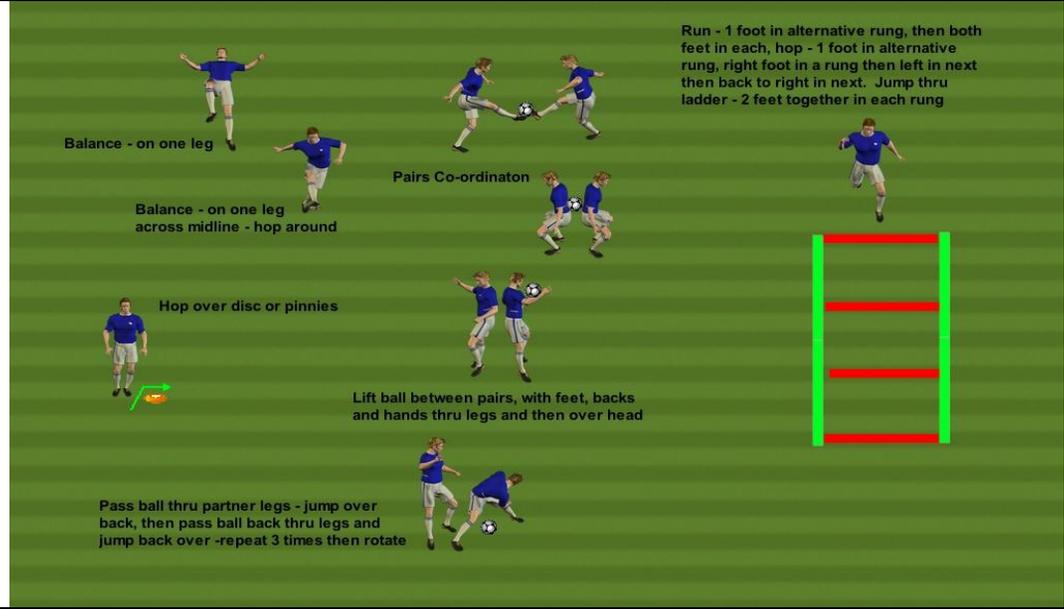
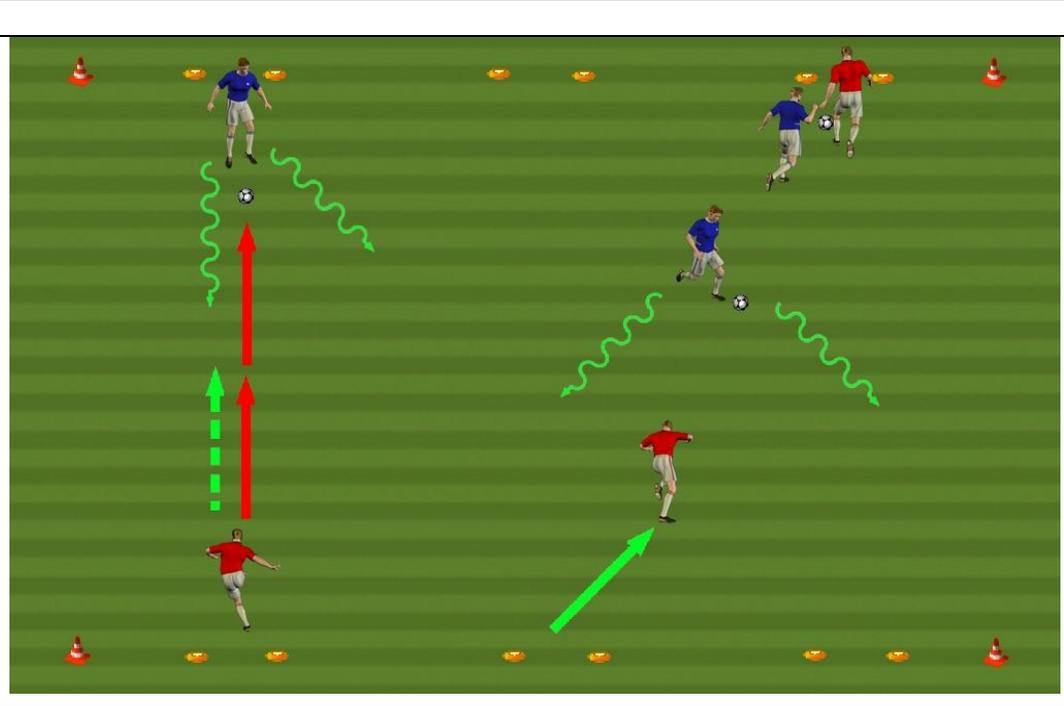
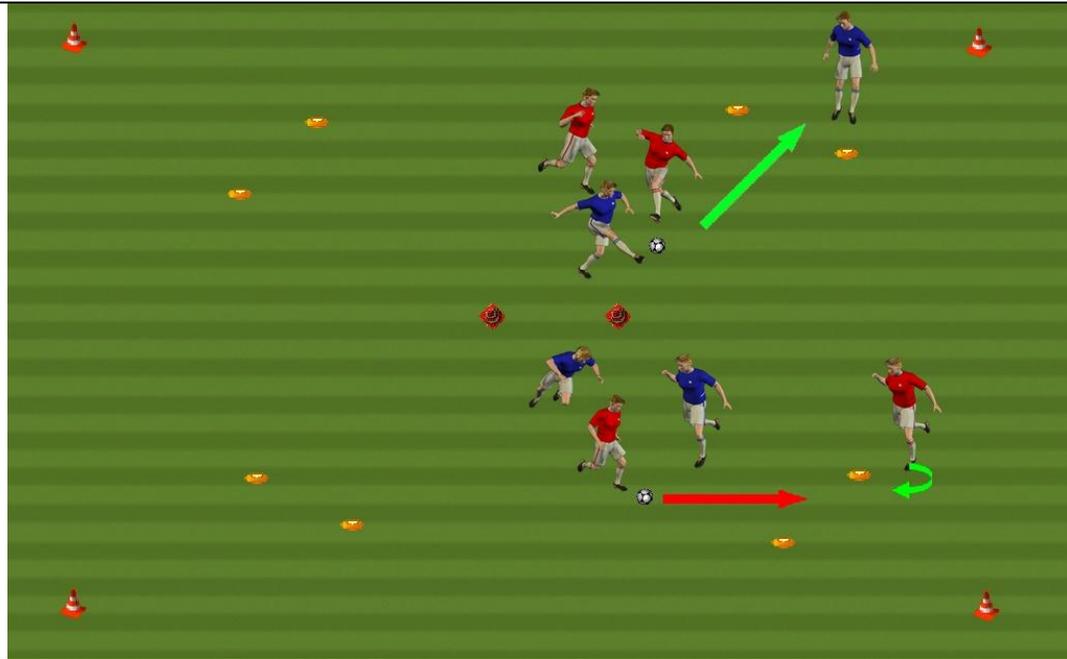


## Stingers U7/U8 Lesson Plan: Wk 7 When to dribble or pass?

 <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><b><u>1 vs. 1 MULTIPLE GLS</u></b></p> <p>Players in pairs facing one another. One serves to other player who then attacks <b>goals</b> on side of server. Server must win ball and then attack opponent’s <b>goals</b>. Goal is scored by dribbling thru goal. If ball goes wide or is a goal, game restarts with defending player having ball and former attacking player halfway between both goals. <b>ALL PLAYERS GO AT THE SAME TIME.</b></p> <p><i>progression:</i> As above – change partners – keep team score not just 1 on 1. Also if score on 1 goal / end then immediately dribble back towards other set of goals.</p>	<p>6-14 mins</p> <p><b>Guided Discovery / Coach Pts:</b> How can you beat player on dribble? Suggestion: Try to fake one way – drop shoulder or push ball and then drag back other way. Dribble one way and then play ball another direction past player and chase</p> <p>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>Field 20 length by 20 width yards</p>
<p><b>WATER BREAK</b></p>		



**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

16-24 mins

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

**What happens if you dribble towards a goal?**

*Response* – Other team will follow

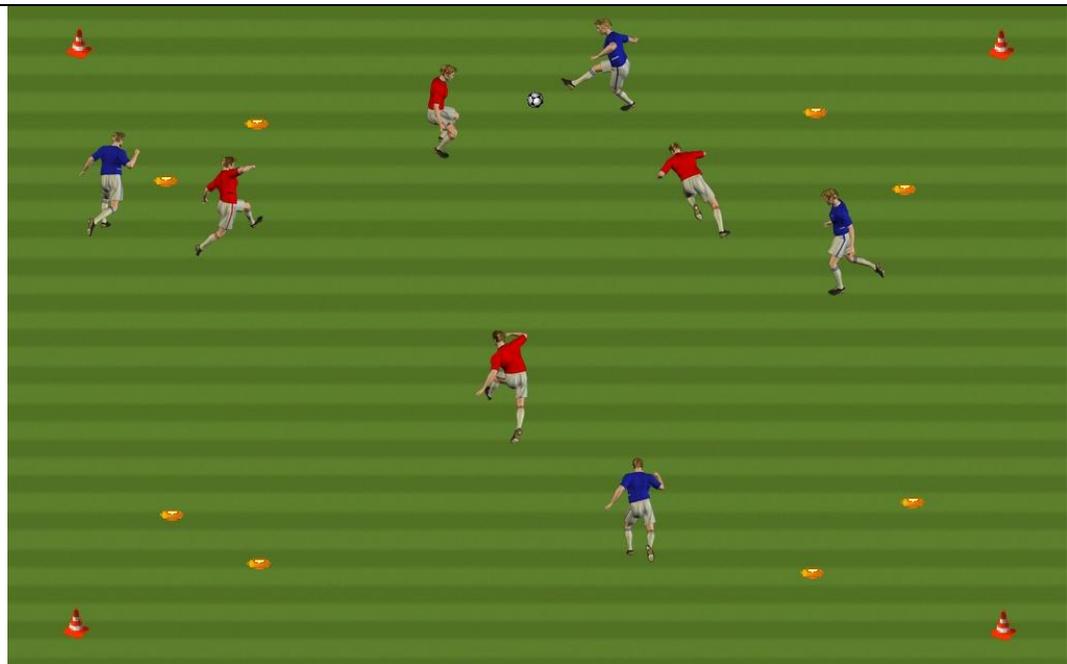
**What can you do if they do follow?**

*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



**KEEP AWAY BASIC**

Split group into two teams. If you have an odd number use odd # player as always on attack. Team scores points either by going thru the 1 of 4 cone goals without losing the ball (pass or dribble) or by keeping possession for 5 seconds (coach shouts out secs). Each is worth 3 pts; if a team does both in one possession it gets 10 pts.

25-36 mins

**Guided Discovery / Coach Pts:**

**How many goals can you score in?**

*Response* – 4 – maybe go to a goal where no opponent at.

**How do you know where to go?**

*Response* Head up – see field and players and communicate.

**How can you keep ball?**

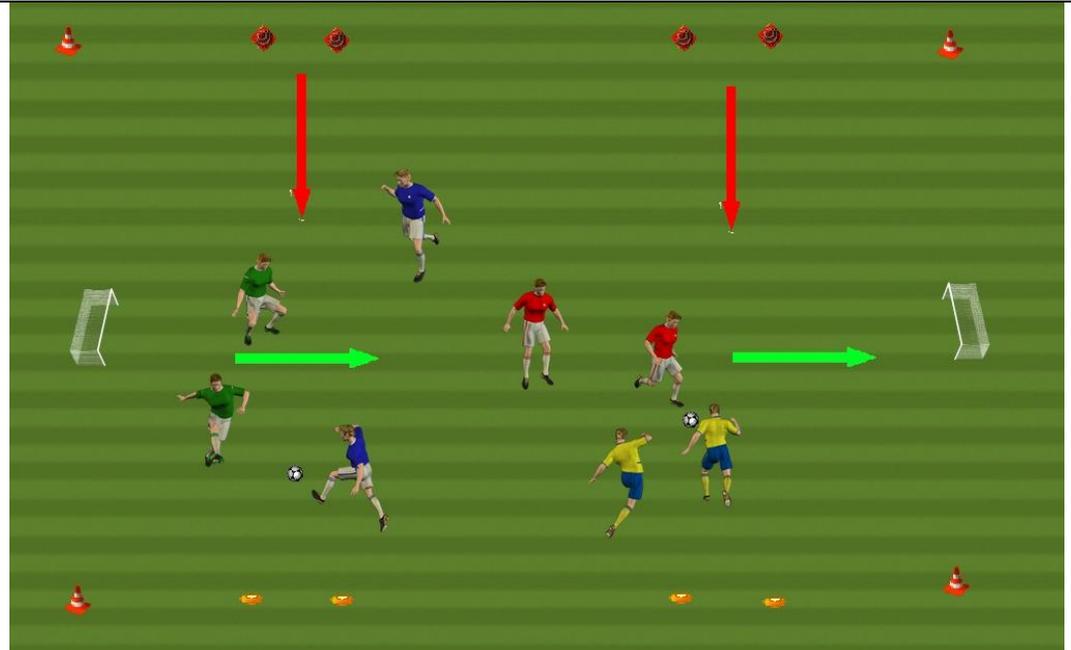
*Response* Spread out and know when to pass or dribble. If no pressure dribble or pressure – have a teammate help you [support] so you can give them the ball.

**How do you pass the ball over a short / long distance?**

*Response* Inside[short]/ Instep [longer]

Field 25 length by 20 width yards

**WATER BREAK**

	<p><b><u>PLAYGROUND GAMES</u></b>  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.</p>	<p>38-48 mins</p> <p><b>Guided Discovery / Coach Pts:</b>  <b>What must you look for in the game?</b>  <i>Response</i> – My teammate, other team as well as other game.</p> <p><b>When can you dribble, pass or shoot?</b>  <i>Response</i> – 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.</p> <p><b>If you are attacking two goals – what goal should you attack?</b>  <i>Response</i> – Answer will vary a little – the one where the other team is away from</p> <p>Field 25 length by 20 width yards</p>
<b>WATER BREAK</b>		
	<p><b><u>GAME</u></b>  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. <b>Try to encourage quick restarts</b></p>	<p>49-59 mins</p>

**COOL DOWN and STINGERS TEAM CHEER**