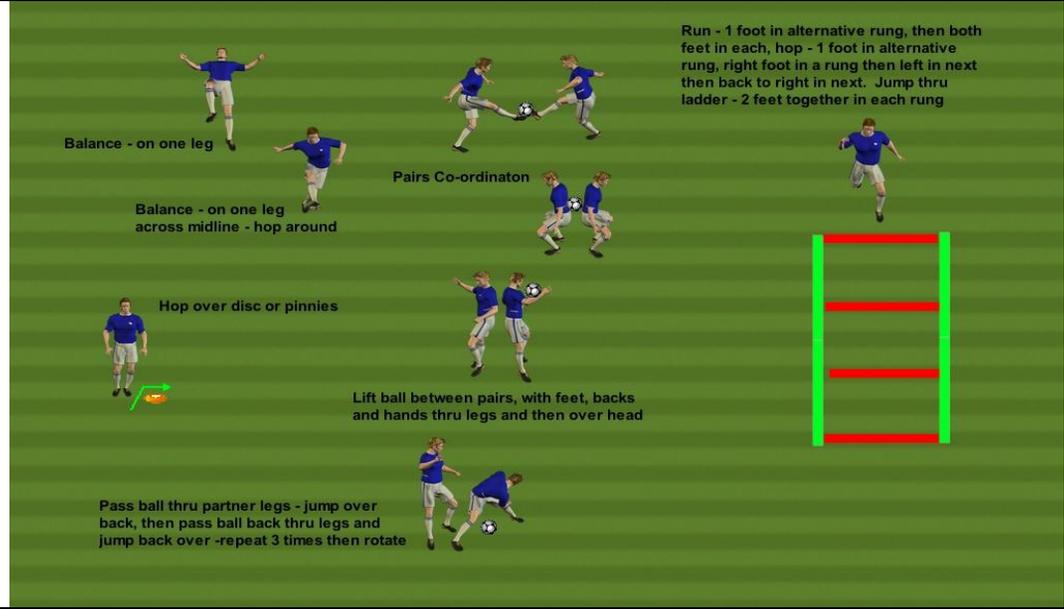
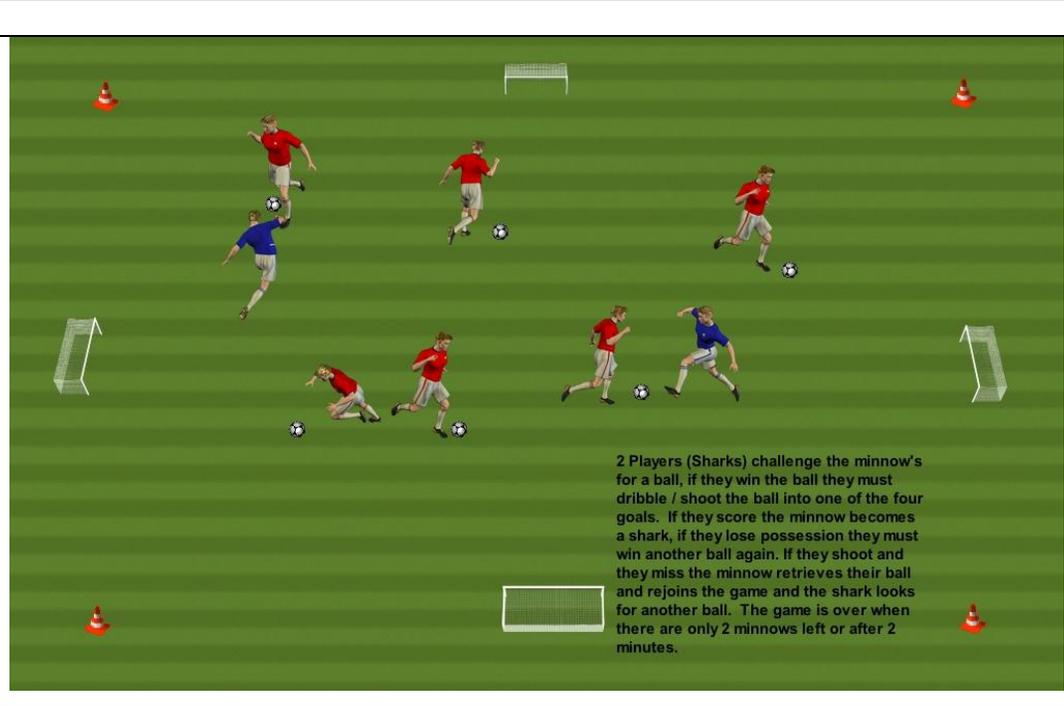
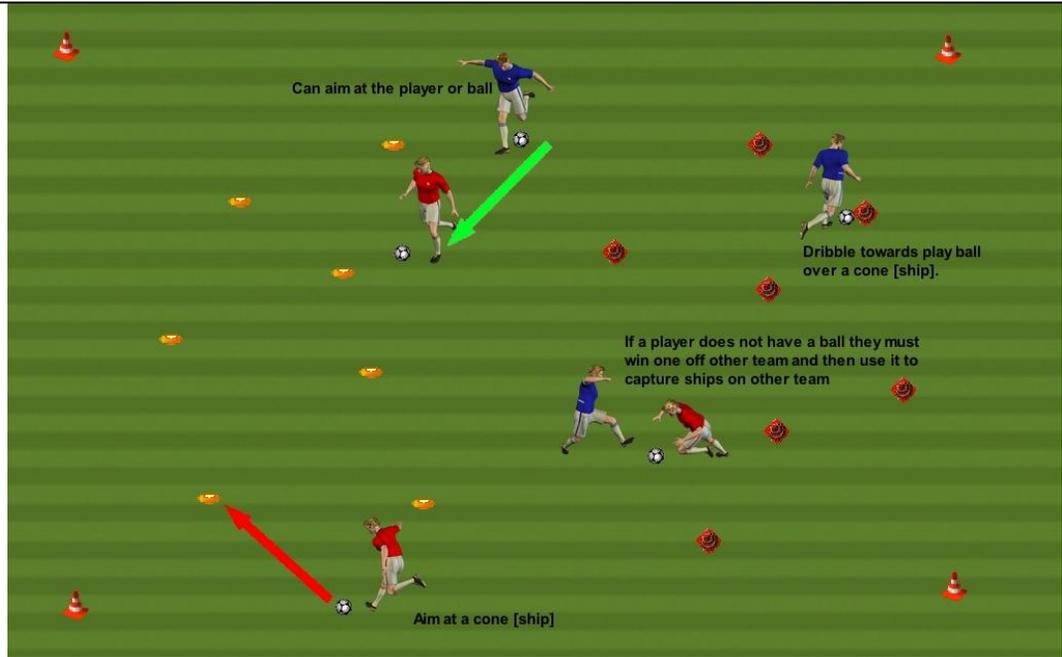


## Stingers U7/U8 Lesson Plan: Wk 6 Keep or Win Ball and Shoot

 <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><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, 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><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>2 Players (Sharks) challenge the minnow's for a ball, if they win the ball they must dribble / shoot the ball into one of the four goals. If they score the minnow becomes a shark, if they lose possession they must win another ball again. If they shoot and they miss the minnow retrieves their ball and rejoins the game and the shark looks for another ball. The game is over when there are only 2 minnows left or after 2 minutes.</p>	<p><b><u>SHARK and MINNOWS WIN BALL and SHOOT</u></b></p> <p>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.</p>	<p>6-14 mins</p> <p><b>Guided Discovery / Coach Pts:</b> How can you win the ball? Suggestion: Try to force player towards side and trap.</p> <p>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.</p> <p>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.</p> <p>Field 20 length by 20 width yards</p>
<p><b>WATER BREAK</b></p>		



**STAR WARS**

Split players into 2 teams [3 balls per tm of 4 players]. Each team begins from behind its fleet [cones]. Coach starts the game and each player goes towards the other teams' fleet [red team - Y cone and blue team - R cone] To win the battle, teams can score points in two ways. They can fire their ball at the other teams' fleet [cones] – either by a dribble [roll ball over cone] or a shot [that strikes a cone] if the ball strikes the ship they get to pick it up 1pt per ship. The other way to win the battle is to strike the ball at the other team's players. If a player is hit a team gets 3pts. Game ends when all ships have being collected – count scores.

16-24 mins

**Guided Discovery / Coach Pts:**

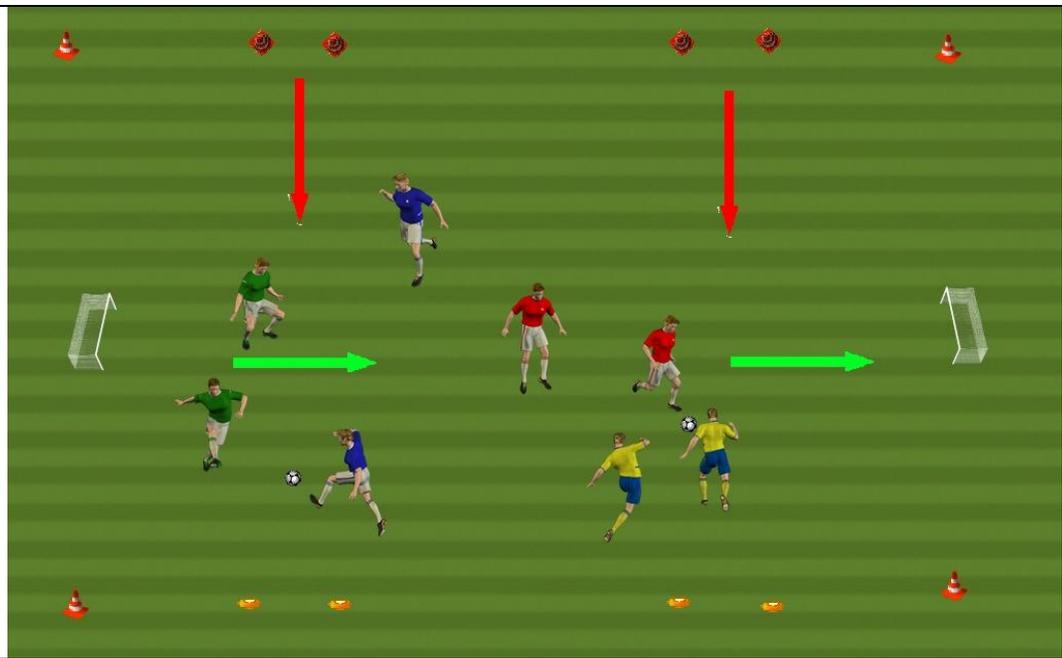
**What part of the foot can we use to dribble and TURN?** *Response – [Instep / laces are best as it mirrors the way children move / run. Also see if players say - inside,*

**How do you know where to go to get the other team's fleet or where the other teams' players are?** *Response – Head Up or Look around*

**How can you capture the other team's ships?**

*Response – Dribble towards their ships, shoot at their ships, aim at the other team's players or steal a ball of other team and do above.*

Field 20 length by 15 width yards



**PLAYGROUND GAMES**

Split players into 2 or 4 teams. 2 Games will take place at same time whereby 2 teams will play a regular game into 2 goals [Blue vs. Green]. They play East – West while the other game goes North – South [Red – Yellow]. In the N-S game each team scores or defends 2 goals. The goals are smaller than reg goals and to score the ball must be played on the ground. Change whom plays who every 3 mins as well as moving teams to play on different fields – N-S or E-W.

25-35 mins

**Guided Discovery / Coach Pts:**

**What must you look for in the game?** *Response – My teammate, other team as well as other game.*

**When can you dribble, pass or shoot?**

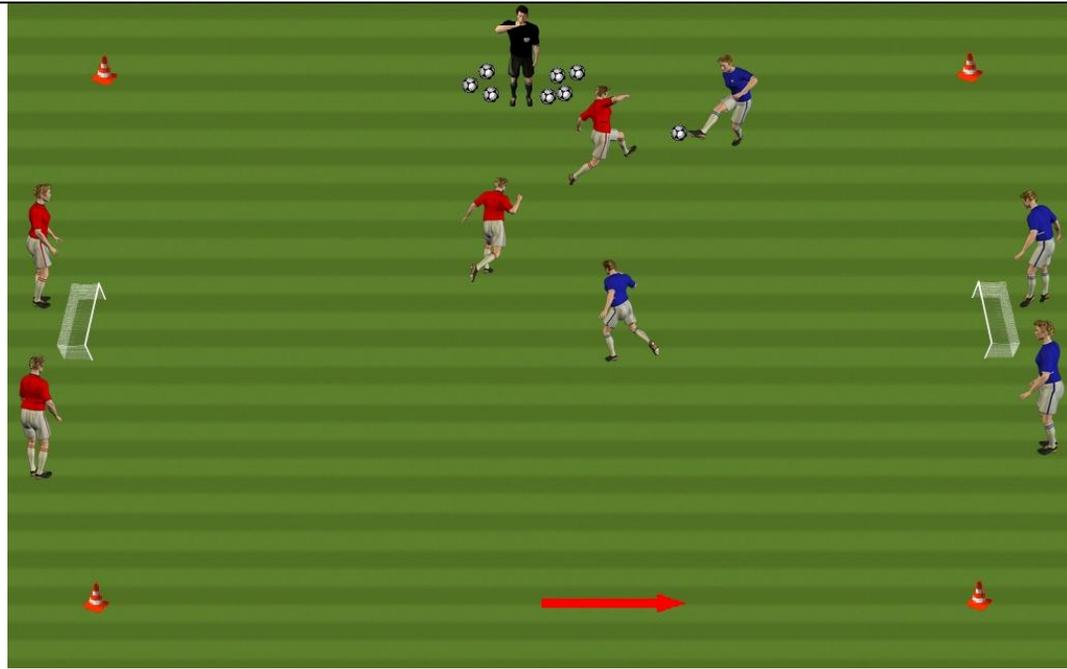
*Response – Answer will vary – maybe no one in front, if friend open or in space – and I can see the goal with no one in front.*

**If you are attacking two goals – what goal should you attack?**

*Response – Answer will vary a little – the one where the other team is away from*

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**

49-59 mins

**COOL DOWN and TEAM CHEER**