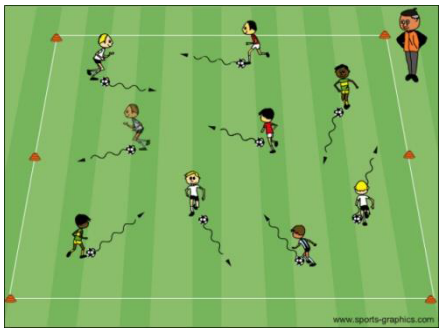
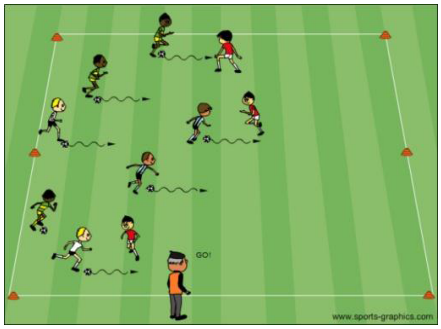
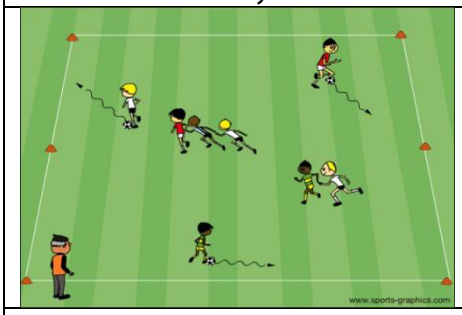
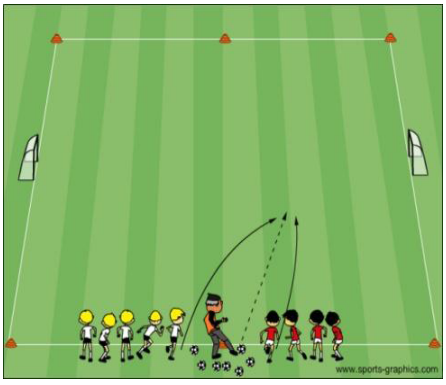
U8 Lesson Plan - Session 1

Lessons Developed by Massachusetts Youth Soccer - www.mayyouthsoccer.org

Activity 1	Activity Description	Coaching Considerations
	**Free Dribble:** All players are dribbling a soccer ball in a 20x25 yard grid using their inside, outside, and the sole of their foot. **Coach:** Have players change direction and accelerate away. Have players demonstrate a move and accelerate away. **Version 2:** Coach can put pressure on players dribbling. **Version 3:** Players can dribble at each other and perform a move and accelerate away.	Challenge players to use different surfaces of foot Players must dribble with their head up Encourage the players to try a new move Time: 8 minutes
Activity 2	**Activity Description**	**Coaching Considerations**
	**Sharks and Minnows:** In a 20x25 yard grid have 3-4 players acting as the sharks. The minnows are in one end of the grid with their soccer balls. When the coach say "GO" the minnows try to dribble to the other end of the grid and the sharks are trying to kick the ball out. When the dribbler's ball goes out, he/she becomes a shark. If the minnows reach the other end, they will wait for the coach's command to play again. The game continues until all players turn into sharks.	Keep ball close Changing speed and direction Running with the ball Defending – 1v1 Time: 8 minutes
Activity 3	**Activity Description**	**Coaching Considerations**
	**Snake:** All players are dribbling a soccer ball in a 20x25 yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts. **Coach:** Encourage the snake players to hiss.	Keep ball close Changing speed and direction Running with the ball Sudden stops and going Time: 8 minutes
Activity 4	**Activity Description**	**Coaching Considerations**
	Get "Outta" There with Numbers: The players are divided into two teams, with each player given a number from 1-4 or 5 (depending on total amount of players). Players are positioned at either side of the coach, with multiple soccer balls, outside a 10x15 yard grid with two small goals on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells "Get outta there". **Coach:** Can make the games 1v1, 2v2, or 3v3. They should vary the service.	1v1 dribbling 1v1 defending Scheming and creativity Decision making Time: 8 minutes
Scrimmage	**Activity Description**	**Time**
4v4 - Dual Field Scrimmage	Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.	**30 minutes**