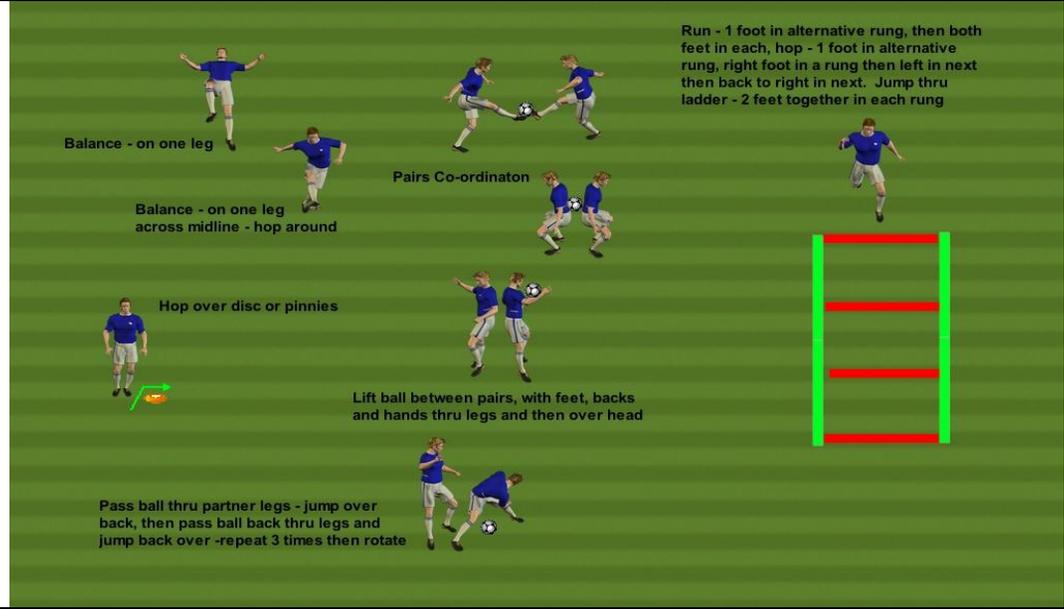
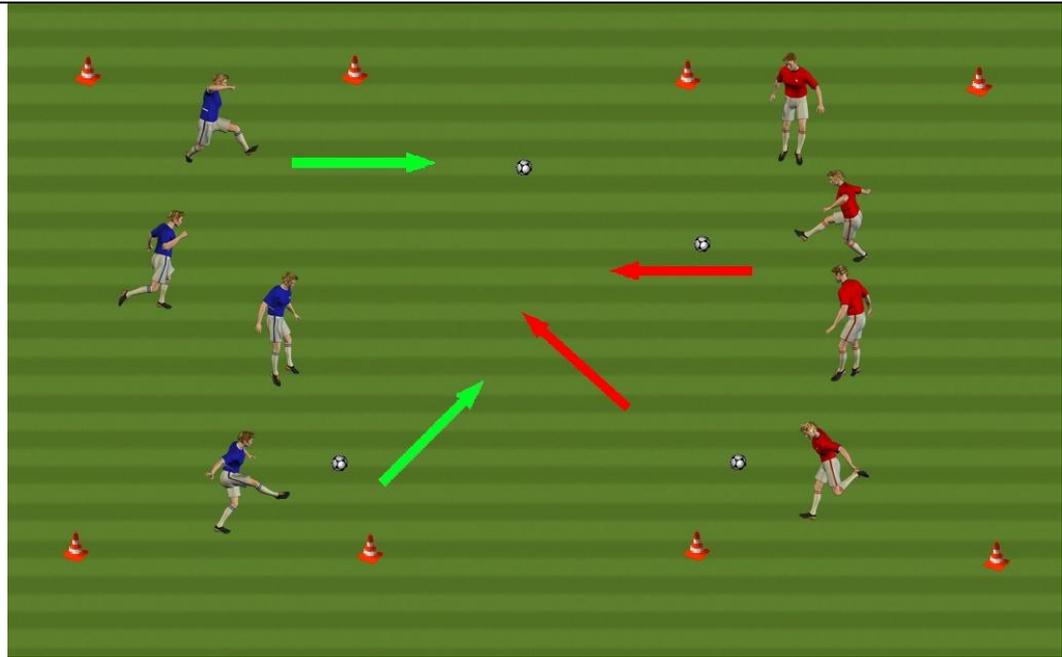


Stingers U7/U8 Lesson Plan: Wk 5 Speed Dribble, Passing and Shooting

 <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-ordination</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><u>RHYTHMIC WARM UP</u></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, and 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>Guided Discovery / Coach Pts: 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>Get treasure from other pirates not just chest</p> <p>Treasure from chest</p> <p>CHEST</p>	<p><u>TREASURE HUNT</u></p> <p>Split team into 4 pairs. Coach starts the game and 1 player from each team dribbles to treasure and brings something back to goal or own chest. At that point next player dribbles to treasure and brings something back. When a partner comes back the next player going may go to another team and take their treasure. A player can not protect their treasure or stop a pirate taking treasure from their chest. Game ends within 90 secs or if all treasure gone from middle chest.</p>	<p>6-14 mins</p> <p>Guided Discovery / Coach Pts: 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 to go to get the treasure or what team has a lot of treasure? Response – Head Up or Look around</p> <p>How can you get back to your goal or chest quicker? After turn - push ball ahead run after</p> <p>Remember: Lots of praise Field 20 length by 20 width yards</p>
<p>WATER BREAK</p>		



BATTLEFIELD

Split players into 2 teams. Explain to the teams the object of the game is to play the ball on the ground - thru the back or side of the other teams' zone. Can begin with 1 or 2 balls [diagram shows 4 balls] Each team is allowed 3 touches – per ball, to get the ball under control and back towards the other teams' zone. If a team scores thru the back or side they get a point. If the ball is above knee height and goes thru the back or side the other team gets a point. If a team pass or shoot the ball and it goes out in the area between both zones the other team gets a point.

16-24 mins

Guided Discovery / Coach Pts:

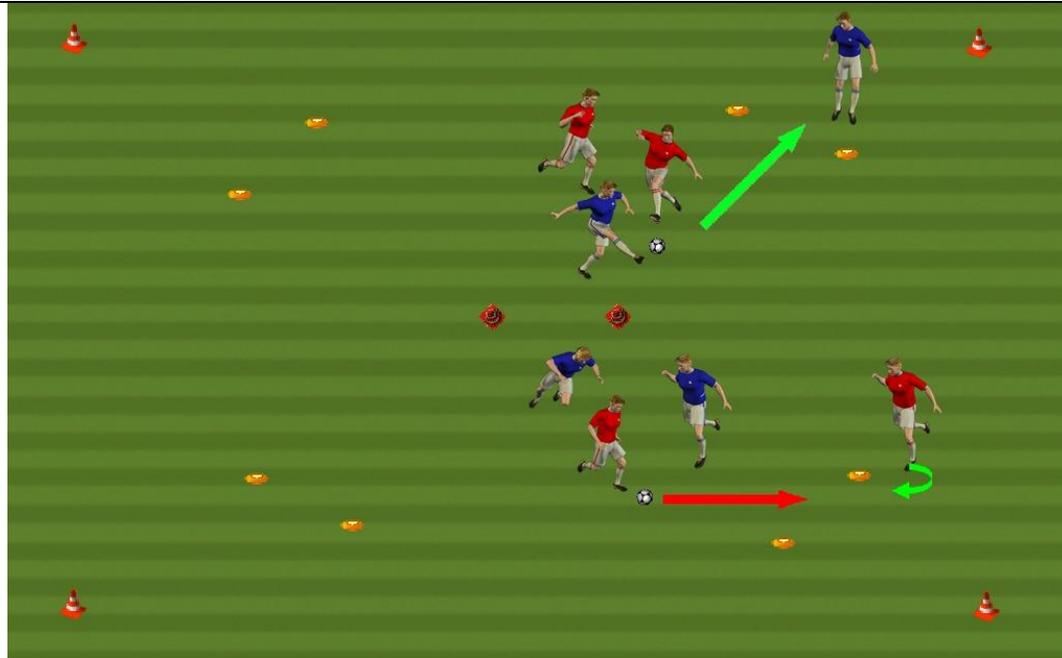
If you want to stop the ball going out of your zone what can you do?

Response Get in line of ball coming into zone, relax as about to touch ball and then guide ball so player can either direct the ball into other team's zone or pass to a teammate.

How can you pass or shoot the ball pass the other team and thru the back or side of their zone?

Response – Keep my head up, aim for an area where not many players. Maybe try to disguise my pass / shot. Use instep or inside of foot.

Zones 8 length by 12 width yards
Field 25 length by 12 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

26-35 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?

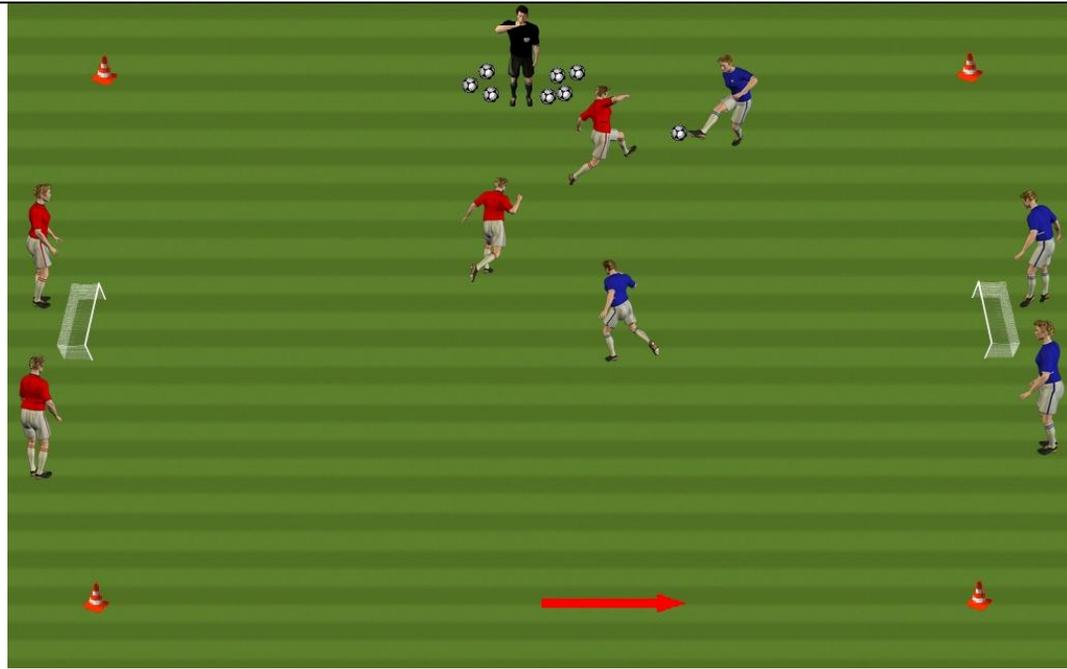
Response – Answer will vary

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 STINGERS TEAM CHEER