



Lesson Plan



Topic: Dribbling, Game

Age: U8

Activity Name	Description	Diagram	Purpose/Coaching Points
<p>Dribbling: Mimic the coach</p> <p>Activity time: 5 – 8 min</p>	<p>Create a 10 yd x 10yd Grid (Box) Ask players to dribble in box without leaving the area.</p> <p>Coach demos move, players practice it</p> <ol style="list-style-type: none"> 1. inside of foot “chop” 2. using bottom (soul) of foot 	<p>Coach</p> <div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> <p style="text-align: center;">X.~ X.</p> <p style="text-align: center;">~.X X.~</p> </div>	<p>Dribbling technique. Identifying field space. Recognizing different parts of feet in dribbling</p>
Water Break (2 min)			
<p>Dribbling/posession “Dribble Tag”</p> <p>Activity time: 5 – 8 min</p>	<p>Players dribble in grid. On begin command, players try to play tag while dribbling. Count # of tags you get and try not to get tagged. “First one to 10 wins”</p>	<p>Coach</p> <div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> <p style="text-align: center;">X.~ X.</p> <p style="text-align: center;">~.X X.~</p> </div>	<p>Dribbling technique in crowd. Maintaining possession in crowded space.</p>
Water Break (2 min)			
<p>Dribbling: Relay races</p> <p>Activity time: 5 – 8 min</p>	<p>Using grid, set 2 players behind each side cone. Two man relay race to other cone and back.</p>	<div style="display: flex; align-items: center; justify-content: center;"> <div style="margin-right: 10px;"> <p>X▲</p> <p>X▲</p> <p>X▲</p> </div> <div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>X.~</p> <p>~X</p> </div> <div style="margin-left: 10px;"> <p>▲</p> <p>▲</p> <p>▲</p> </div> </div>	<p>Dribbling at speed. Competitive spirit.</p>

Remember: NO LAPS, NO LINES, NO LECTURES



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<p>2v2 “Get Outta There”</p> <p>X & O = players</p> <p>C = coach</p> <p>• = ball</p> <p>Activity time: 10 min</p>	<ol style="list-style-type: none"> coach as boss of the balls coach passes ball onto field to start play two players from each team play until a goal is scored or the ball goes out of bounds out of bounds, coach yells “get outta there,” and two new players from each team go on with the next ball goal is scored, 2 who scored stay on, and two new players from the other team play against them 		<ol style="list-style-type: none"> keep ball rolling first try to solve game by dribbling player w/o ball find big, easy spot to receive a pass
<p>Water Break (2 min)</p>			
<p>Scrimmage: No limitation scrimmage</p> <p>10 min with some instruction</p> <p>10 min without any instruction</p>	<p>Play on regular sized field, 3v3. If you have 7 or 8 ... can expand to 4v4.</p>		<p>Game related exercise. Coach can point out (few) rules of game. Coach should let players play at this point without much/any instruction.</p>

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