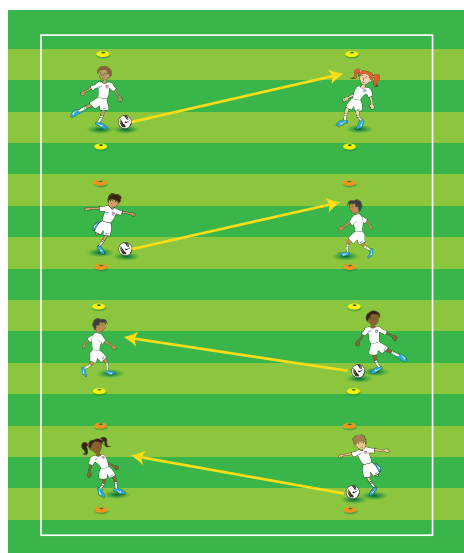
**Coaching Points / Key Concepts:** Play and enjoy!





## TRAINING OBJECTIVES: STRIKING THE BALL

- To improve striking the ball.
- To continue to work on dribbling with the head up and striking the ball.

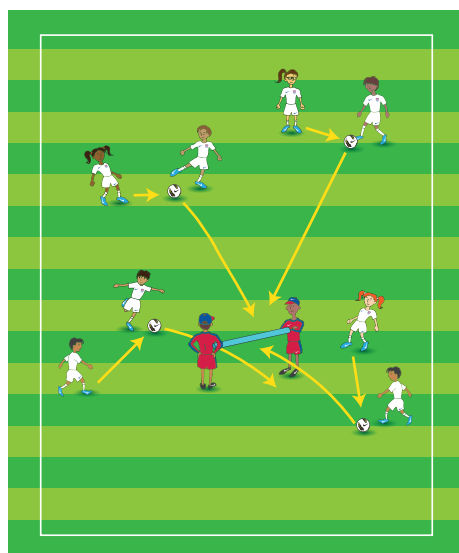


### I. Warm-up: "Goal to Goal"

**ACTIVITY INTENSITY:** Low-Medium  
**ACTIVITY TIME:** 1-2 minutes  
**DURATION:** 8 minutes  
**REPETITIONS:** 4  
**RECOVERY TIME:** 1 minute

**Organization (Physical Environment / Equipment / Players):** Players pair up with one ball. They both make a goal. The object is to score a goal. Rules: 1. The player not striking the ball can not use their hands unless for safety reason. 2. If a ball is controlled by the player not striking the ball they have two touches to shoot the ball back. 3. Progress to they can only hit a ball that is moving.

**Coaching Points / Key Concepts:** Striking the ball with their instep. The non-striking foot should be next to and slightly ahead of the ball. Keep the head and shoulders forward. Try to land on their shooting foot.

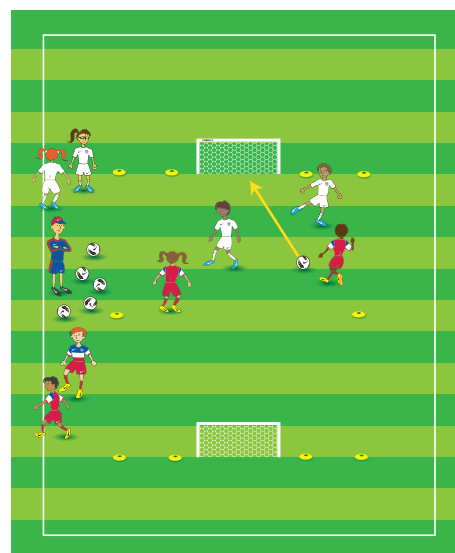


### II. Main Part: Moving Goal

**ACTIVITY INTENSITY:** Medium  
**ACTIVITY TIME:** 2 minutes  
**DURATION:** 12 minutes  
**REPETITIONS:** 4  
**RECOVERY TIME:** 1 minute

**Organization (Physical Environment / Equipment / Players):** Coach and Assistant (Parent) hold a pool noodle or tie bibs together. Players pair up and are instructed to dribble their soccer ball and try to score on the "Moving Goal"! Coaches lower the goal to encourage shooting lower.

**Coaching Points / Key Concepts:** Dribbling with the head up. What part of the foot can they use to score a goal. Playing with a teammate.

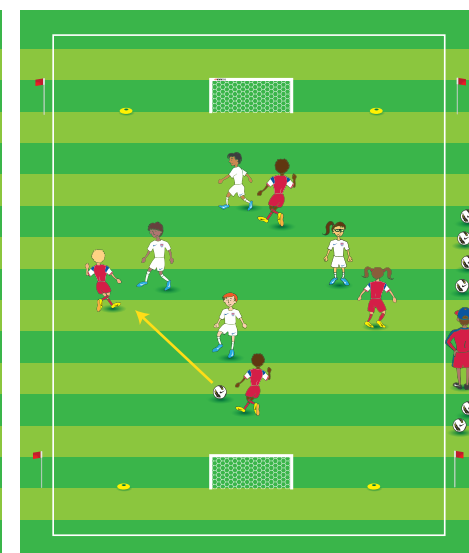


### III. Main Part: Expanded Activity (2v2 / 3v3 Get out of here!)

**ACTIVITY INTENSITY:** Medium-High  
**ACTIVITY TIME:** 2 minutes  
**DURATION:** 12 minutes  
**REPETITIONS:** 4  
**RECOVERY TIME:** 1 minute

**Organization (Physical Environment / Equipment / Players):** Bring two teams together. Play 2v2 to goals. When the ball goes out of bounds, the coach yells "Get outta here" and the players on the field run off. A new pair runs on. Note: Make the field smaller so the ball goes out of bounds and the players aren't waiting too long in line.

**Coaching Points / Key Concepts:** What part of the foot do you use to score? What if you can't shoot? Then what? (pass the ball to someone who can)



### IV. Game: 4v4

**ACTIVITY INTENSITY:** Medium-High  
**ACTIVITY TIME:** 3 minutes  
**DURATION:** 10 minutes  
**REPETITIONS:** 2  
**RECOVERY TIME:** 2 minutes

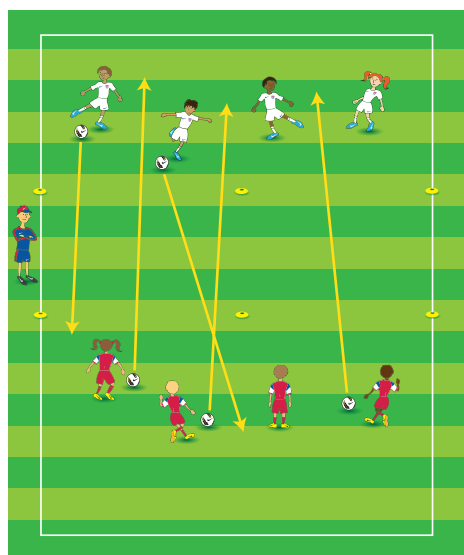
**Organization (Physical Environment / Equipment / Players):** Play small-sided game to goals.

**Coaching Points / Key Concepts:** Play and enjoy!



## TRAINING OBJECTIVES: IMPROVING INTERMEDIATE-LONG PASSES

- To improve intermediate range passes (8-12 yards).
- To improve long range passes for the U8 player (15-20 yards).



### I. Warm-up: Clean The Yard

ACTIVITY INTENSITY: Low-Medium

ACTIVITY TIME: 1-2 minutes

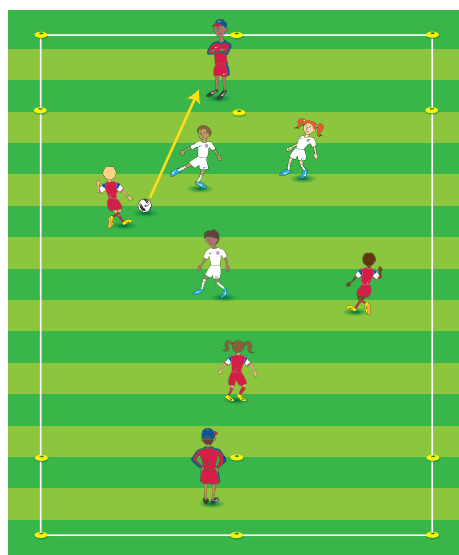
DURATION: 8 minutes

REPETITIONS: 4

RECOVERY TIME: 1 minute

**Organization (Physical Environment / Equipment / Players):** Divide into two teams. Each team goes to a half. Use an odd number of balls. The objective of the game is to strike the ball into the other team's yard. Each team wants to have a clean yard when time is called by the coach. The team that has the fewest balls on their side when time is called gets a point. Play to a certain amount of points or for time. Progress: Require a pass to be made to a teammate before the ball can be struck back to the other half.

**Coaching Points / Key Concepts:** Striking the ball with their instep. The non-striking foot should be next to and slightly away of the ball.



### II. Main Part: 2v2 / 3v3 to a target

ACTIVITY INTENSITY: Medium

ACTIVITY TIME: 1 minutes

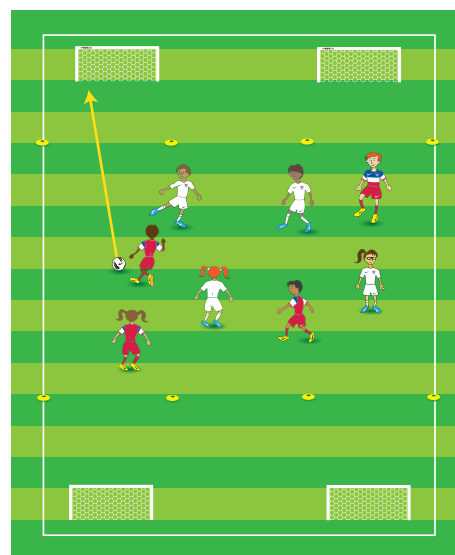
DURATION: 12 minutes

REPETITIONS: 6

RECOVERY TIME: 1 minute

**Organization (Physical Environment / Equipment / Players):** Play 2v2, 3v3 with a parent or assistant coach inside each endzone. The object is to try and pass the ball to one of the coaches in the endzone.

**Coaching Points / Key Concepts:** What part of the foot do you use to make a longer pass? What if you can't pass? Then what? (pass the ball to a teammate)



### III. Main Part: Expanded Activity (Outside Goals)

ACTIVITY INTENSITY: Medium-High

ACTIVITY TIME: 2 minutes

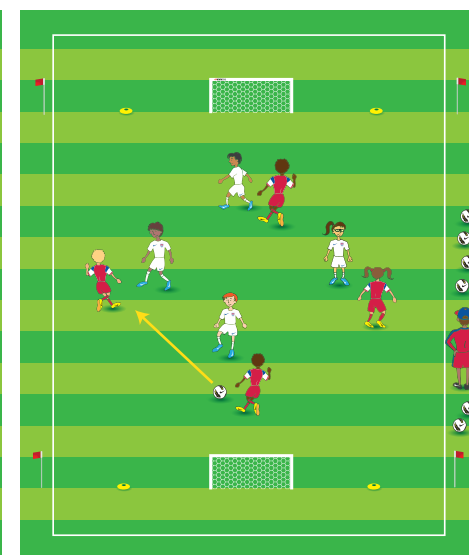
DURATION: 12 minutes

REPETITIONS: 4

RECOVERY TIME: 1 minute

**Organization (Physical Environment / Equipment / Players):** Play 4v4 game. Each team has two goals they can score on and two goals to defend. The goals are placed 10-15 yards outside of the playing area. Play a normal game except in order to score in one of the two goals, the ball must be passed from inside the playing area.

**Coaching Points / Key Concepts:** What part of the foot do you use to make a longer pass? What if you can't pass? Then what? (pass to a teammate)



### IV. Game: 4v4

ACTIVITY INTENSITY: Medium-High

ACTIVITY TIME: 3 minutes

DURATION: 10 minutes

REPETITIONS: 2

RECOVERY TIME: 2 minutes

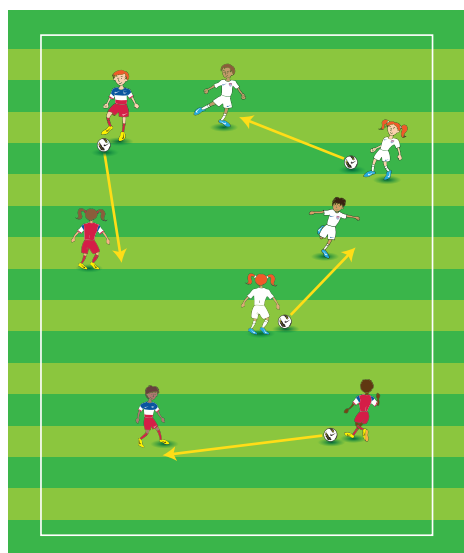
**Organization (Physical Environment / Equipment / Players):** Play small-sided game to goals.

**Coaching Points / Key Concepts:** Play and enjoy!



## TRAINING OBJECTIVES: TEACHING WITH SMALL-SIDED GAMES

- To work on teaching technique within a small-sided game.
- Find enjoyment in playing small-sided games
- To work on teaching simple principles of play (Attacking: penetration and depth / Defending: pressure and cover).

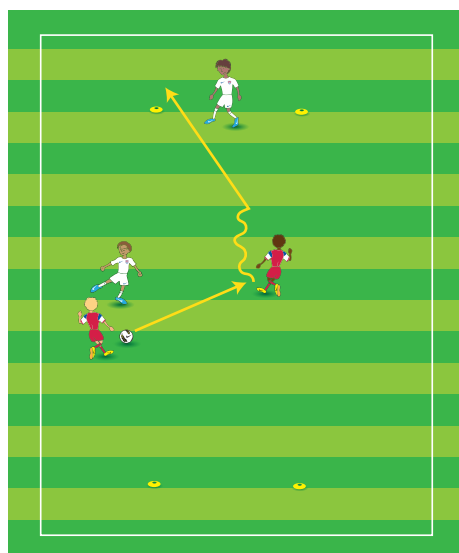


### I. Warm-up: Paint The Grass

**ACTIVITY INTENSITY:** Low-Medium  
**ACTIVITY TIME:** 1-2 minutes  
**DURATION:** 8 minutes  
**REPETITIONS:** 4  
**RECOVERY TIME:** 1 minute

**Organization (Physical Environment / Equipment / Players):** Players are in pairs. Each pair shares one ball. Pairs try to pass the ball in an area. Instruct players that they should try to paint the field with the ball by passing. Try to paint the whole playing area.

**Coaching Points / Key Concepts:** Push pass  
 Redirecting the ball - Can they take it somewhere new?  
 Working with a teammate Spatial awareness. They may run next to each other. Can they find a space away from their partner?

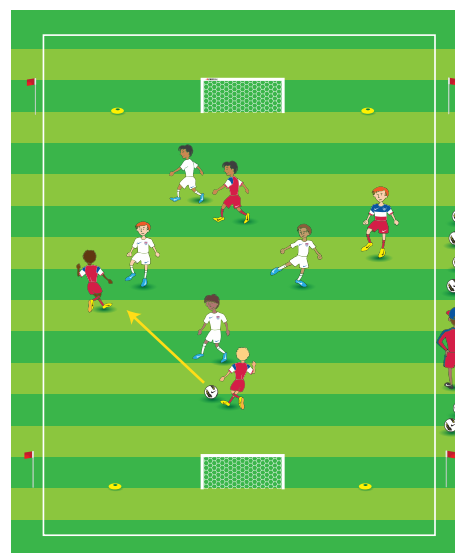


### II. Main Part: Last Player Back

**ACTIVITY INTENSITY:** Medium-High  
**ACTIVITY TIME:** 1 minutes  
**DURATION:** 12 minutes  
**REPETITIONS:** 6  
**RECOVERY TIME:** 1 minute

**Organization (Physical Environment / Equipment / Players):** Players are in pairs or groups of 3. Play a game to goals. The team that has the ball must always attack with everyone. The team that is defending, sends someone back to stand on the goal line. They become a goalkeeper. When the team that is defending wins the ball that player that was in goal now come out and the team that was attacking sends someone (usually the last player) back to stand on the goal line.

**Coaching Points / Key Concepts:** What part of the foot do you use to make a longer pass? What if you can't pass? Then what? (pass the ball to a teammate) How do you win the ball back?

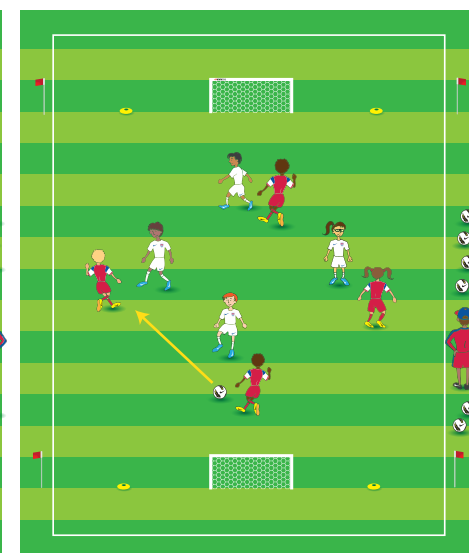


### III. Main Part: Expanded Activity (More to Score)

**ACTIVITY INTENSITY:** Medium-High  
**ACTIVITY TIME:** 2 minutes  
**DURATION:** 12 minutes  
**REPETITIONS:** 4  
**RECOVERY TIME:** 1 minute

**Organization (Physical Environment / Equipment / Players):** Play 4v4 game. The game is a normal game excepts each team attempts to get more of their teammates to score. The team that has more teammates score after 4 repetitions wins the game.

**Coaching Points / Key Concepts:**  
 Technical objectives: Dribbling, passing, redirecting the ball. This activity also promotes teamwork as they have to attempt to include more players in the scoring process.



### IV. Game: 4v4

**ACTIVITY INTENSITY:** Medium-High  
**ACTIVITY TIME:** 3 minutes  
**DURATION:** 10 minutes  
**REPETITIONS:** 2  
**RECOVERY TIME:** 2 minutes

**Organization (Physical Environment / Equipment / Players):** Play small-sided game to goals.

**Coaching Points / Key Concepts:**  
 Play and enjoy!