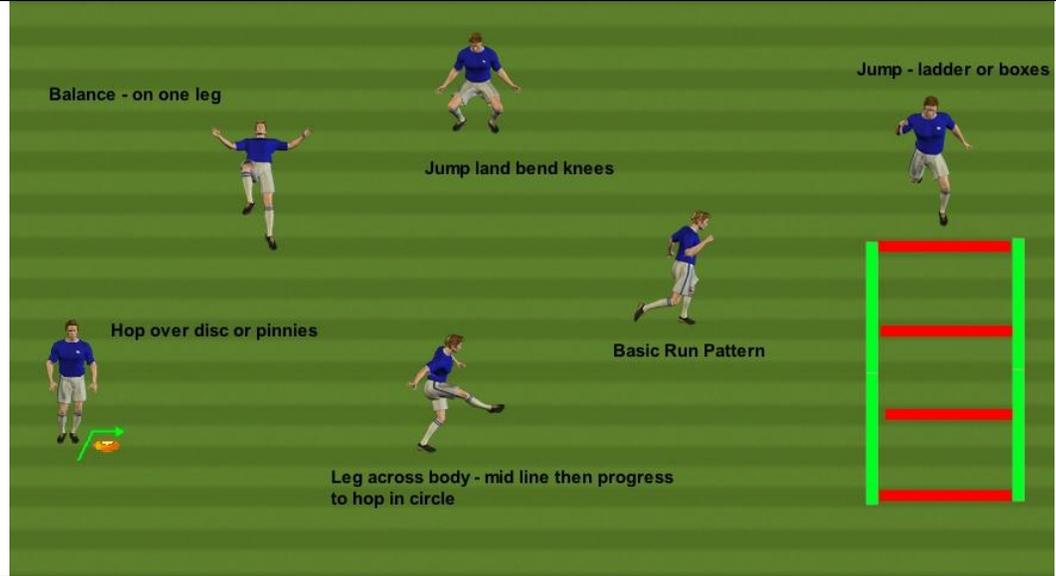
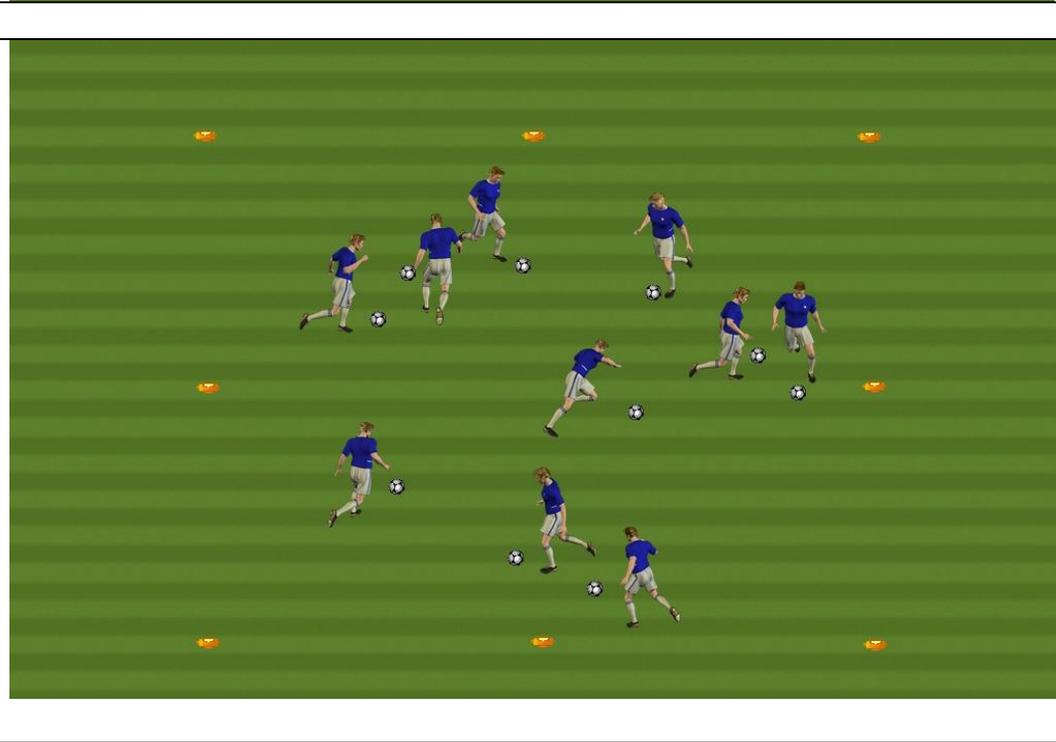
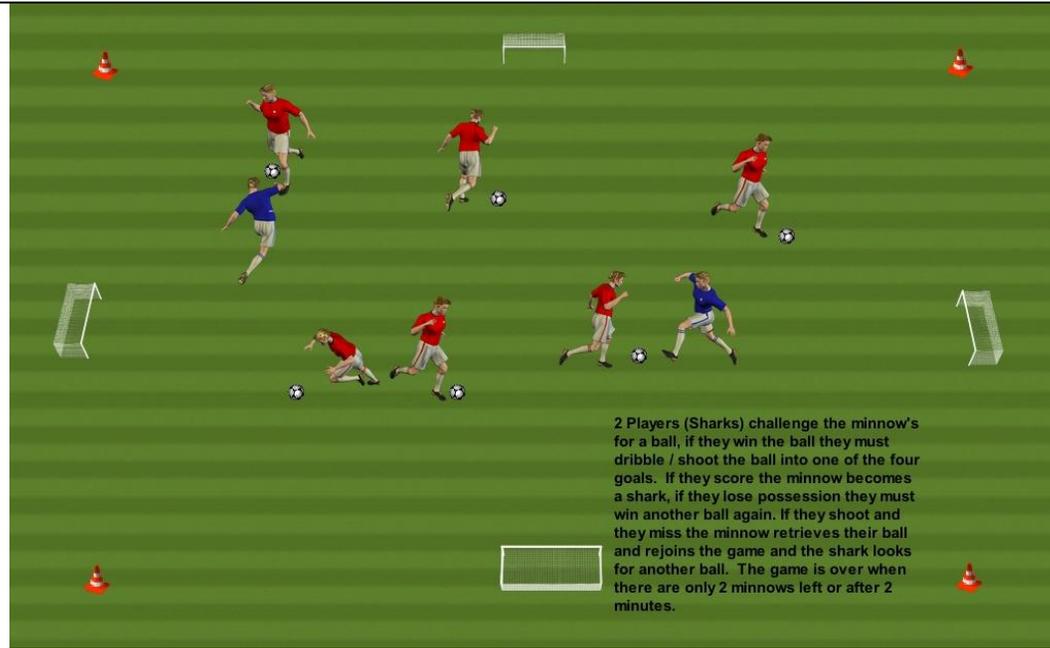


## Stingers U7/U8 Lesson Plan: Wk 3 Dribbling and Shielding

 <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><b><u>RHYTHMIC WARM UP</u></b>          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>  <i>Can you do this?</i></p> <p>Field 20 length by 20 width yards</p>
	<p><b><u>TAG KNEE's or KNOCKOUT</u></b>          All players dribbling in small grid – within a certain time players attempt to tag each others knees. Initially players very social and allow others to touch their knees. After first attempt encourage players to tag but not be tagged. [Encourage players to count times tagged not how many they tagged].  <i>progression:</i>          All players dribbling in small grid attempt to knockout opponents ball while protecting their own – player who loses ball re-enters. [Encourage players to count times tagged not how many they lost their ball]. Never ask individual player score but say who lost ball 8 times [unrealistic number + and give praise to all who get less]</p>	<p>6-13 mins</p> <p><b>Guided Discovery / Coach Pts:</b>  <i>How can you tag someone's knee?</i>  <i>Response – Dribble, come from side, towards or behind and bend down.</i></p> <p><i>What was most common way tagged?</i>  <i>Response – From behind or side</i></p> <p><i>If you want to keep your ball what should you do?</i>  <i>Response – Head up – keep looking around – maybe over shoulder, keep ball away from people – dribble away or use body to shield</i></p> <p><b>Remember: Lots of praise, show me, what else can you do, I like that</b></p> <p>Field 20 length by 20 width yards</p>
<p><b>WATER BREAK</b></p>		



**SHARK and MINNOWS**  
**WIN BALL and SHOOT**

2 players begin as sharks. They challenge the other minnow's for their ball. If they win the ball they must dribble and shoot into 1 of 4 gls. 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 or after 2 mins. The game is non stop – minnows must be constantly alert and moving - no rest until game is over.

15-22 mins

**Guided Discovery / Coach Pts:**

**How can you win the ball?**

Suggestion: Try to force player towards side and trap.

**How can you shield the ball?**

Suggestion: Try to keep body between shark / player and ball. Keep looking and using different feet parts of feet to move ball.

**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) If dribble close keep body in-between shark and me. Field 20 length by 20 width yards



**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.

24-32 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**



**PAIRS / SMALL TMS Get OUTTA HERE**

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). 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.

34-45 mins

**Guided Discovery / Coach Pts:**

**How can you score?**  
*Response* – Dribble, shoot and sometimes pass to my friend

**If you want to get the ball you're your friend / teammate where should you stand and what should you say?**  
*Response* – In space or not near other team...call (my name) for the ball

**What should you do before shooting?**  
*Response* – Get close to the ball (plant foot next to ball – pointed towards goal) and look at net to see where to aim

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.

46-57 mins

**COOL DOWN and STINGERS TEAM CHEER**