



Lesson Plan



Activity Name	Description	Diagram	Purpose/Coaching Points
1			
Warm-up	<ul style="list-style-type: none"> a. every player dribbling a ball b. incorporate stretching c. dribble/pass ball through “gap” between two other players d. reverse the “flow” by changing directions when other are dribbling the same direction 		<ul style="list-style-type: none"> a. running w/ ball – toe in and down b. change direction – different surface c. see ball though bottom of eyes d. keep ball rolling e. change the “flow” & speed
2			
1v1 to two goals	<ul style="list-style-type: none"> a. two goals (3 steps each) on a line 5 steps apart b. defender must keep one foot on line between two goals c. defender can stand in either goal d. attacker scores by dribbling through either goal e. play 30 to 45 seconds & switch roles 		<ul style="list-style-type: none"> a. keep ball rolling b. defender comes past your hips, change direction & speed c. when in close, body between ball & defender d. arms up to feel pressure e. mentality of trying new moves



Lesson Plan

3			
2v2 to three goals	<ul style="list-style-type: none"> a. each team attacks & defends three goals b. score by dribbling through any of the three goals c. play 2 minute games 		<ul style="list-style-type: none"> a. team shape b. first try to solve game with dribble c. keep ball rolling d. defender comes past your hips – change direction e. both defenders in same half- change “flow”/direction f. body between ball and defender on turn g. arms up to feel pressure
4			
4v4	Free Play	Use US Youth Soccer regulation U8 playing field dimensions and goals.	<ul style="list-style-type: none"> a. team shape b. first try to solve with dribble c. keep ball rolling d. change “flow” & speed
5			
Cool-down	<ul style="list-style-type: none"> a. review warm-up b. incorporate stretching c. show move for homework 		