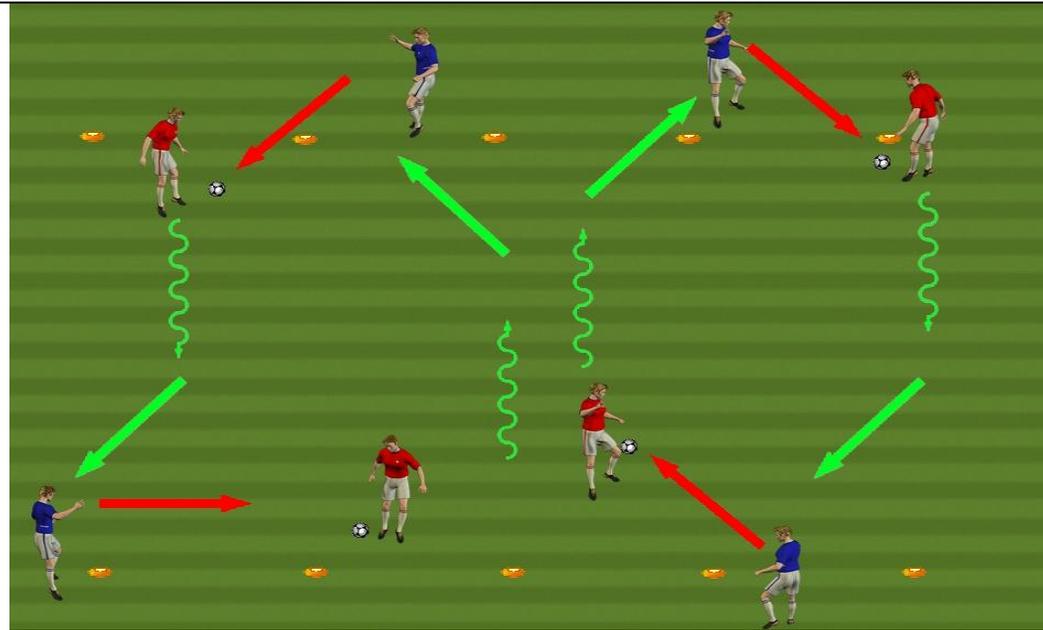


Stingers U7/U8 Lesson Plan: Wk 1 Dribbling

	<p><u>RHYTHMIC WARM UP</u> 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: <i>Can you do this?</i></p> <p>Field 20 length by 20 width yards</p>
	<p><u>FREE DRIBBLE</u> All players dribbling in small grid – using different surfaces. Show them different parts of feet –see if they know name? Instep or laces, inside, outside, bottom or sole and heel. Can they keep their head up when moving around? Can they keep ball close? Can they use both feet? Can they pull the ball back? Can they turn with the ball inside or outside? Can they do a lunge or scissor? Can they drag back and push 90 degrees with same foot to o/s? Can they drag back and push 90 degrees thru back leg?</p>	<p>6-13 mins</p> <p>Guided Discovery / Coach Pts: <i>What part of the foot can we use to dribble?</i> [Instep / laces are best as it mirrors the way children move / run. <i>Also see if players say - inside, outside, heel and bottom / sole</i></p> <p><i>How do we know where to go?</i> <i>Response – Head Up or Eyes</i> <i>Can you do that while keeping the ball close?</i> <i>Suggestion: Try not to have your head down.</i> Remember: Lots of praise, show me, what else can you do, I like that</p> <p>Field 20 length by 20 width yards</p>
<p>WATER BREAK</p>		



THROW IN PRACTICE

Split the players into 2 groups. One team practices throwing the ball to a teammate who then dribbles to other side of field and passes to a player on other touchline. The player who received the ball then restarts play with a throw to the player who passed them the ball, the player then dribbles backwards towards the original thrower an passes them the ball. Rotate every 90 seconds.

15-20 mins

Guided Discovery / Coach Pts:

How do you take a throw in?
 Suggestion: Feet on ground, hands behind head and release ball as arms go fwd beyond head. Arms must be in unison. Feet behind touchline.

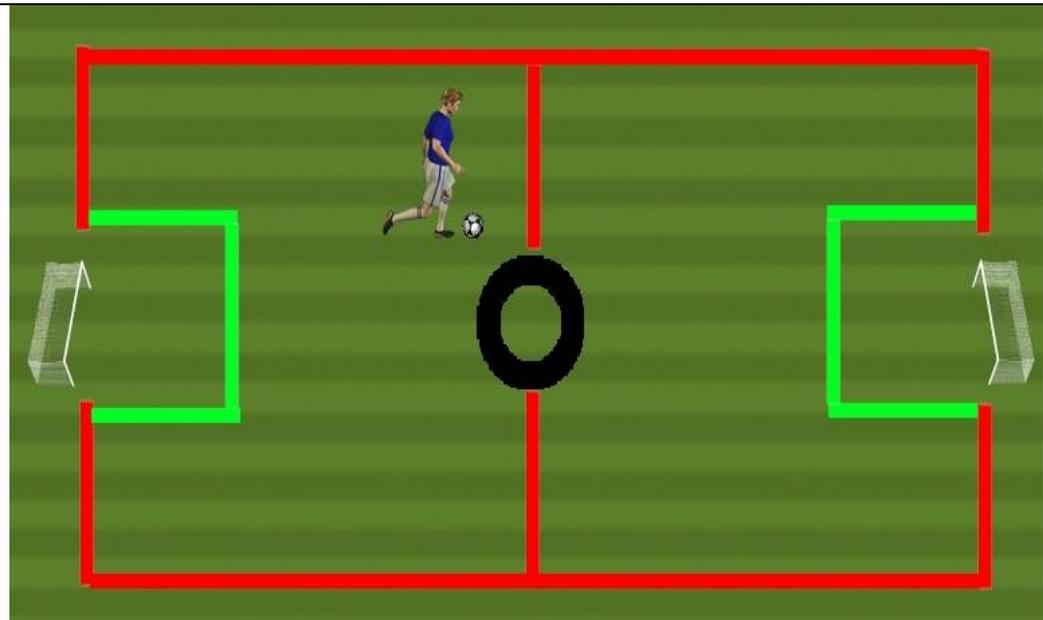
What can you do to get the ball quickly to player so they can dribble or pass?

Response – Throw towards their feet.

What can the player receiving the ball do to get it quickly?

Response – Go towards the ball and get quickly out of air.

Field 30 length by 25 width yards



FIELD GAME

Coach dribbles around field, followed by players, explaining the field. Goal attacking – goal defending, center circle, touchline (sideline) goal line (end line). Put players in pairs. Players must dribble to an area (see above) before their partner [has a ball] tags them. Rotate. Form 2 teams have them have a relay race to the different areas from different parts of field. E.g. own touchline to center circle and back, while other team goes from center circle to goal and back. One touchline to other 1 ply throws ball to a teammate who races to other side & back

22-28 mins

Guided Discovery / Coach Pts:

How do we know where to go on the field?

Response – Who touched the ball last before it went out, where it went out, was it a goal?

Field 30 length by 25 width yards

WATER BREAK

 <p>Coach plays ball onto field and 4 vs 4. Once ball goes out or scored - coach plays another ball onto field. Game lasts until all balls played in. (Balls should not be played back to coach until end of game). Progression: Play 2 balls in.</p>	<p><u>BOSS of BALLS</u> Split players into 2 teams – max 4 players a team. Give each player a number 1 thru 4. 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). Sometimes have player's start with a throw in or a corner. If a players' number is called they must get to the ball and with teammate(s) either score or defend. The game is over either when a goal is scored or ball goes out – Coach then calls Get Outta Here! Coach then restarts a new game and call new numbers.</p>	<p>30-41 mins</p> <p>Guided Discovery / Coach Pts: How can you score? <i>Response</i> – Dribble, shoot and sometimes pass to my friend</p> <p>If you want to get the ball you're your friend / teammate where should you stand and what should you say? <i>Response</i> – In space or not near other team...call (my name) for the ball</p> <p>What should you do before shooting? <i>Response</i> – Get close to the ball (plant foot next to ball – pointed towards goal) and look at net to see where to aim</p> <p>Field 30 length by 25 width yards</p>
WATER BREAK		
	<p><u>GAME</u> Regular soccer 4vs 4. Ask players part of field when ball goes out. Reinforce to players when they must go to the center circle when we start the game or if we play the ball over the goal line we are going towards.</p>	<p>43-53 mins</p>

COOL DOWN, TEAM CHEER and SEE YOU SATURDAY