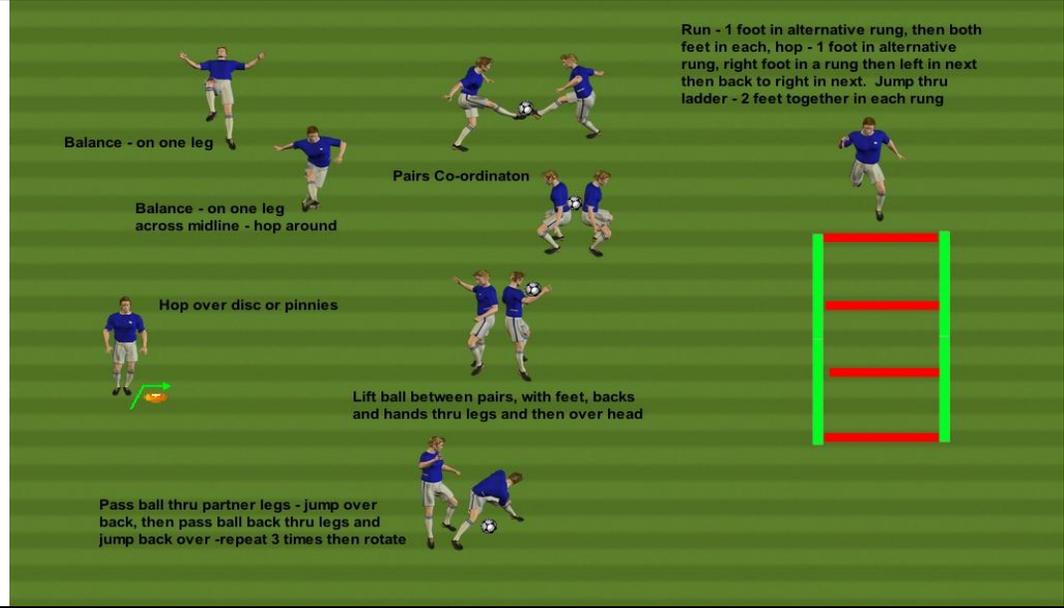
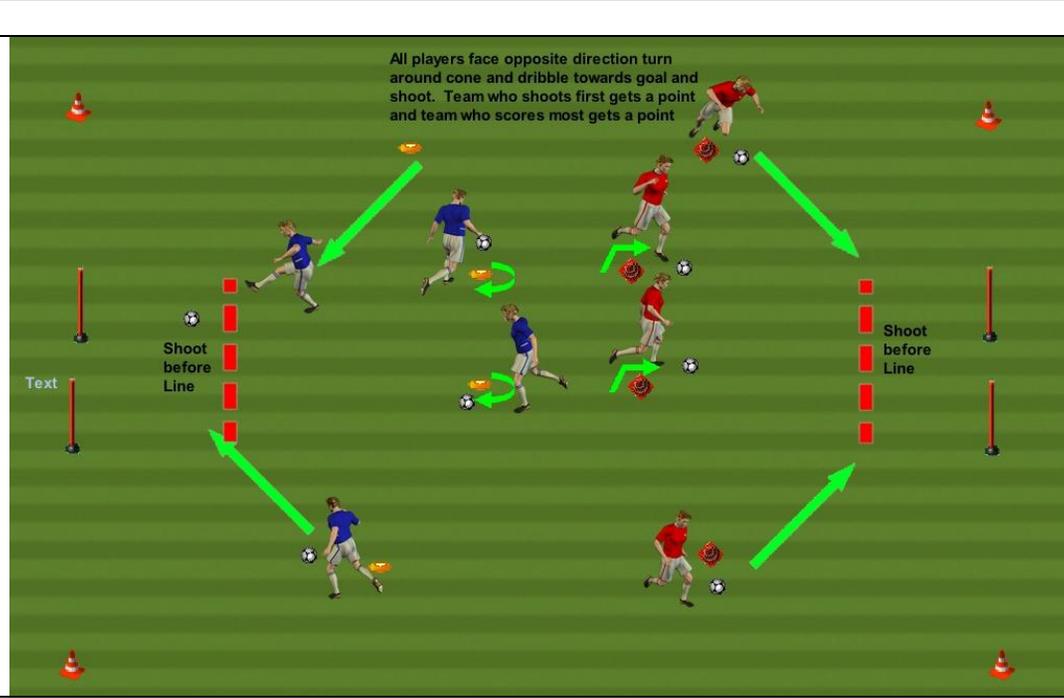


## Stingers U7/ U8 Lesson Plan: Wk 4 Turning and Passing Pairs

 <p>Balance - on one leg</p> <p>Balance - on one leg across midline - hop around</p> <p>Hop over disc or pinnies</p> <p>Pass ball thru partner legs - jump over back, then pass ball back thru legs and jump back over -repeat 3 times then rotate</p> <p>Pairs Co-ordinaton</p> <p>Lift ball between pairs, with feet, backs and hands thru legs and then over head</p> <p>Run - 1 foot in alternative rung, then both feet in each, hop - 1 foot in alternative rung, right foot in a rung then left in next then back to right in next. Jump thru ladder - 2 feet together in each rung</p>	<p><b><u>RHYTHMIC WARM UP</u></b></p> <p>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 over cone l-r and f-b. Find a partner – lift ball with foot, back and hands (over/under 10 times then rotate direction). Play ball thru legs of player bent over, then jump over player. Repeat back – repeat 6 times then other player go. Could go under and thru player bending down legs’. Run, hop and jump thru ladder or cones or over pinnies.</p>	<p>0-5 mins</p> <p><b>Guided Discovery / Coach Pts:</b> Can you do this?</p> <p>Try to make pair activities a little competition within grp.</p> <p>Field 20 length by 20 width yards</p>
 <p>All players face opposite direction turn around cone and dribble towards goal and shoot. Team who shoots first gets a point and team who scores most gets a point</p> <p>Shoot before Line</p> <p>Shoot before Line</p>	<p><b><u>TURN DRIBBLE SHOOT</u></b></p> <p>All players face cone in opposite direction of goal they will attack. All players start same time and turn ONCE around cone and attack goal and shoot before line.</p> <p>Player's will shoot 8 times. After each shot they will wait for all players to set up again. Players move counter clockwise after 2 shots from each cone. Each turn is a cut inside, once with right foot and once with left foot before moving to next cone.</p> <p>If coach can not demonstrate – find players who can</p>	<p>6-14 mins</p> <p><b>Guided Discovery / Coach Pts:</b> What part of the foot can we use to dribble and TURN? [Instep / laces are best as it mirrors the way children move / run. Also see if players say - inside,</p> <p>How do you know where GOAL and other players are? Response – Head Up or Look around</p> <p>How can you get to the goal quicker? After turn - push ball ahead run after</p> <p><b>Remember: Lots of praise, show me, what else can you do, I like that</b></p> <p>Field 25 length by 20 width yards</p>
<p><b>WATER BREAK</b></p>		



### PAIRS PASS thru CONES

Player's are split into pairs. Each pair has a ball and they move around the field passing the ball thru cone/goals (2 yds wide). Encourage players to quickly move into support on the other side of a goal so the player on the ball can pass early and from distance. Play 45 secs and count how many goals they go thru.

#### *progression*

Players must race to see how quickly they go thru 2 diff sets of cones (e.g. red and yellow), then find 1 of 2 goals & shoot & score. If they miss 1 player must get ball & pass back onto field for a re-shot. Switch partners.

16-25 mins

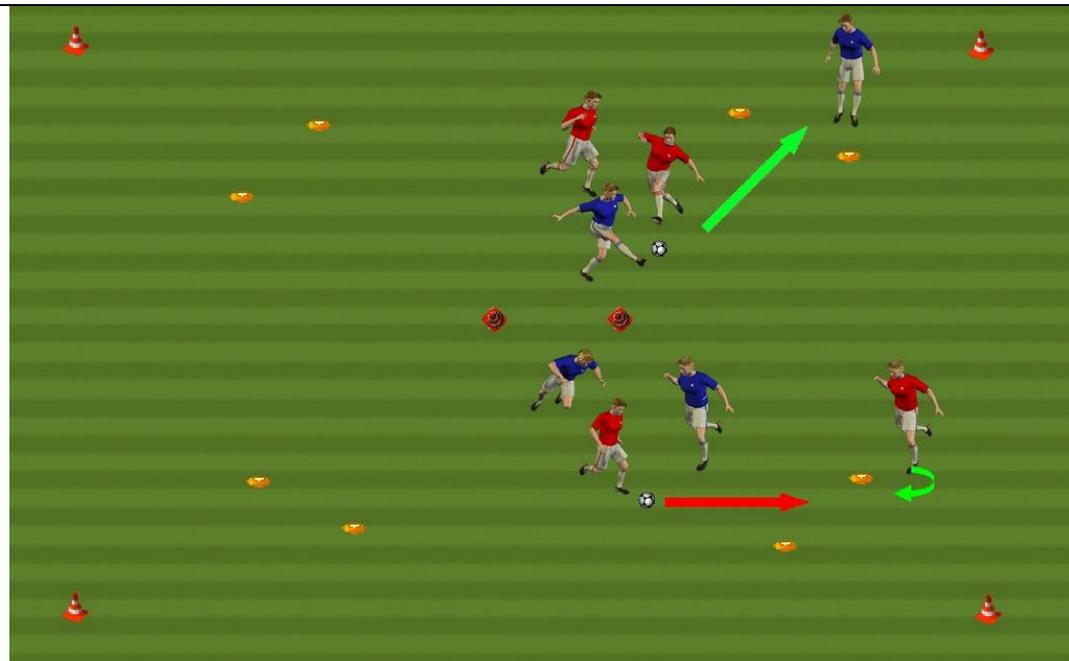
**Guided Discovery / Coach Pts:**  
*If you want to get the ball you're your friend / teammate where should you stand and what should you say?*

*Response* – In space or not near other team...call (my name) for the ball

*How can you get the ball quickly to your friend?*

*Response* – Keep my head up, dribble ball a little ahead so I can take a step or 2 and pass quickly

Field 25 length by 20 width yards



### 2 vs. 2 PASS thru GOALS

Split players into 2 teams. Each team should be split into 2 groups so there are 2 games of 2 vs. 2 (2 balls) taking place at same time.

The game is to pass/score thru as many cones/goals in 3 minutes. A goal only counts if teammate receives ball other side. Play continues after a goal so a team could score more than one goal before other team gets the ball back The yellow cones are worth 2 pts and the red cones 3 pts. Change pairs in a team every 3 mins

27-35 mins

**Guided Discovery / Coach Pts:**  
*See previous and...*

*What happens if you dribble towards a goal?*

*Response* – Other team will follow

*What can you do if they do follow?*

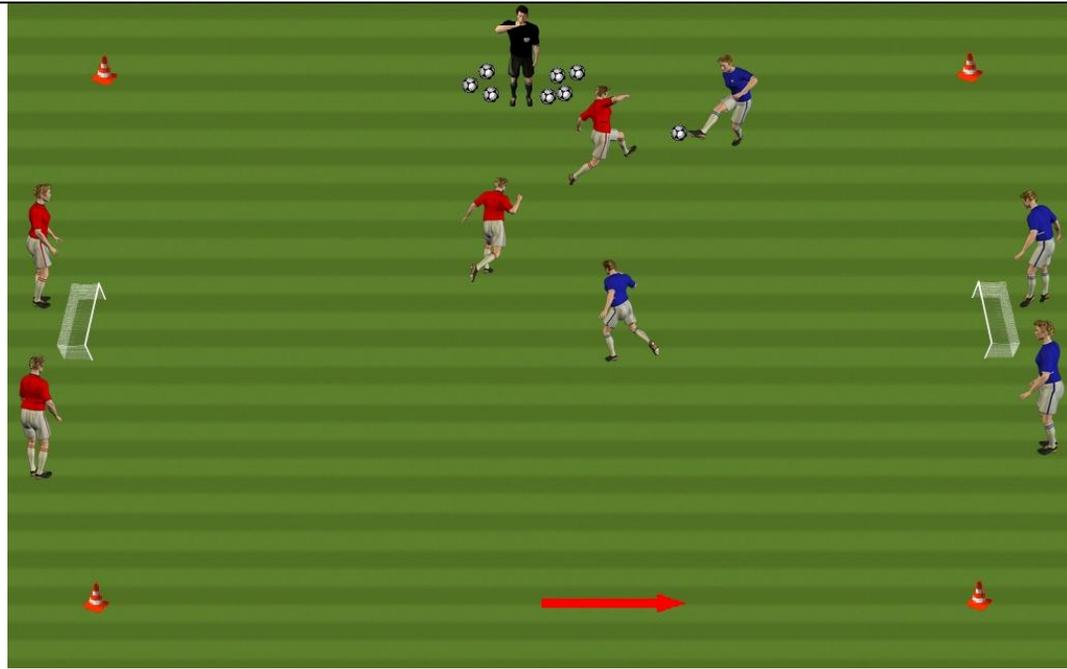
*Response* – Answer will vary

*Suggestion or desired response:*

*My friend / teammate may be able to find space near another goal so I can pass to them as other team follow me or I can change direction and he can follow me to another goal.*

Field 25 length by 20 width yards

**WATER BREAK**



**GET OUTTA HERE PASS 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 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. Players must pass once before shooting. 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.

37-48 mins

**Guided Discovery / Coach Pts:**

**How can you score?**

*Response* – Pass - sometimes dribble and shoot

**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. **Try to encourage quick restarts**

49-58 mins

**COOL DOWN and TEAM CHEER**