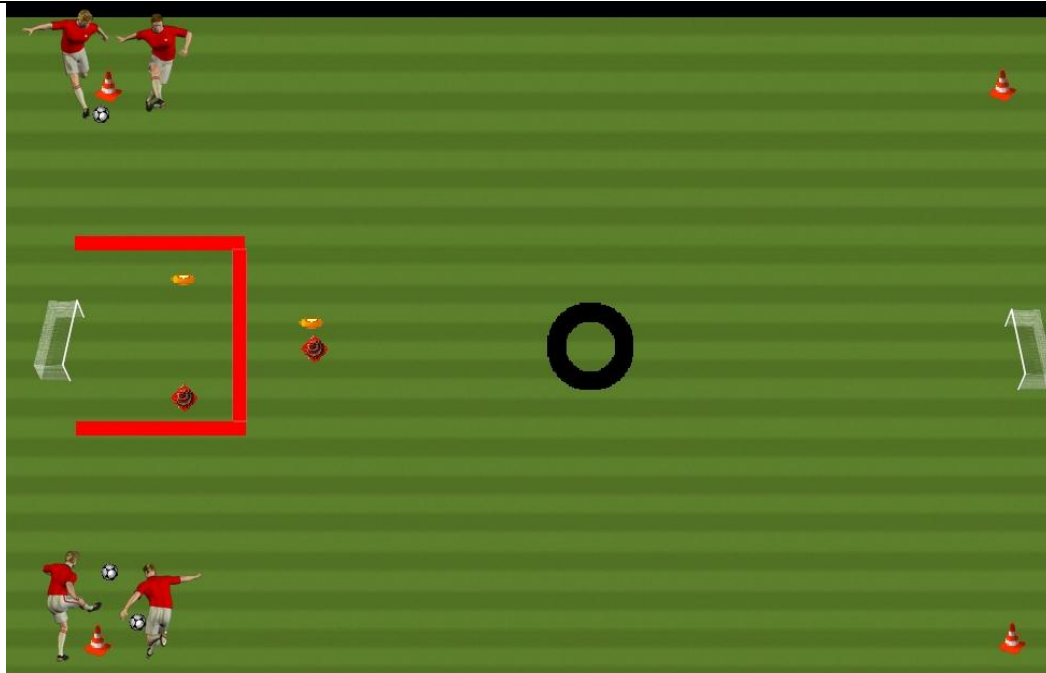


Stingers U7/U8 Lesson Plan: Wk 2 Dribbling

<p>Balance - on one leg</p> <p>Jump land bend knees</p> <p>Jump - ladder or boxes</p> <p>Hop over disc or pinnies</p> <p>Basic Run Pattern</p> <p>Leg across body - mid line then progress to hop in circle</p>	<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>		



CORNER KICK PRACTICE

Split the players into 2 groups. Have one group practice taking corners from both sides of field. Also encourage them to try taking with both feet. See diagram to see what side of corner to approach ball – key is foot striking ball is closest to corner. Allow players 3-4 mins striking ball with instep. Place cones as where teammates will stand – note yellow cone / marker is guide for players taking corner from top, orange is for players from bottom of diagram. Note in games 1 player stands in center circle, 1 takes corner and 2 take up positions at cones facing side where corner taken. Try to take a short corner with 2 players.

15-22 mins

Guided Discovery / Coach Pts:

How do you take a corner kick?
 Suggestion: Look where you want to strike / pass ball. Take a short run towards ball, plant foot to side of ball, lock ankle and strike thru middle of ball with instep or laces. Remember – good sign is if a player lands first on the foot they struck the ball with – this shows good technique and helps cross / serve with follow thru.

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

Response – Go towards the ball and get quickly out of air or if on ground, turn the ball quickly towards goal and dribble, shoot or if necessary pass.

Field 30 length by 25 width yards



DRIBBLE CONE and FOLLOW PARTNER

All players dribble thru as many cones – trying to go thru as many as possible in 45 secs. Ask players to count how many cones they go through or around (if not enough cones). Go again ask players if they can beat #.

Players are placed in pairs – one dribbles after the other. Every 15-20 seconds coach says stop 2nd player must be able to tag 1st player in 3 steps to get a point. After a minute – change roles of two players. After both players have chased – rotate players with others in group.

24-33 mins

Guided Discovery / Coach Pts:

What do you do when you are about to turn?

Response – Slow Down

What do you do when you have turned?

Response – Speed Up – Go Fast

What do you do have to look for when you are dribbling?

Response – Person Chasing Me – Other People, Soccer Balls, Space or Cones to go through or around

Field 30 length by 25 width yards

WATER BREAK



PAIRS / SMALL TMS thru SLALOM THRU CONE and SHOOT

Split players into 2 teams – max 4 players a team. Give each player a number 1 thru 4. All players stand behind their goal with a ball. If a players’ number is called they must dribble thru or around a cone and then dribble to opposite goal and shoot. Game is over when one team has shot (e.g. 2 players 2 shots) or when both teams have shot. Sometimes ask players to use left foot only. Mix numbers as well as number of players to go e.g. mostly in pairs but sometimes 3 or all 4.

35-43 mins

Guided Discovery / Coach Pts:

See previous and. What’s cones are the quickest way to go to goal?
Response – Answers will vary

Suggestion: Is it easier to dribble thru or around cones close to your goal or close to other team’s goal?

What can you do to get to the goal quicker?

Response – Answer will vary but maybe push ball ahead and not dribble close – pass to myself ahead – shoot early

Field 30 length by 25 width yards

WATER BREAK

GAME

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.

44-54 mins

COOL DOWN, TEAM CHEER and SEE YOU SATURDAY