

NECONN Soccer
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Lesson / coaching plans
U8 Micros

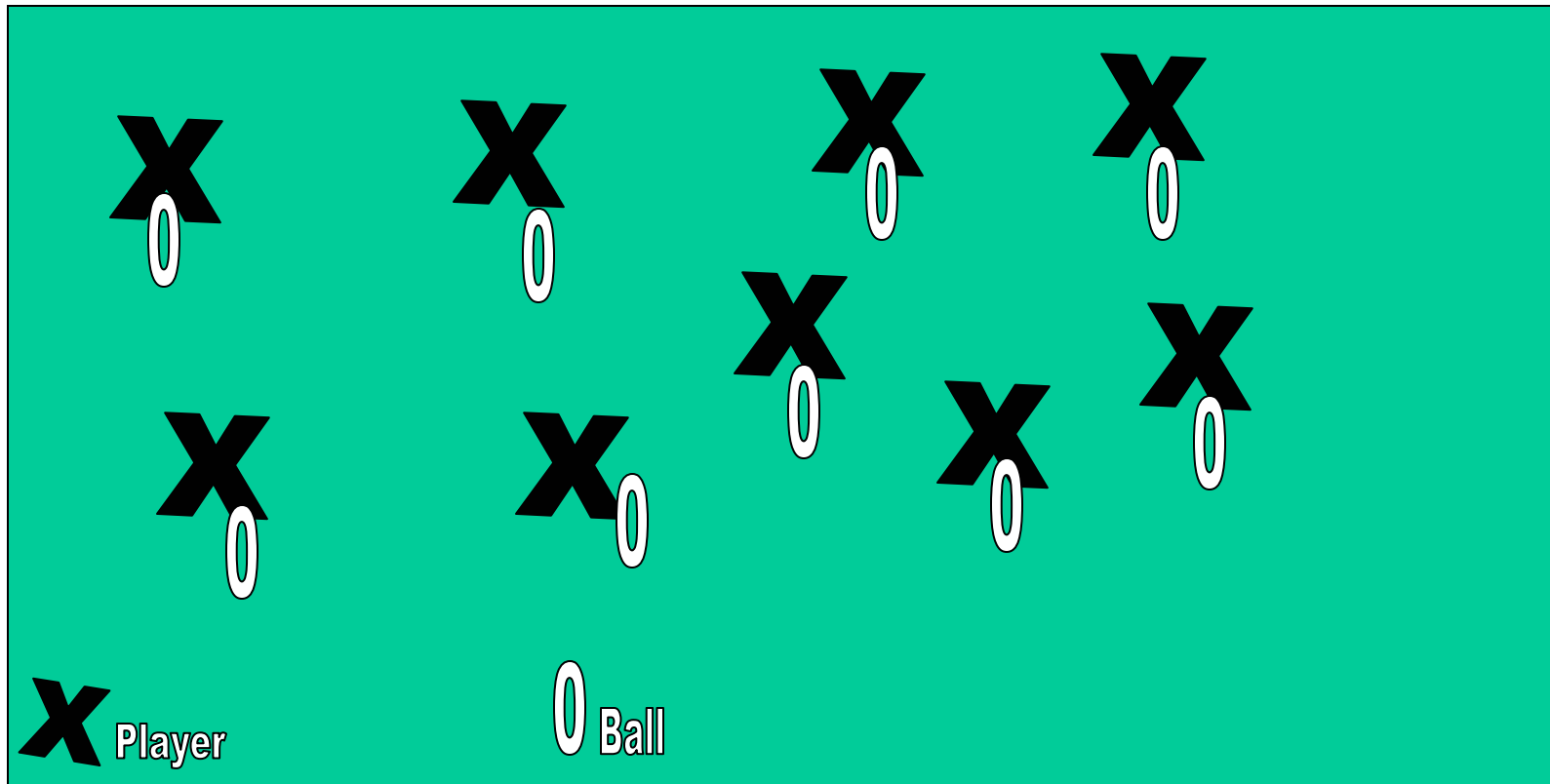


Traffic Lights

Session One

- **The size of the grid will depend on your player's ability. Stronger players: smaller grid**
- It is recommended that this is done as a warm-up to every session, lasting approximately 10 minutes and to use a variety of commands each time.
- **COMMANDS**
- **'Traffic lights'** - players will dribble ball around the grid in any direction. When coach calls out:
 - Red light- all must stop with ball on foot
 - Yellow light - change direction with a turn
 - Green light- increase their speed
- Flashing lights: toe taps
- Switch: Leave your ball find another players ball
- Four Way: tick tocks
- Traffic Jam: sit on the soccer ball
- Rail Road Crossing: foot on ball, look left then right continue to dribble
- Reverse: toe taps going backwards
- Rotary: dribble in a small circle using outside of foot only
- **Outcomes:** great warm up game, which encourages players to keep their heads up and introduces dribbling skills and running with the ball, changes of direction, turning, awareness, ball familiarisation, using different part of the foot and change of speed.

Traffic Lights: Session One



Knock Out: Session 1

Knockout' - Approximately 10 minutes:

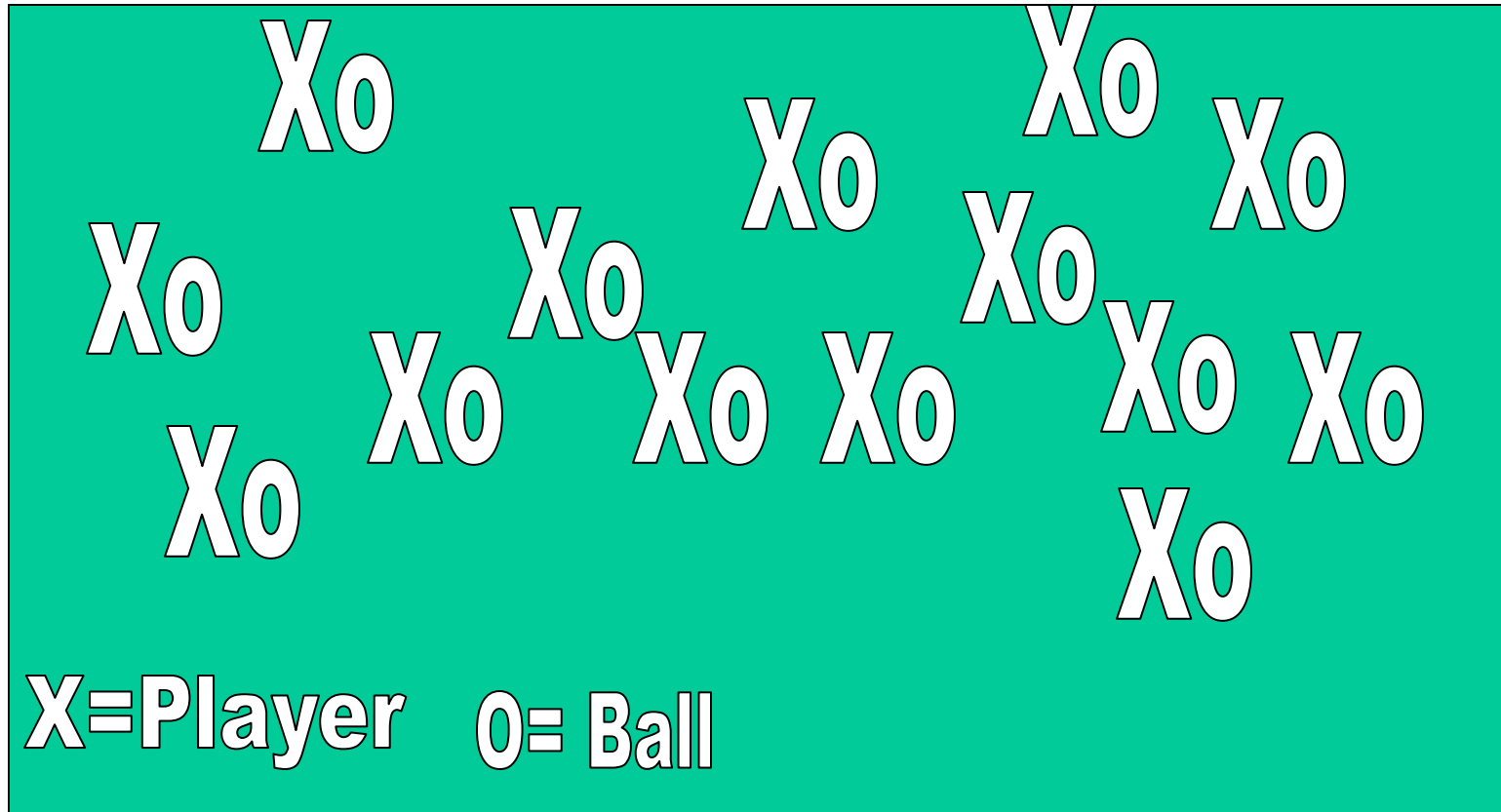
Players continue to dribble around the grid with emphasis on control and head up. Each player has to survive in the grid without having his / her ball kicked out - must still be in control of your own ball.

Last person wins.

Progression: Defenders can be added without ball. Once he / she knocks all balls out, change defender's)

Outcomes: More competitive and realistic in game situation. Reinforces the importance of keeping head up and requires good footwork and control.

Knock Out



Bulldog: Session One

BULLDOG - ORGANIZATION:

Set out a 20x35 grid.

The players start on the end line. The coach starts in the middle.

The coach shouts out "Who are you?"

The players shout "English Bulldogs Charge".

The players then try to dribble past the coach to the safe zone and stop.

Then repeat. If the coach kicks a player's soccer ball out of the square, the player then becomes a catcher. Continue until player is left.

SCENARIO: The dog catcher is looking for the stray dogs and is trying to catch them all.

PROGRESSION: Adjust the size of the grid for the age/ability. Make catcher's link arms when they outnumber bulldogs.

OUTCOMES: More competitive and realistic in game situation. Reinforces the importance of keeping head up and requires good footwork, change of pace and direction.

Games to finish off. Games will be conditioned according to the ability of the students. Games will last 3 mins each.

Possible **conditions** game. 3 v3 half, **NO Goal**, goal is scored by crossing oppositions end line.

Review of lesson. Q & A session (coach led) to ascertain what the players have learned and what they feel they could improve on

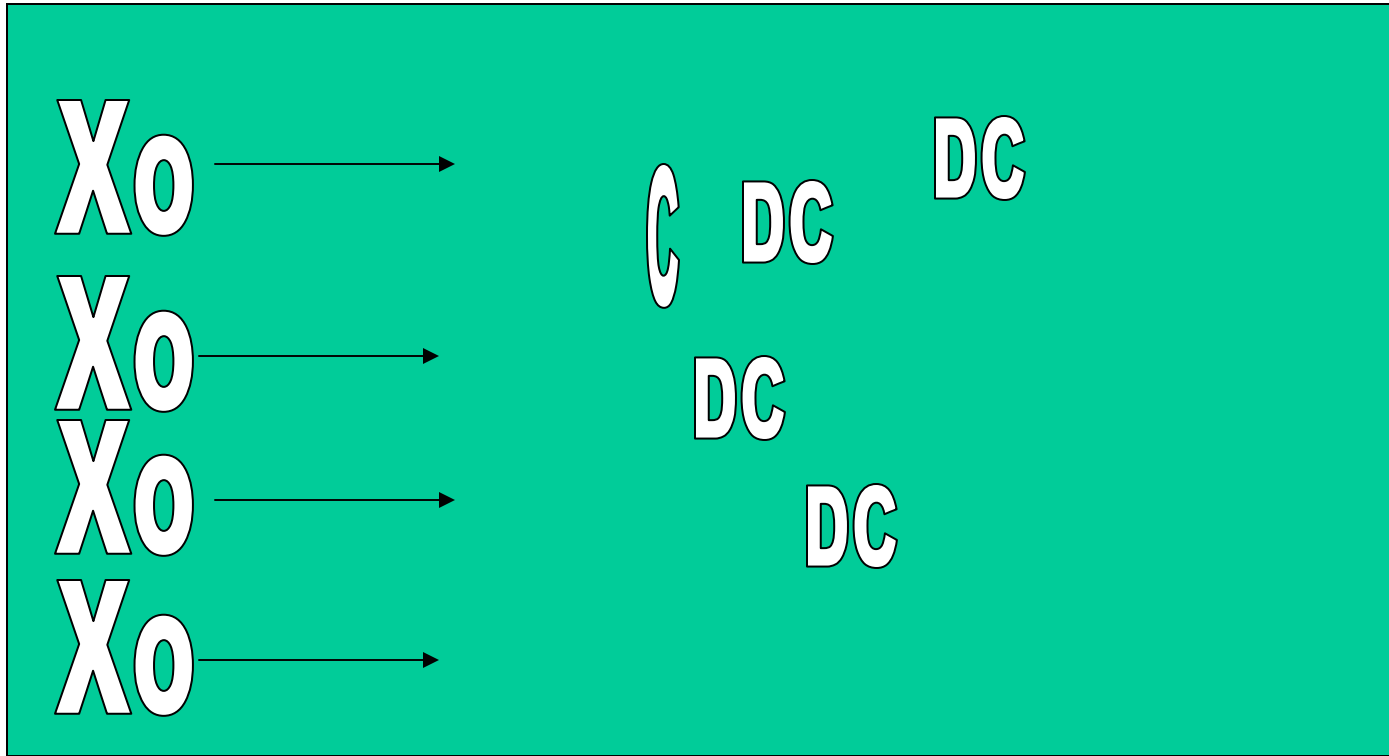
All equipment collected in, check of fields and training area.

Coach leaves.

NECONN U8

Coaching Plans :2006

Bull Dog: Session One



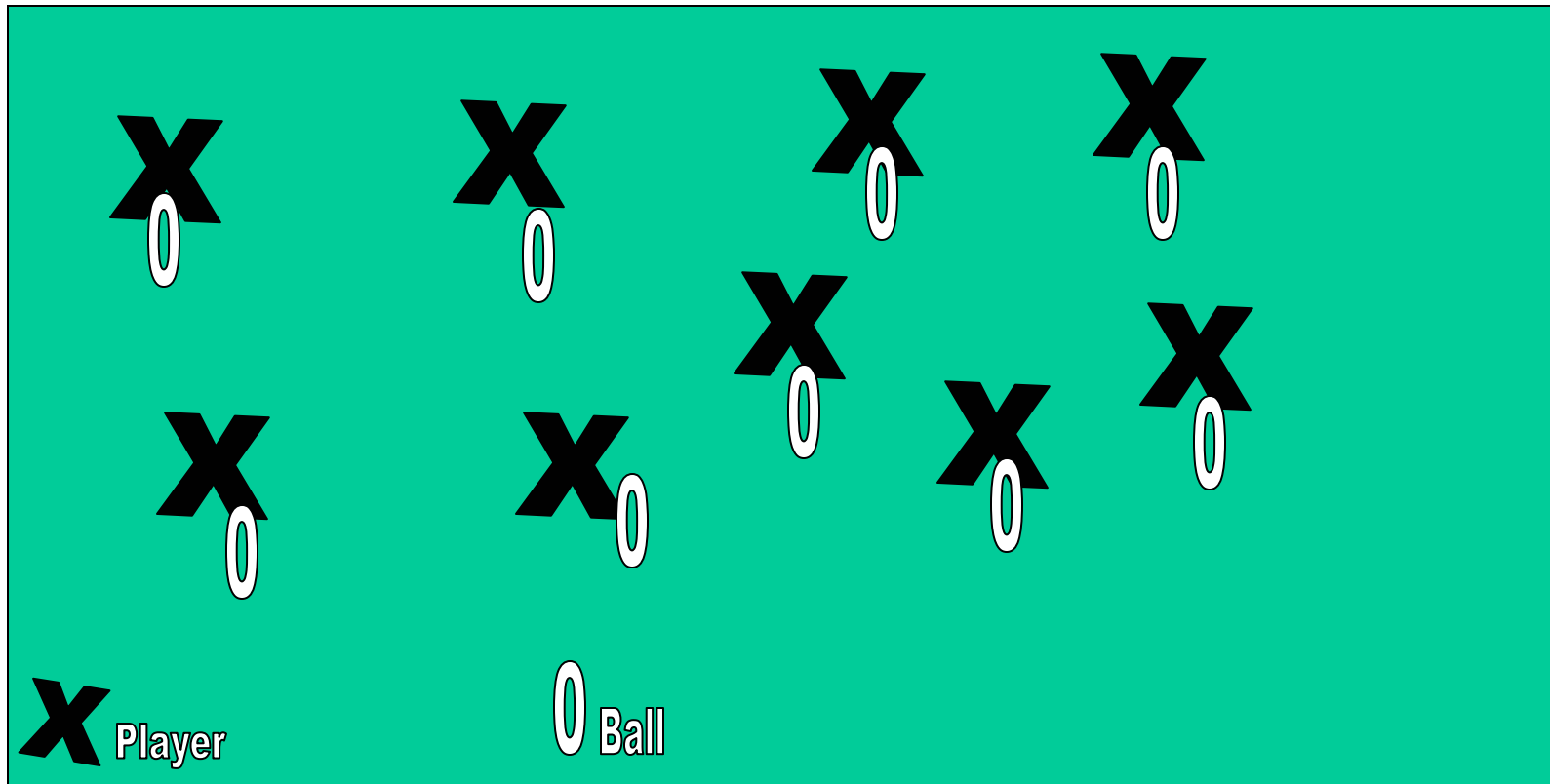
C= Coach O=Ball DC= Dog Catcher X= Player

Traffic Lights

Session Two

- **The size of the grid will depend on your player's ability. Stronger players: smaller grid**
- It is recommended that this is done as a warm-up to every session, lasting approximately 10 minutes and to use a variety of commands each time.
- **COMMANDS**
- **'Traffic lights'** - players will dribble ball around the grid in any direction. When coach calls out:
 - Red light- all must stop with ball on foot
 - Yellow light - change direction with a turn
 - Green light- increase their speed
- Flashing lights: toe taps
- Switch: Leave your ball find another players ball
- Four Way: tick tocks
- Traffic Jam: sit on the soccer ball
- Rail Road Crossing: foot on ball, look left then right continue to dribble
- Reverse: toe taps going backwards
- Rotary: dribble in a small circle using outside of foot only
- **Outcomes:** great warm up game, which encourages players to keep their heads up and introduces dribbling skills and running with the ball, changes of direction, turning, awareness, ball familiarisation, using different part of the foot and change of speed.

Traffic Lights: Session Two



Shark Attack: Session Two

SHARK ATTACK ORGANIZATION: Set out a 25x25 grid.

All players must stay inside grid. All players must have a ball except sharks.

OBJECTIVE: The player dribbles everywhere inside the square. The shark or sharks try to kick the player's soccer balls outside the square. The game is over when all the players are out of the square. The last 1 or 2 players remaining are the shark's next game.

SCENARIO: The soccer players have gone to the beach to play beach soccer. The players must watch out when the ball goes in the water for sharks.

PROGRESSION: When player is kicked-out, they dribble around the square once then back in. Add/move sharks.

Differentiation

Alter size of grid to make it easier or harder for players. Have sharks hop, walk, crabs or reduce number or increase of sharks depending on ability of group

COACHING POINTS:

Use body to shield ball.

Turn away from danger.

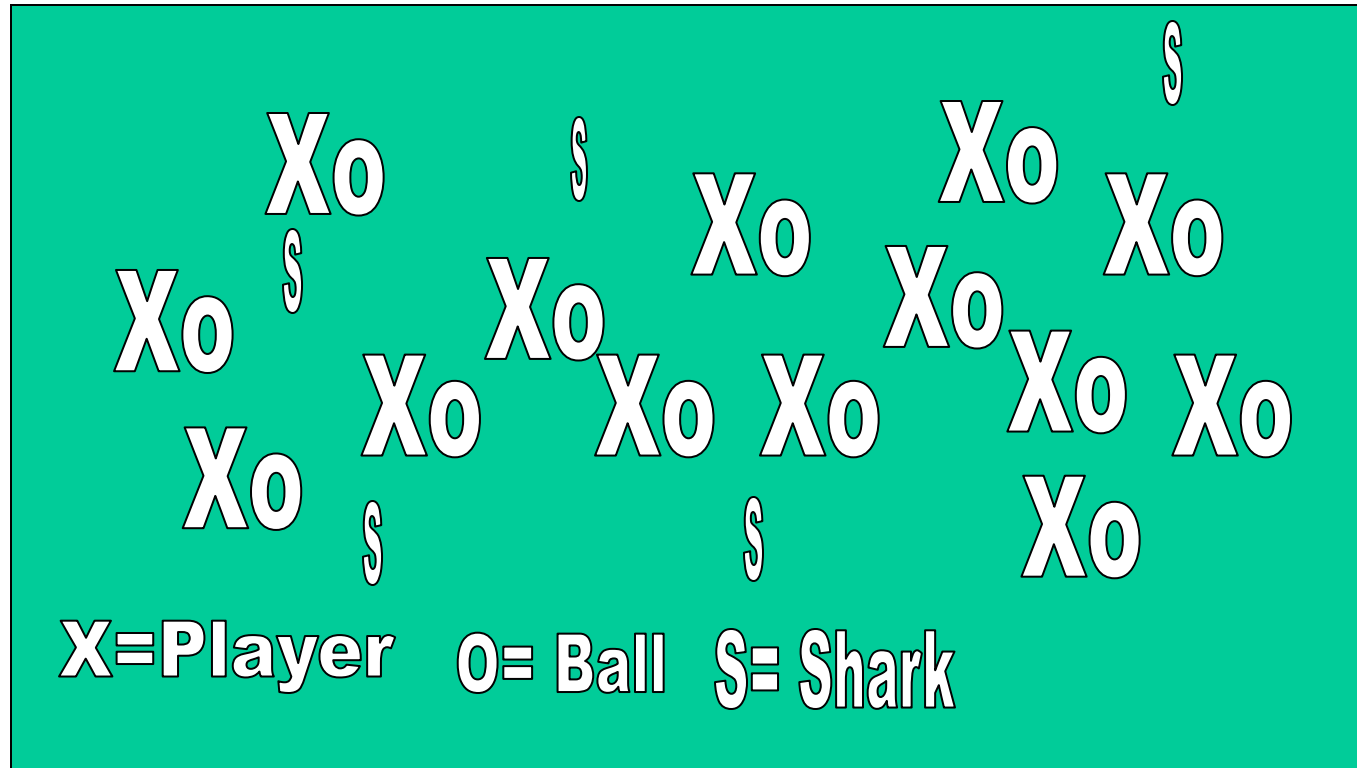
Be ready to change direction.

Keep ball close and look up.

'Outcomes'

More competitive and realistic in game situation. Reinforces the importance of keeping head up and requires good footwork, change of pace and direction, close control and to shield ball.

Shark Attack



Indiana Jones

INDIANA JONES ORGANIZATION: Set up a 20x30 grid. At each end, put to small entrances. Split the group up into 3 groups.

One group is placed inside the grid in a "crab position". The other 2 teams are positioned at one entrance with a ball. The coach then places cones at the other entrance.

OBJECTIVE: The players must dribble through the grid, watching out for the crabs, scorpions, and snakes that can kick your ball out of the grid. When they arrive at the other entrance, they are safe and must collect cones and return through the grid. The team with the most cones (treasure) wins.
Rotate teams.

SCENARIO: Indiana Jones is looking for the treasure but watch out for the dangers in the Temple of Doom.

Differentiation Add cone gates, scorpions, or make the area smaller /larger. Players can initially act as crabs, then hoping, then full defense.

COACHING POINTS:

Keep ball in front and close.

Use fakes and turns.

Look for the open space.

Change of speed once you go past "crab"

'Outcomes': More competitive and realistic in game situation. Reinforces the importance of keeping head up and requires good footwork, change of pace and direction, close control and to shield ball.

Games to finish off. Games will be conditioned according to the ability of the students. Games will last 3 mins each. Possible **conditions** game. 3v3 half, with goal. Goal can only be scored if you beat a defender

Review of lesson. Q & A session (coach led) to ascertain what the players have learned and what they feel they could improve on.

All equipment collected in, check of fields and training area. Coach leaves.

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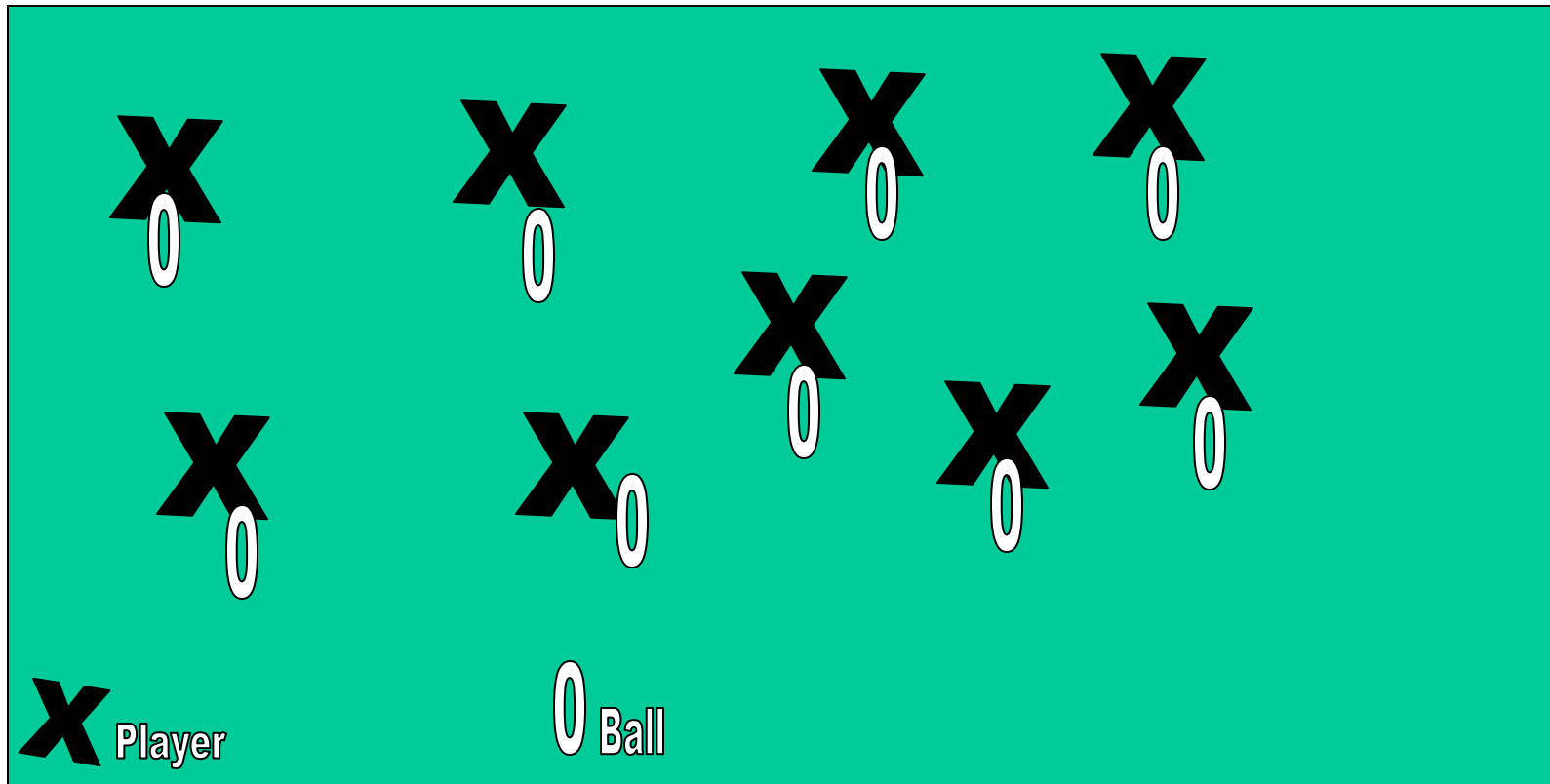
Coaching Plans :2006

Traffic Lights

Session Three

- **The size of the grid will depend on your player's ability. Stronger players: smaller grid**
- It is recommended that this is done as a warm-up to every session, lasting approximately 10 minutes and to use a variety of commands each time.
- **COMMANDS**
- **Traffic lights** - players will dribble ball around the grid in any direction. When coach calls out:
 - Red light- all must stop with ball on foot
 - Yellow light - change direction with a turn
 - Green light- increase their speed
- Flashing lights: toe taps
- Switch: Leave your ball find another players ball
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- Reverse: toe taps going backwards
- Rotary: dribble in a small circle using outside of foot only
- **Outcomes:** great warm up game, which encourages players to keep their heads up and introduces dribbling skills and running with the ball, changes of direction, turning, awareness, ball familiarisation, using different part of the foot and change of speed.

Traffic Lights: Session Three



Mr Wolf

MR WOLF ORGANIZATION:

The players stand along the end line, each with a ball. The coach stands in the middle of the grid with his or her back to the players.

The players will ask “..what time is Mr Wolf..?”, this is the command for the players to dribble forward.

The coach can reply by giving any time he wishes, the players then stop, with foot on the ball. The players then ask “ what time is Mr Wolf?” if the coach shouts “dinnertime” the players must turn round and dribble back to the endline before the coach tags them. If tagged they also become a wolf!!

PROGRESSION: Use weaker foot, wolf must get ball instead of tagging, make grid smaller/bigger

COACHING POINTS:

Head up, close control use both feet

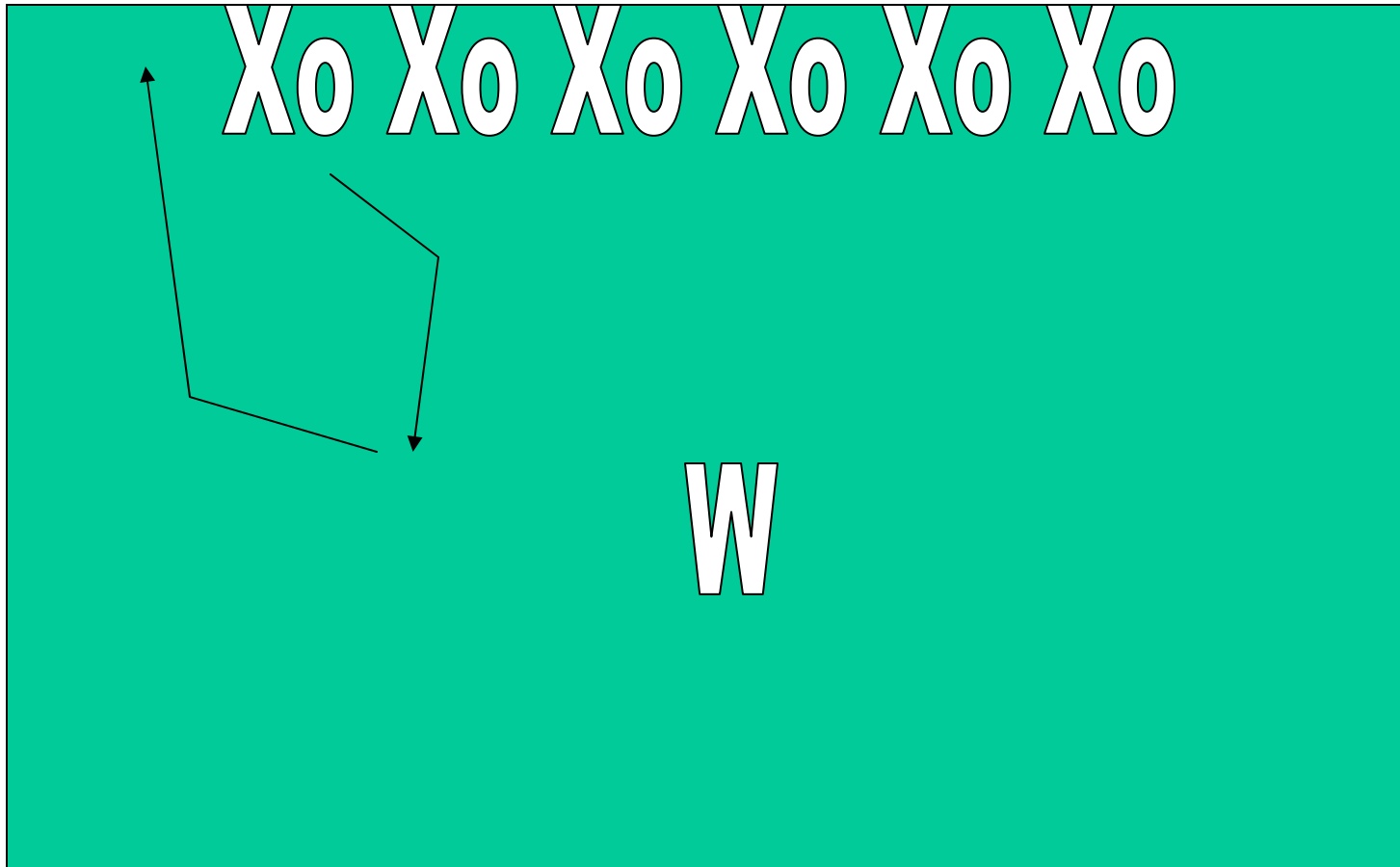
Be prepared to change direction quickly (turns, fakes)

Take plenty of touches of the ball

Speed of reaction

OUTCOMES: more competitive and realistic in game situation. Reinforces the importance of keeping head up, using both feet and taking plenty of touches and changing speed when turning.

Mr Wolf: Session Three



X=Player o=Ball W=Wolf

London Underground: Session Three

London Underground ORGANIZATION: Set out a 20x25 grid. 4 teams at each corner of the grid

OBJECTIVE: The first player must dribble to every cone return to their start point, pick up another player and go to every station. Return to their start point pick up another player until all of the team is travelling together. First team to finish wins.

PROGRESSION: Use weaker foot, coach times the journey, add defenders into the grid, must change route every time they pick up another passenger.

COACHING POINTS:

Head up, close control use both feet

Be prepared to change direction (turns, fakes)

Take plenty of touches of the ball

OUTCOMES - more competitive and realistic in game situation. Reinforces the importance of keeping head up, using both feet and taking plenty of touches.

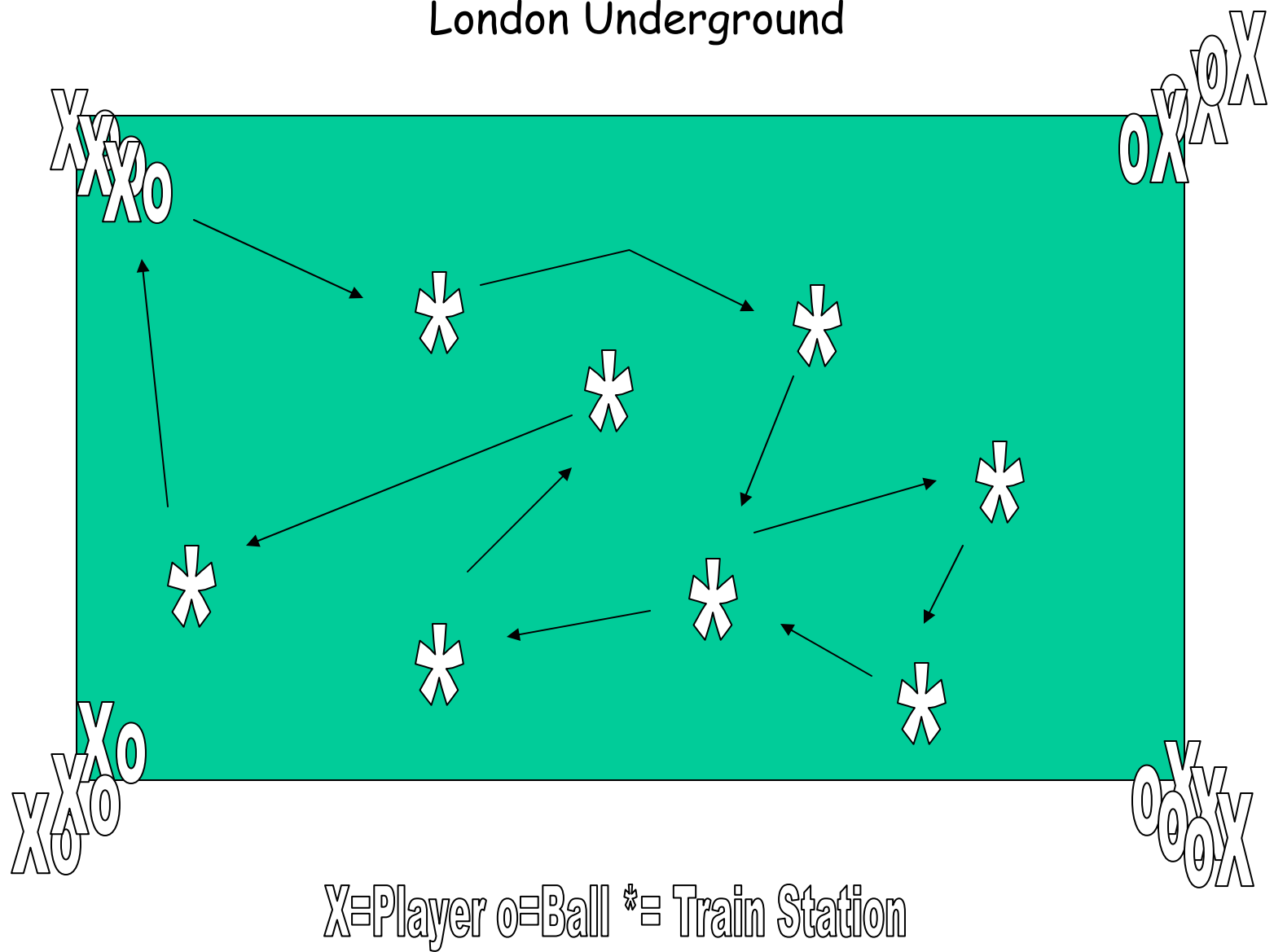
Games to finish off. Games will be conditioned according to the ability of the students. Games will last 3 mins each.

Possible **conditions** game. 3v3 half, **no goalkeepers, two goals for each team. Must dribble thorough goal to score.**

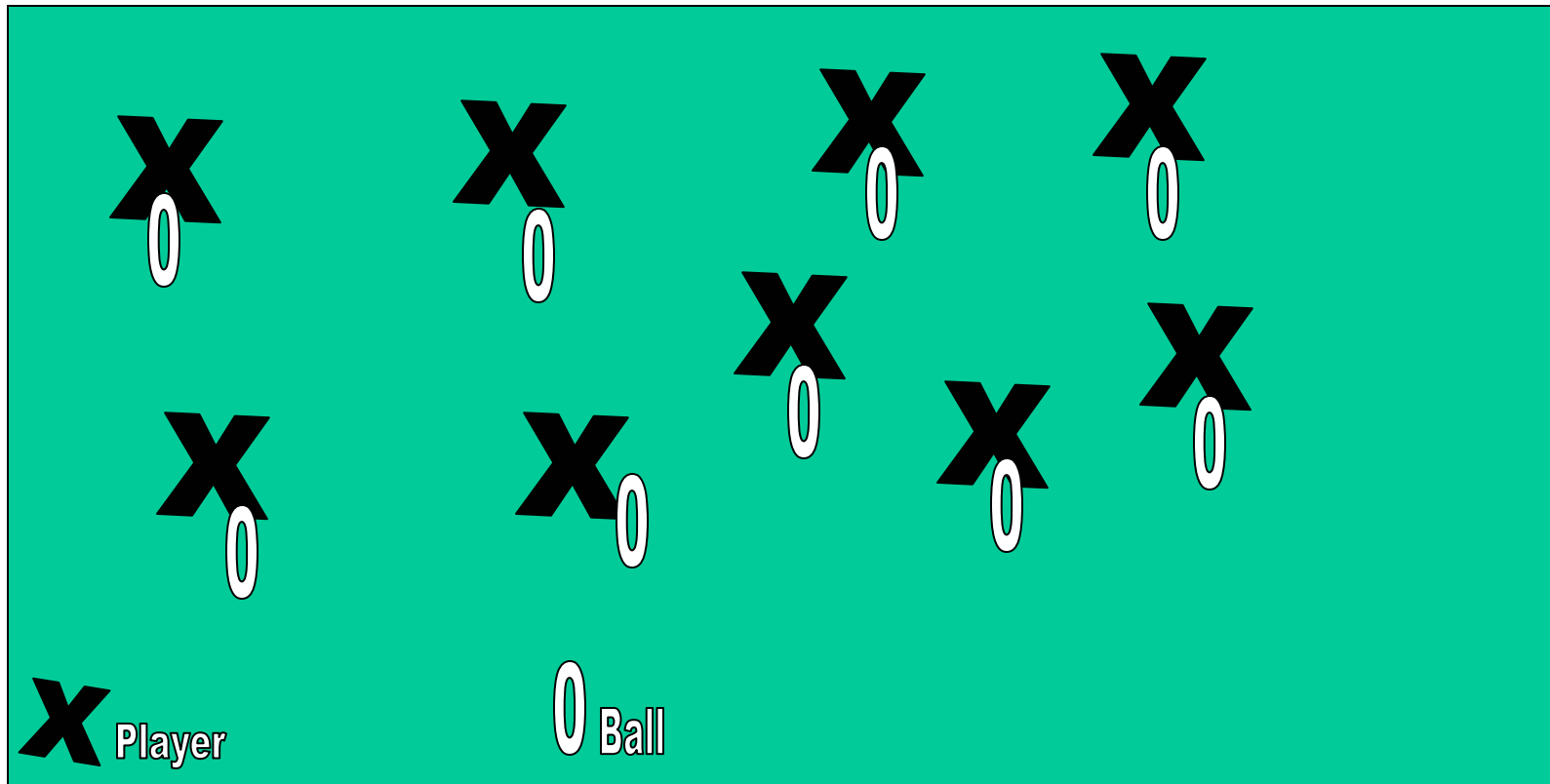
Review of lesson. Q & A session (coach led) to ascertain what the players have learned and what they feel they could improve on

All equipment collected in, check of fields and training area. Coach leaves.

London Underground



Traffic Lights: Session Four



Tomb Raider: Session Four

Tomb Raider ORGANIZATION

Set up a 20x20 grid. Position 2 players on each side of the grid with a ball. The other players start inside the grid. The coach places cones randomly inside grid.

OBJECTIVE: The players inside the grid have to collect the cones without being hit by a soccer ball. The players on the outside of the grid must pass the ball through the grid to try and hit them below the knee.

SCENARIO: The tomb protectors surround the tomb raiders. Watch out for the blasters.

Differentiation Tomb protectors can enter the tomb and chase the raiders with their ball. Add more protectors, larger/smaller grid.

COACHING POINTS:

Kick the ball with inside of foot.

Time and weight your pass.

Take a run up to the ball.

Move to get in line with ball when receiving.

Look at where you want the ball to go

'Outcomes' - more competitive and realistic in game situation. Reinforces the importance of keeping head up, using inside of foot, and weight of pass.

Games to finish off. Games will be conditioned according to the ability of the students. Games will last 3 mins each.

Possible **conditions** game. 3v3 half, **NO GOAL**. Goal scored by passing ball to team mate over end line.

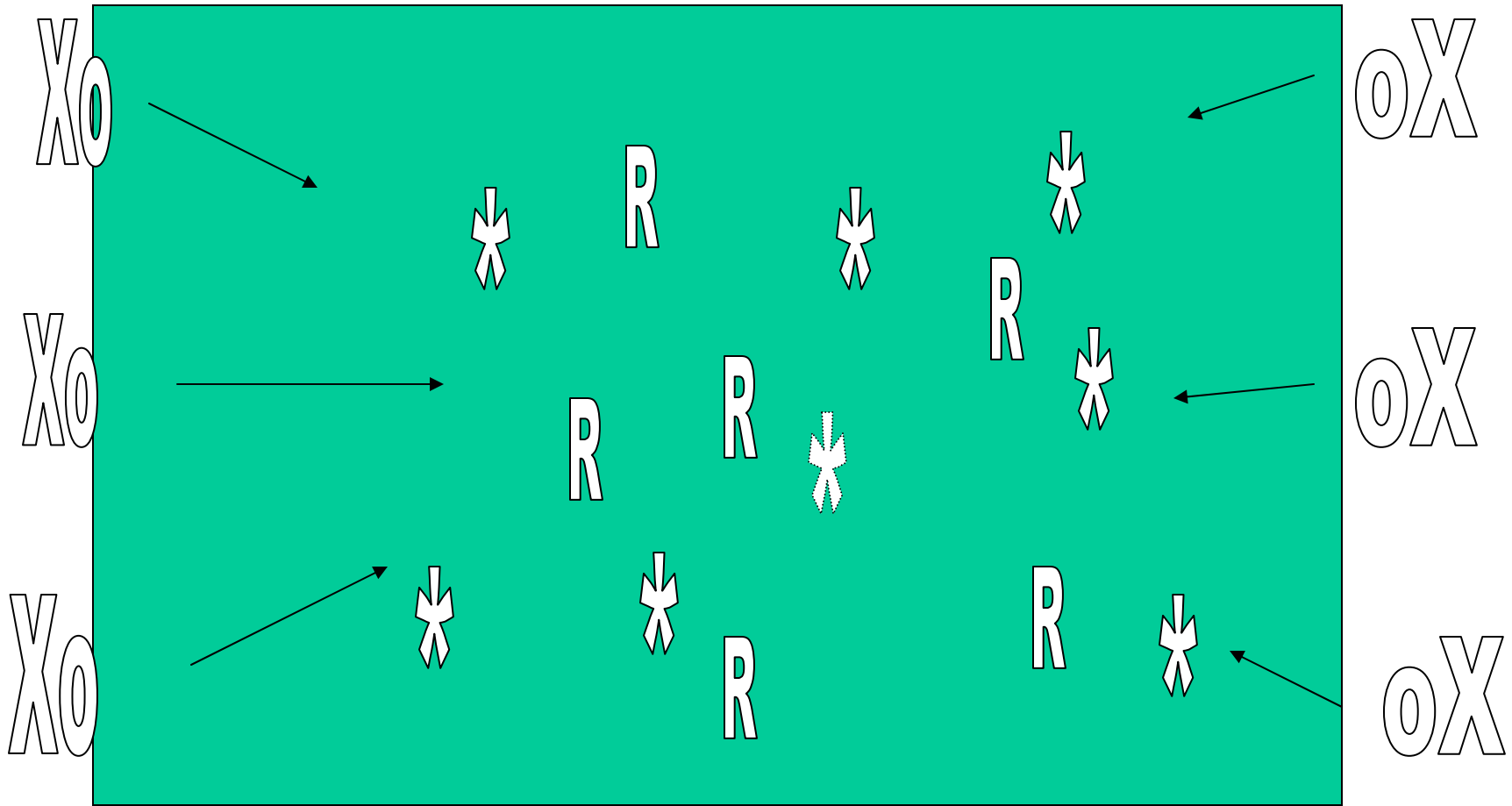
Review of lesson. Q & A session (coach led) to ascertain what the players have learned and what they feel they could improve on

All equipment collected in, check of fields and training area. Coach leaves .

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Coaching Plans :2006

Tomb Raider



X=Player o=Ball R=Raiders *=cones

Tarzan: Session Four

"Tarzan" ORGANIZATION:

Set up a 25x20 grid.

Split players into groups of 4.

Position 2 teams across from each other and one team at the start.

Place 4 cones opposite the start line.

All players must have a ball.

OBJECTIVE: The team at the start line take it in turns to dribble through the grid to the cones and return to the start line. The other 2 teams try to hit the players going for the cones below the knee. Each player and each team takes a turn and the winning team is the team with most cones.

Differentiation

Add cones for the dribblers to go through. Make area bigger/smaller. More/less soccer balls.

COACHING POINTS:

Use inside of foot to pass ball.

Knee over the ball with dribbling and passing.

Time weight of pass is important, as target is moving.

Outcomes - more competitive and realistic in game situation. Reinforces the importance of keeping head up, using inside of foot, weight and timing of pass.

Games to finish off. Games will be conditioned according to the ability of the students. Games will last 3 mins each.

Possible **conditions** game. 3v3 half, **2 small goals**. Goal scored by passing ball through goal. No goal keepers.

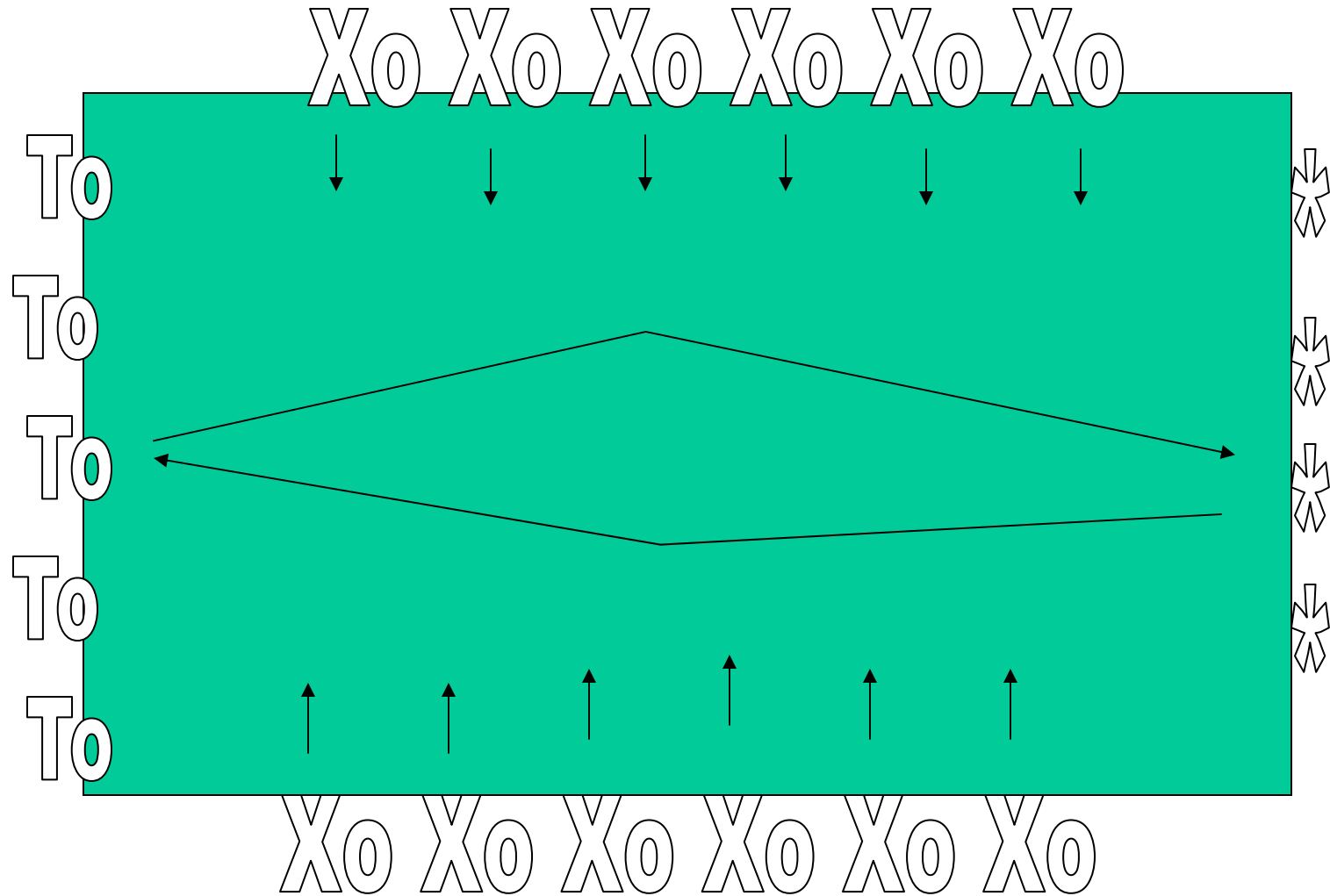
Review of lesson. Q & A session (coach led) to ascertain what the players have learned and what they feel they could improve on

All equipment collected in, check of fields and training area. Coach leaves.

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Coaching Plans :2006

Tarzan: Session Four



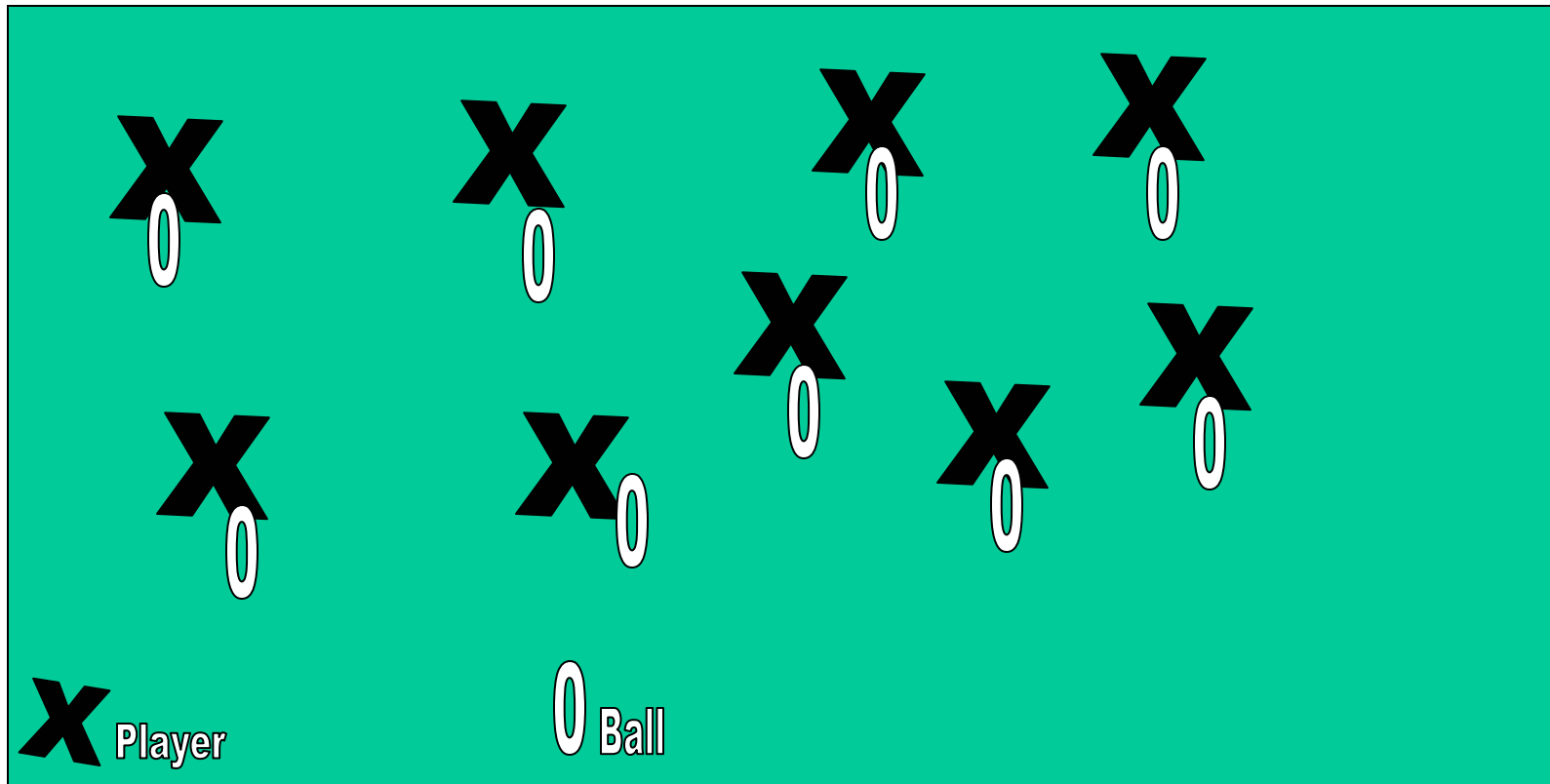
X=Player o=Ball* =cone T=Tarzan

Traffic Lights

Session Five

- **The size of the grid will depend on your player's ability. Stronger players: smaller grid**
- It is recommended that this is done as a warm-up to every session, lasting approximately 10 minutes and to use a variety of commands each time.
- **COMMANDS**
- **'Traffic lights'** - players will dribble ball around the grid in any direction. When coach calls out:
 - Red light- all must stop with ball on foot
 - Yellow light - change direction with a turn
 - Green light- increase their speed
- Flashing lights: toe taps
- Switch: Leave your ball find another players ball
- Four Way: tick tocks
- Traffic Jam: sit on the soccer ball
- Rail Road Crossing: foot on ball, look left then right continue to dribble
- Reverse: toe taps going backwards
- Rotary: dribble in a small circle using outside of foot only
- **Outcomes:** great warm up game, which encourages players to keep their heads up and introduces dribbling skills and running with the ball, changes of direction, turning, awareness, ball familiarisation, using different part of the foot and change of speed.

Traffic Lights: Session Five



Shrek: Session Five

ORGANIZATION: Set up a 25x20 grid. Split group into 2 teams and number them 1-6. The coach is server and keeper or 2 players could rotate.

OBJECTIVE: The coach calls out a number from 1-6. The players called run around the cones and into the shooting area. The player first to the ball tries to shoot. The other player becomes the defender.

SCENARIO: Shrek has to race against the dragon to get into the castle first.

Differentiation

The player runs with the ball into the grid. Call 2 numbers. Make goals smaller/ larger. One player defends ball other player is the attacker, with or without GK and only shoot below GK waist.

COACHING POINTS

Get to the ball first.

Shoot with laces part of foot

Shoot first time as GK will close you down

Look at target

Accuracy before power

'Outcomes' - more competitive and realistic in game situation. Reinforces the importance of keeping head up, using laces part of foot, accuracy.

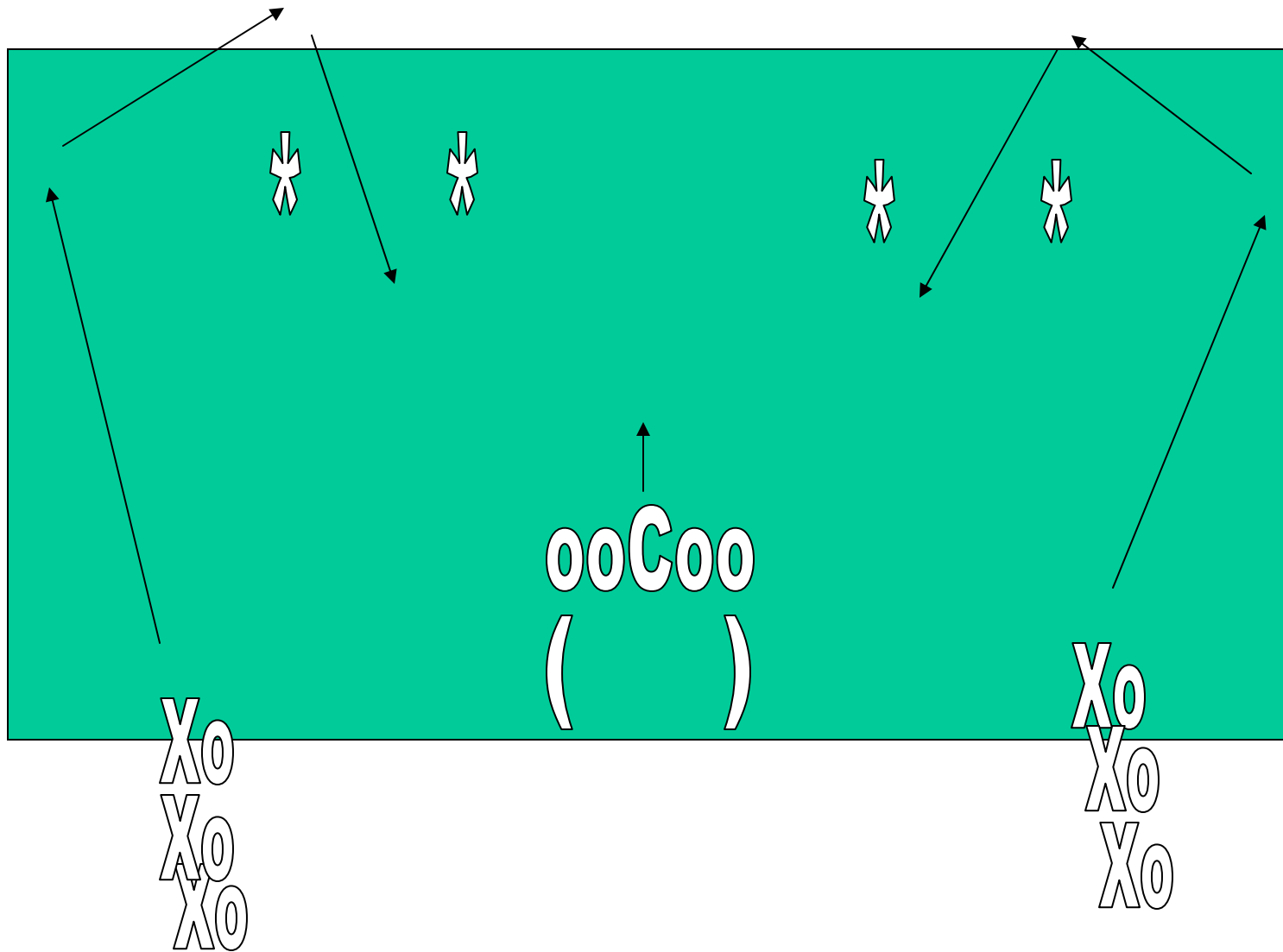
Games to finish off. Games will be conditioned according to the ability of the students. Games will last 3 mins each.

Possible **conditions** game. 3v3 half, **no goalkeepers to encourage shooting**

Review of lesson. Q & A session (coach led) to ascertain what the players have learned and what they feel they could improve on

All equipment collected in, check of fields and training area. Coach leaves.

Shrek: Session Five



X=Player o=Ball *=cones C=Coach ()= Goal

Harry Potter: Session Five

" Harry Potter" ORGANIZATION: Set out a 15x25 grid. 2 small goals on the end line. 1 defender in middle. 2 attackers on opposite end line with balls.

OBJECTIVE: The 2 attackers must dribble and score in under 10 seconds by dribbling the ball up the grid and shooting, before the defender stops them. Rotate attackers and defenders.

SCENARIO: Harry Potter is trying to score a goal to open a door and find the scorcers stone but Lord Vordamoor is trying to stop him.

PROGRESSION: Add cones for attackers to dribble through. Add 2 defenders. Goals smaller/larger

COACHING POINTS:

Attack space in front of you.

Be prepared to change direction (turns, fakes)

Use laces of inside of foot when shooting.

Accurate

'Outcomes' - more competitive and realistic in game situation. Reinforces the importance of keeping head up, using laces part of foot, accuracy and to shoot quickly.

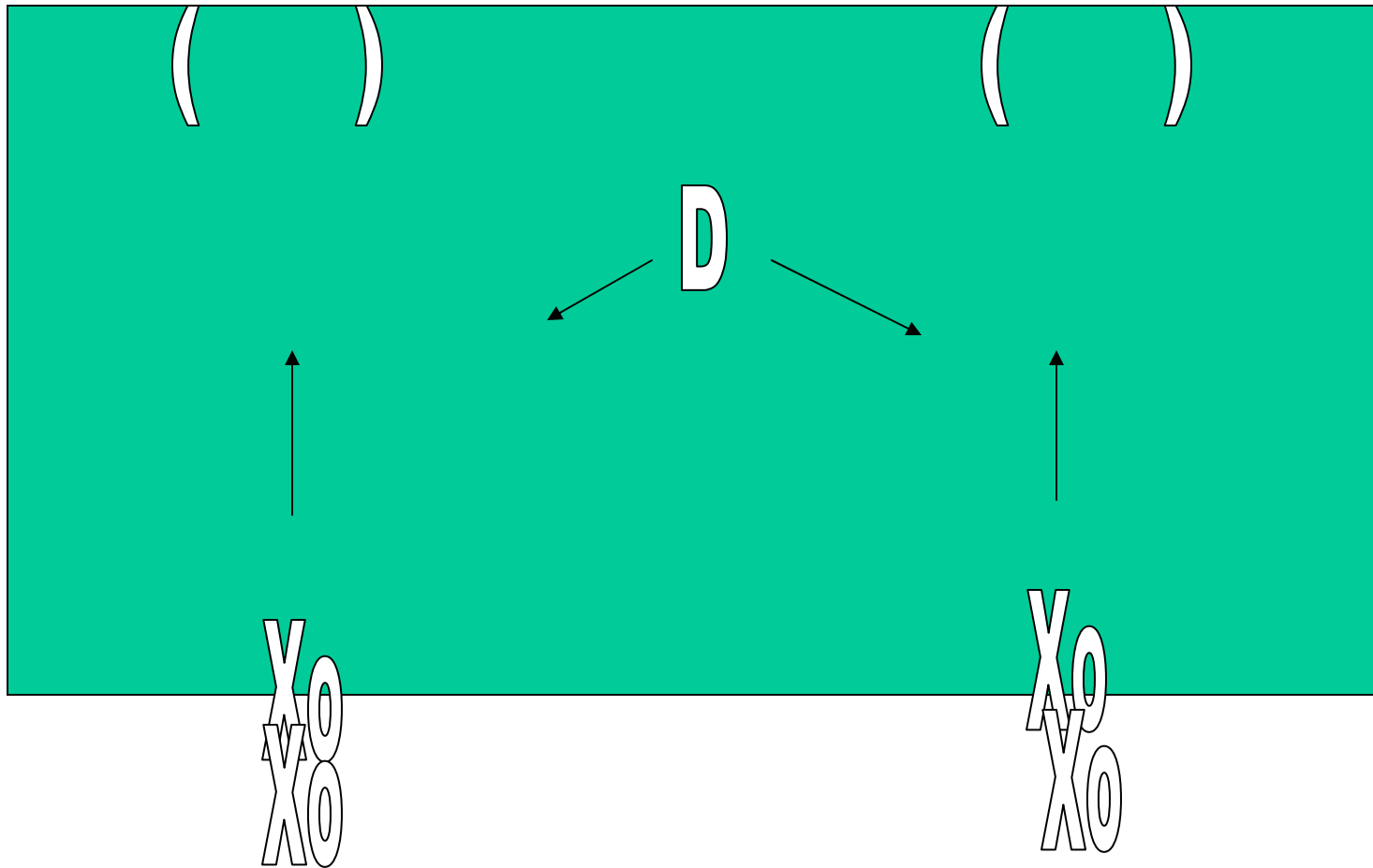
Games to finish off. Games will be conditioned according to the ability of the students. Games will last 3 mins each.

Possible **conditions** game. 3v3 half, **no goalkeepers, two goals for each team to encourage shooting and more frequently**

Review of lesson. Q & A session (coach led) to ascertain what the players have learned and what they feel they could improve on

All equipment collected in, check of fields and training area. Coach leaves.

Harry Potter: Session Five



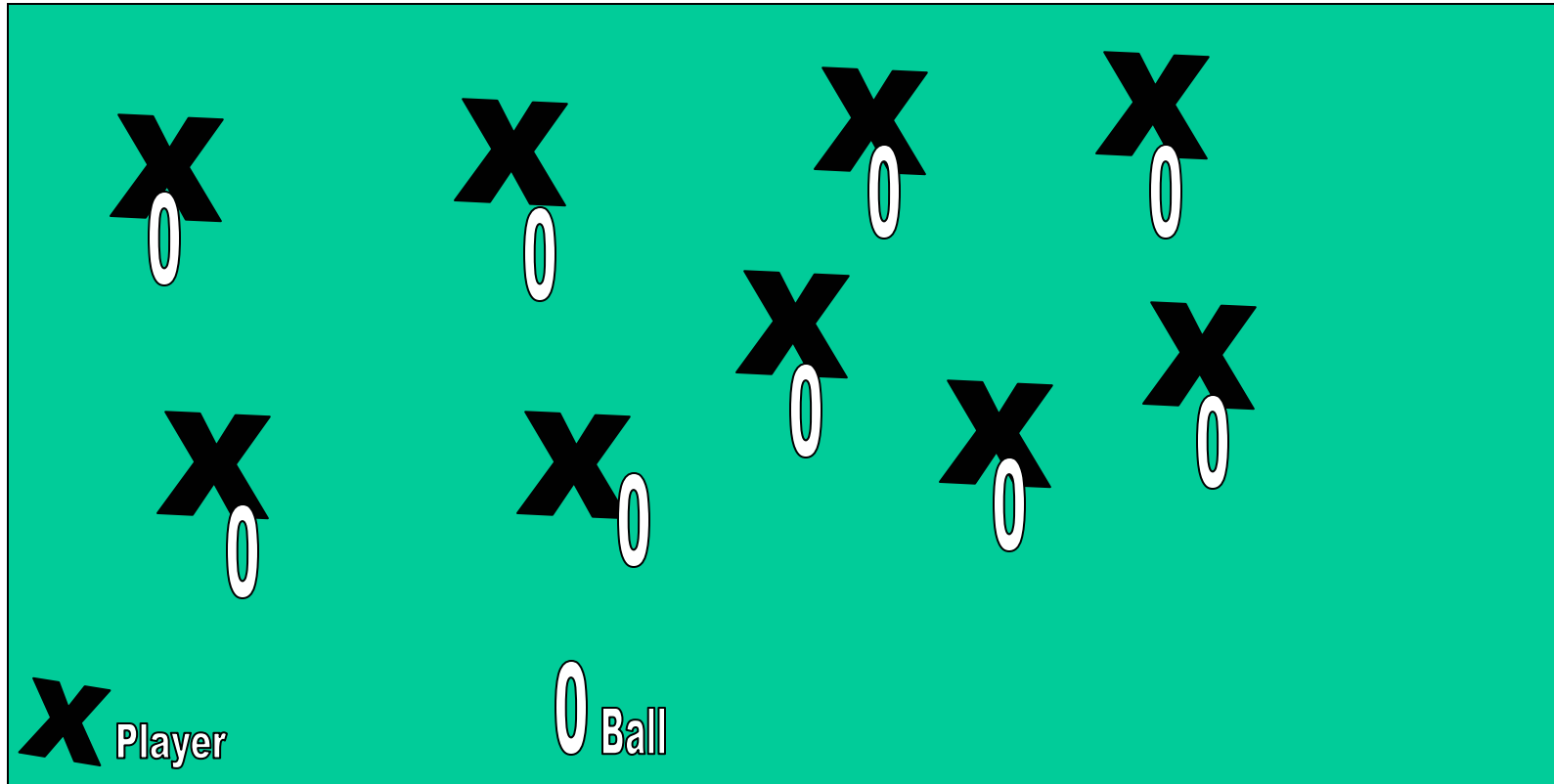
X=Player o=Ball D=Defender ()=Goals

Traffic Lights

Session Six

- **The size of the grid will depend on your player's ability. Stronger players: smaller grid**
- It is recommended that this is done as a warm-up to every session, lasting approximately 10 minutes and to use a variety of commands each time.
- **COMMANDS**
- **'Traffic lights'** - players will dribble ball around the grid in any direction. When coach calls out:
 - Red light- all must stop with ball on foot
 - Yellow light - change direction with a turn
 - Green light- increase their speed
- Flashing lights: toe taps
- Switch: Leave your ball find another players ball
- Four Way: tick tocks
- Traffic Jam: sit on the soccer ball
- Rail Road Crossing: foot on ball, look left then right continue to dribble
- Reverse: toe taps going backwards
- Rotary: dribble in a small circle using outside of foot only
- **Outcomes:** great warm up game, which encourages players to keep their heads up and introduces dribbling skills and running with the ball, changes of direction, turning, awareness, ball familiarisation, using different part of the foot and change of speed.

Traffic Lights: Session Six



Spiderman

PURPOSE: To develop dribbling, shielding, and passing.

ORGANIZATION: Set out a 25x25 grid. 10 players have soccer balls. 2 do not (Spiderman). Player must try to stay in grid.

OBJECTIVE: The players must dribble inside the grid and avoid Spiderman. If a player's ball is kicked out of the area, they must return with ball and stand inside the grid with the ball above their head and their feet apart. They are free to dribble **only** when another player passes their ball through their legs. The game is over when all the players are stuck in Spiderman's web or 2 minutes.

SCENARIO: Spiderman is rounding up the bad guys in town.

PROGRESSION: Add more Spiderman's. Make area bigger/smaller.

COACHING POINTS:

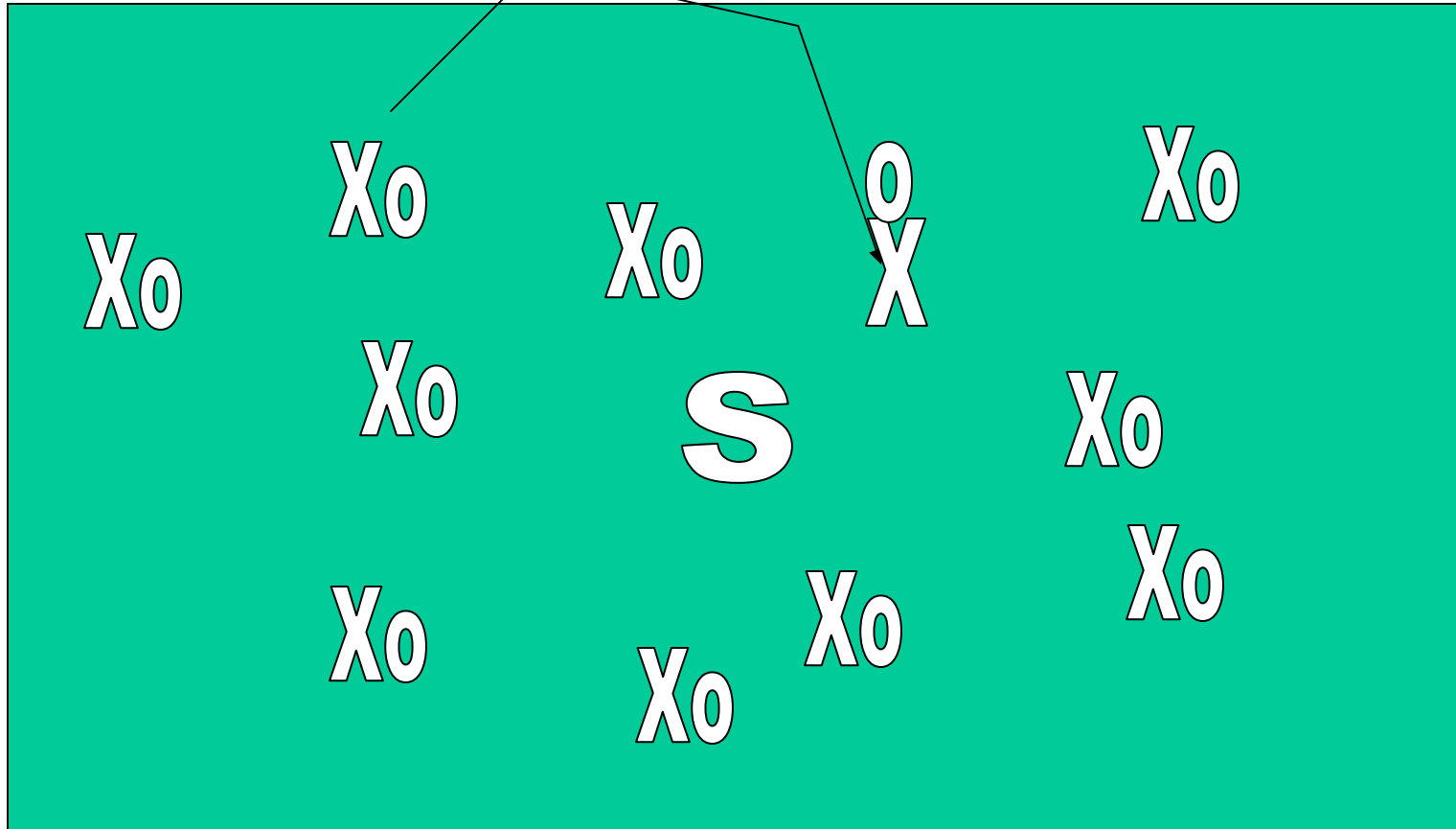
Use your body to shield the ball.

Use pace, turns, fakes to avoid Spiderman.

Be alert, look for players to free.

Outcomes - more competitive and realistic in game situation. Reinforces the importance of keeping head up, using inside of foot, weight and timing of pass, shielding the ball and passing

Spiderman



X= Player o=Ball S= Spiderman

Mission Impossible

PURPOSE: To develop dribbling and turning with the ball.

ORGANIZATION: Set out a 25x25 grid. Group player's in 3's in each corner. All players must have a ball and must stay in grid.

OBJECTIVE: Each player is numbered 1, 2, 3 in each team. Each player has a ball. Number 1 dribbles to the center of the square and stops their ball then runs back and tags number 2. Number 2 repeats, and so does number 3. When all the balls are in the middle, the team then retrieves the ball number 1, then 2, and 3. When all the balls are back in the corner, each team must go and steal balls from other teams, and dribble then back to their corner. The game has 2 minutes of stealing and all the players must be back home before the coach calls time.

SCENARIO: Your mission is to steal as many jewels from other undercover agents.

PROGRESSION: Make the dribbling harder (use only left foot). Use cones to dribble around.

COACHING POINTS:

Stop the ball dead with sole of foot.

Keep ball in front and close to body.

Dribble with speed.

Use different turns (experiment).

Games to finish off. Games will be conditioned according to the ability of the students. Games will last 3 mins each.

Possible **conditions** game. 3v3, three passes before goal can be scored

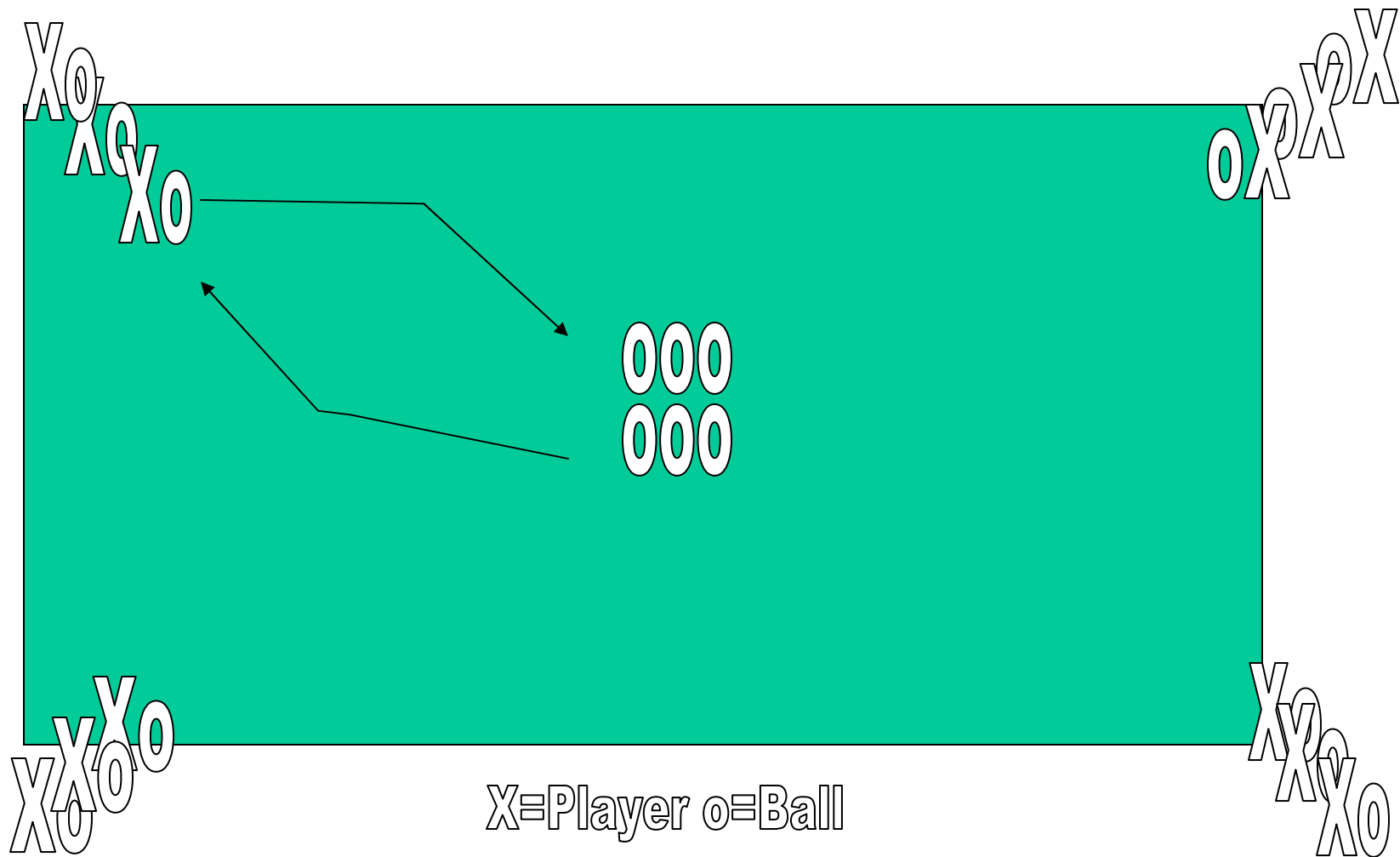
Review of lesson. Q & A session (coach led) to ascertain what the players have learned and what they feel they could improve on

All equipment collected in, check of fields and training area. Coach leaves.

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Coaching Plans :2006

Mission Impossible

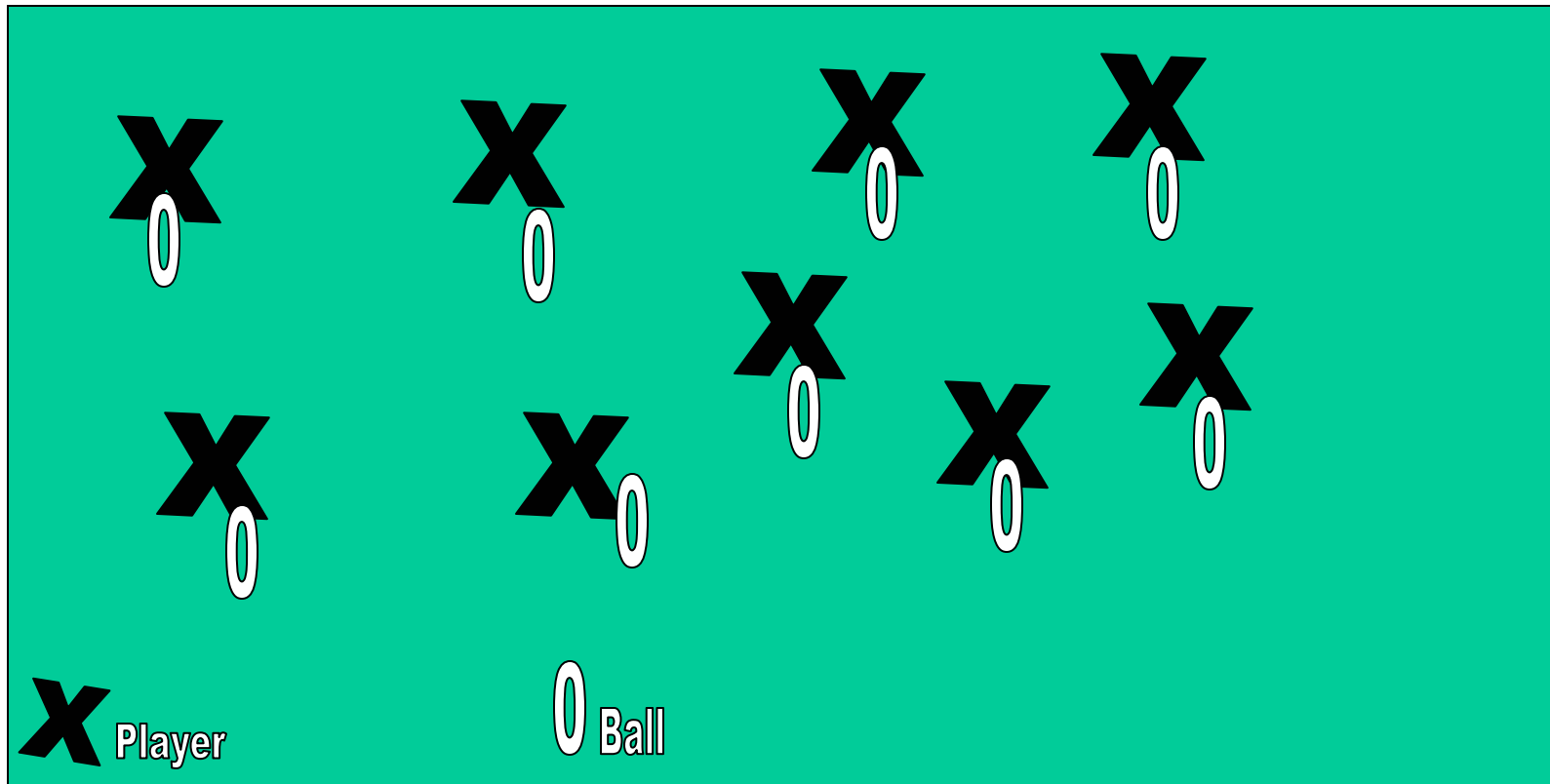


Traffic Lights

Session Seven

- **The size of the grid will depend on your player's ability. Stronger players: smaller grid**
- It is recommended that this is done as a warm-up to every session, lasting approximately 10 minutes and to use a variety of commands each time.
- **COMMANDS**
- **'Traffic lights'** - players will dribble ball around the grid in any direction. When coach calls out:
 - Red light- all must stop with ball on foot
 - Yellow light - change direction with a turn
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- Flashing lights: toe taps
- Switch: Leave your ball find another players ball
- Four Way: tick tocks
- Traffic Jam: sit on the soccer ball
- Rail Road Crossing: foot on ball, look left then right continue to dribble
- Reverse: toe taps going backwards
- Rotary: dribble in a small circle using outside of foot only
- **Outcomes:** great warm up game, which encourages players to keep their heads up and introduces dribbling skills and running with the ball, changes of direction, turning, awareness, ball familiarisation, using different part of the foot and change of speed.

Traffic Lights: Session Seven



Star Wars

PURPOSE: To develop dribbling and passing.

ORGANIZATION: Set out a 25x25 grid. All players, except 5, have a ball and must stay in grid.

OBJECTIVE: The players with a ball have to hit the player without a ball below the knee. When a player gets hit, they must go to the prison. One player without a ball is Yoda and can set the player free. However, if they get hit the game is over.

If the player without a ball lasts for 2 minutes, they win.

SCENARIO: Yoda and his rebels are being hunted by Darth Vader and his storm troopers. Watch out for their lasers.

PROGRESSION: Give players without a ball, 1 or 2 balls to use against other players to knock them out.

COACHING POINTS:

Keep ball close and in front of you.

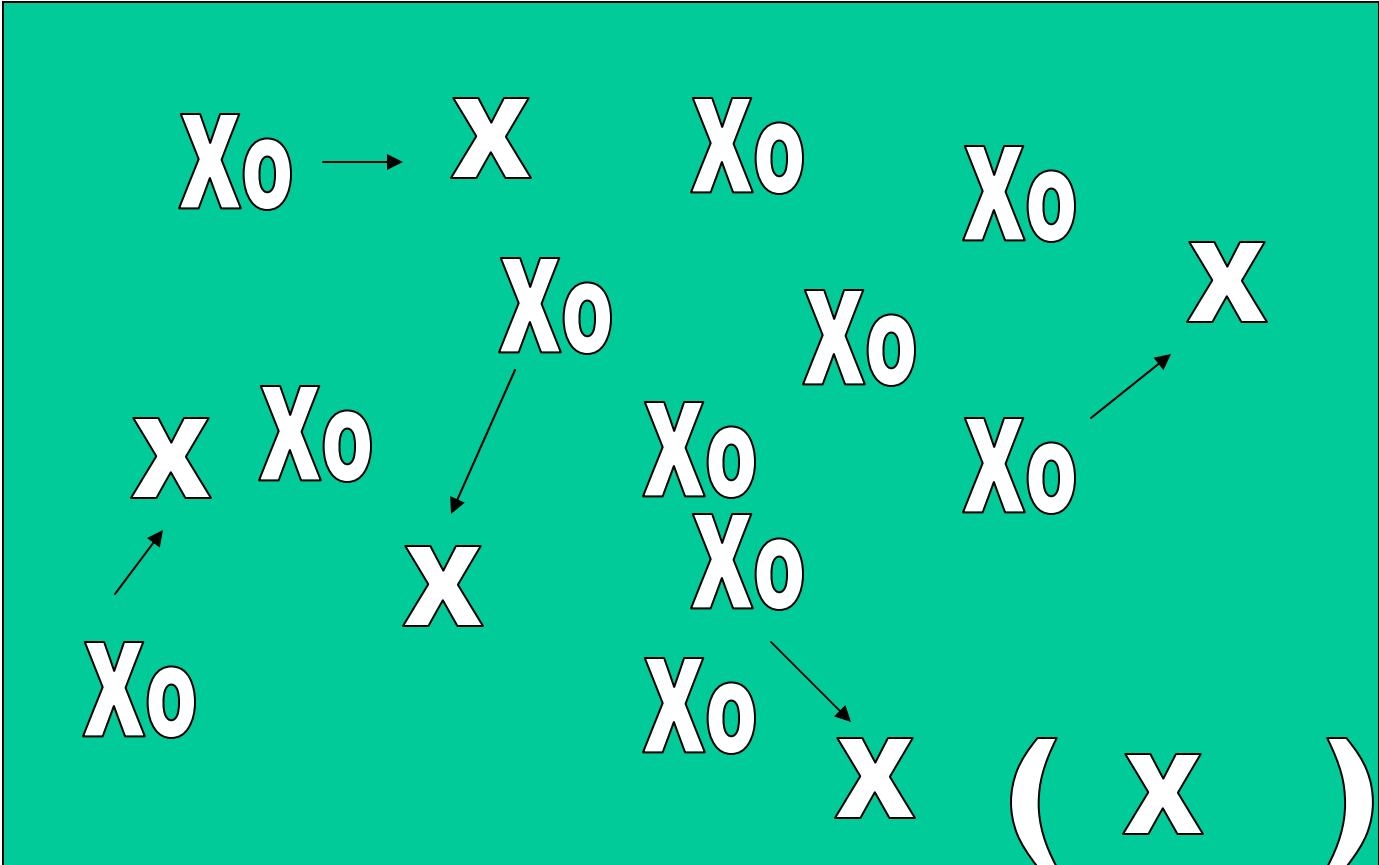
Use the inside of foot then kick the ball.

Keep the ball low.

Try to keep close to the player before striking it.

Outcomes: great game, which encourages players to keep their heads up and introduces dribbling skills and running with the ball, changes of direction, turning, awareness, ball familiarisation, using different part of the foot and change of speed and keeping the ball low when passing

Star Wars



X_o =Yoda X =Storm Troopers () Prison

Cross Fire

PURPOSE: To develop accuracy of passing and dribbling.

ORGANIZATION: Set up a 12x25 grid. Split players into 4 teams on opposite sides of the grid. Place 2 soccer balls on cones in the middle of the grid for each team. No one allowed inside the grid. The opposite side player moves to control balls that miss.

OBJECTIVE: Each team has to knock the soccer balls off the cones. The first team wins.

SCENARIO: The CIA are looking for sharp shooters to join there next mission.

PROGRESSION: Increase distance. Use other foot.

COACHING POINTS:

Take a run up to the ball.

Place none-kicking foot along side of ball.

Kick the ball with the inside of foot.

Move inline with the ball when receiving.

'Outcomes' - more competitive and realistic in game situation. Reinforces the importance of keeping head up, using laces part of foot and passing accurately

Games to finish off. Games will be conditioned according to the ability of the students. Games will last 3 mins each.

Possible **conditions** game. 3v3 half, **no goalkeepers, two goals for each team to encourage shooting and more frequently**

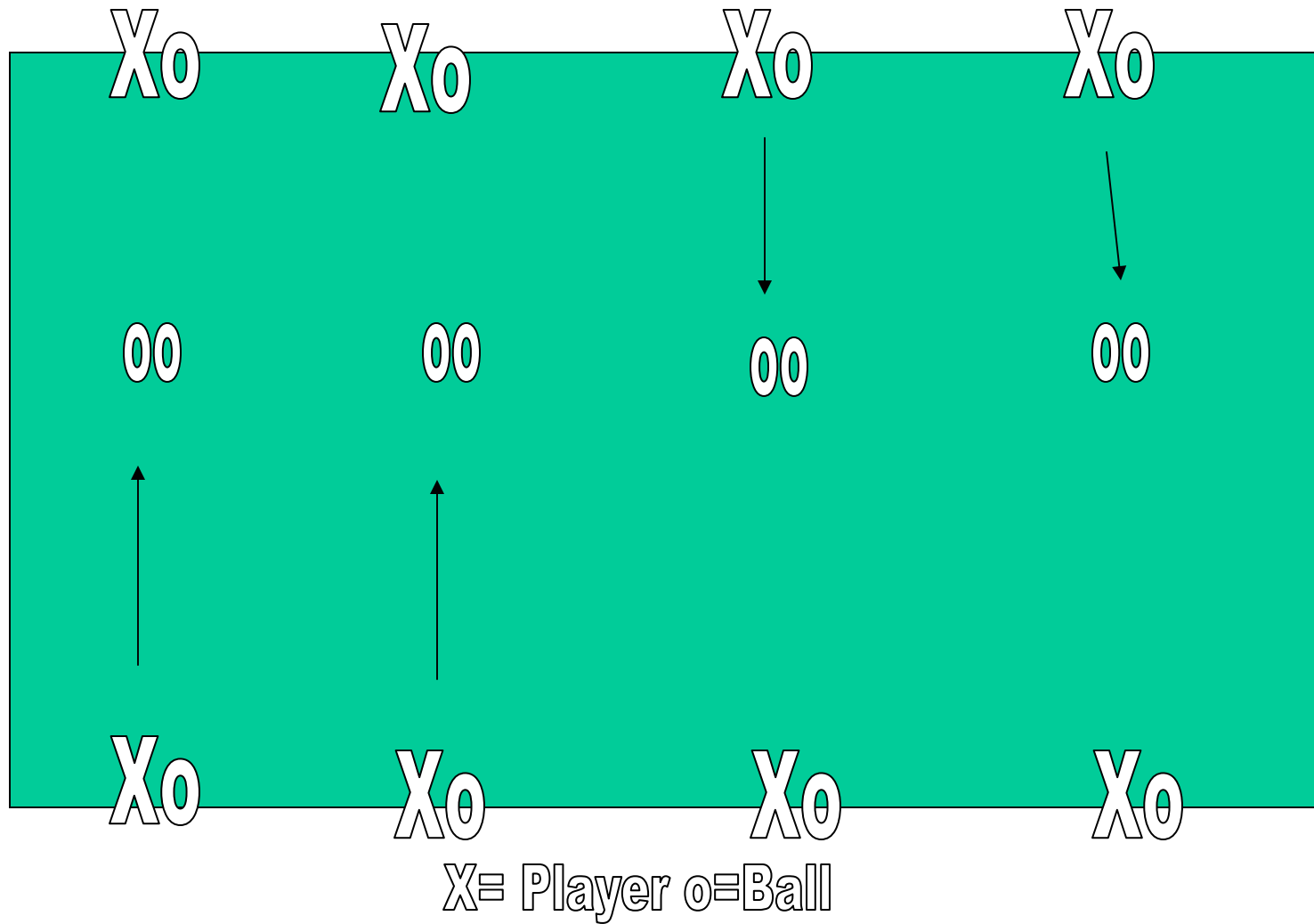
Review of lesson. Q & A session (coach led) to ascertain what the players have learned and what they feel they could improve on

All equipment collected in, check of fields and training area. Coach leaves.

NECONN U8

Coaching Plans :2006

Cross Fire

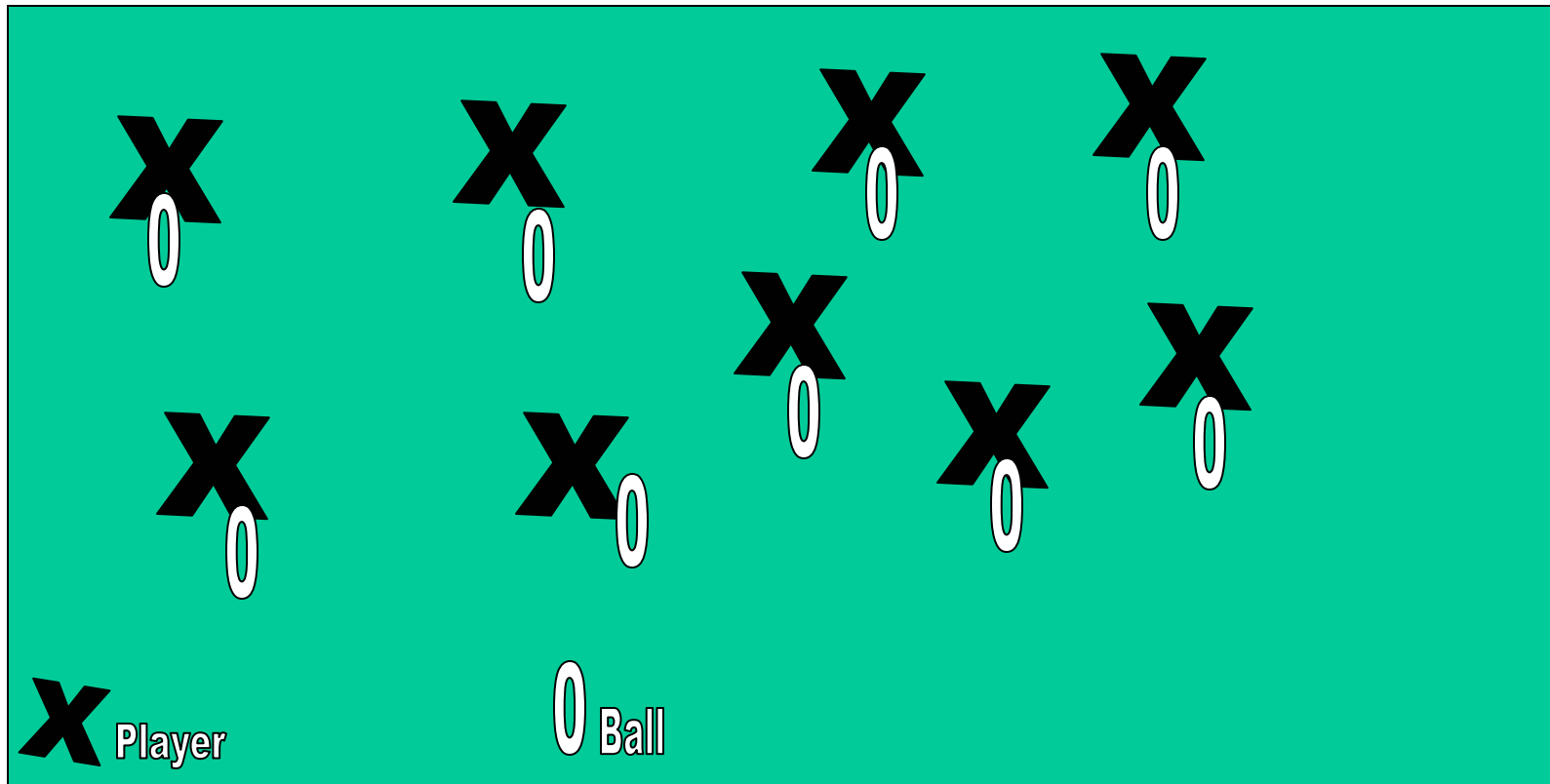


Traffic Lights

Session Eight

- **The size of the grid will depend on your player's ability. Stronger players: smaller grid**
- It is recommended that this is done as a warm-up to every session, lasting approximately 10 minutes and to use a variety of commands each time.
- **COMMANDS**
- **'Traffic lights'** - players will dribble ball around the grid in any direction. When coach calls out:
 - Red light- all must stop with ball on foot
 - Yellow light - change direction with a turn
 - Green light- increase their speed
- Flashing lights: toe taps
- Switch: Leave your ball find another players ball
- Four Way: tick tocks
- Traffic Jam: sit on the soccer ball
- Rail Road Crossing: foot on ball, look left then right continue to dribble
- Reverse: toe taps going backwards
- Rotary: dribble in a small circle using outside of foot only
- **Outcomes:** great warm up game, which encourages players to keep their heads up and introduces dribbling skills and running with the ball, changes of direction, turning, awareness, ball familiarisation, using different part of the foot and change of speed.

Traffic Lights: Session Eight



Dual

PURPOSE: To develop tacking, dribbling, defending, and shooting.

ORGANIZATION:

Set out a 20x20 grid with a small goal at each end.

Divide the group into two teams of 6 and number each team from 1-6.

Position the two teams opposite each other behind the goal line.

The coach has all the balls.

OBJECTIVE: The coach calls out a number and the players who are called run out and try to score in the opponent's goal. The drill is over when a goal is scored or the ball goes out.

SCENARIO: There is only one ball to play for. You must gain control and try to score and defeat the other team.

PROGRESSION: Call 2 numbers. Make goals smaller/bigger or add a keeper.

COACHING POINTS:

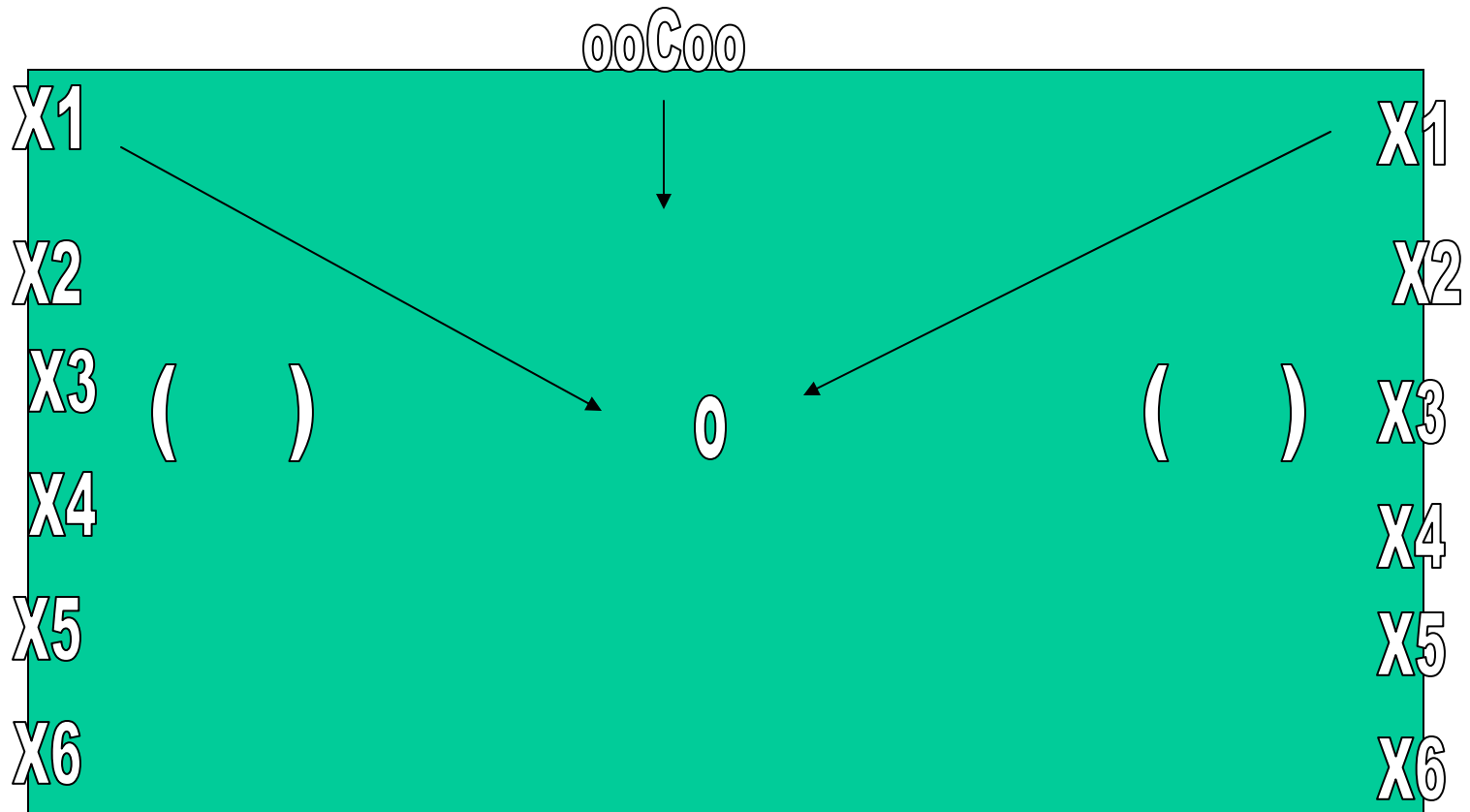
Get to the ball first.

Try to beat the defender with speed and a fake.

Shoot when the opportunity arises.

Outcomes - more competitive and realistic in game situation. Reinforces the importance of attacking the ball, shooting first time. Defenders, closing the attacker down, getting between the ball and the goal.

Dual



C=Coach X=Player o= Ball ()= Goal

Clean Your Room

PURPOSE: To develop good body position, attacking the ball and shooting technique

ORGANIZATION: 40 x20 grid which will be split into two halves. The group will also be split into two equal teams, with equal amount of soccer balls and must stay in their half.

OBJECTIVE: Team members must control and shoot as many soccer balls into the other half and keep the other teams ball out of their half " room" first team to " clean their room" (no soccer balls left) wins

SCENARIO: Must clean you room before mommy gets home.

PROGRESSION: Increase decrease distance. Use weaker foot/shoot first time

COACHING POINTS:

Get to the ball early

Place non-kicking foot along side of ball.

Kick the ball with the inside of foot.

Move inline with the ball when receiving.

Head over the ball to keep it down

'Outcomes' - more competitive and realistic in game situation. Reinforces the importance of keeping head over ball when shooting, to shoot accurately and to attack the ball.

Games to finish off. Games will be conditioned according to the ability of the students. Games will last 3 mins each.

Possible **conditions** game. 3v3 half, **no goalkeepers two goals for each team to encourage shooting and more frequently**

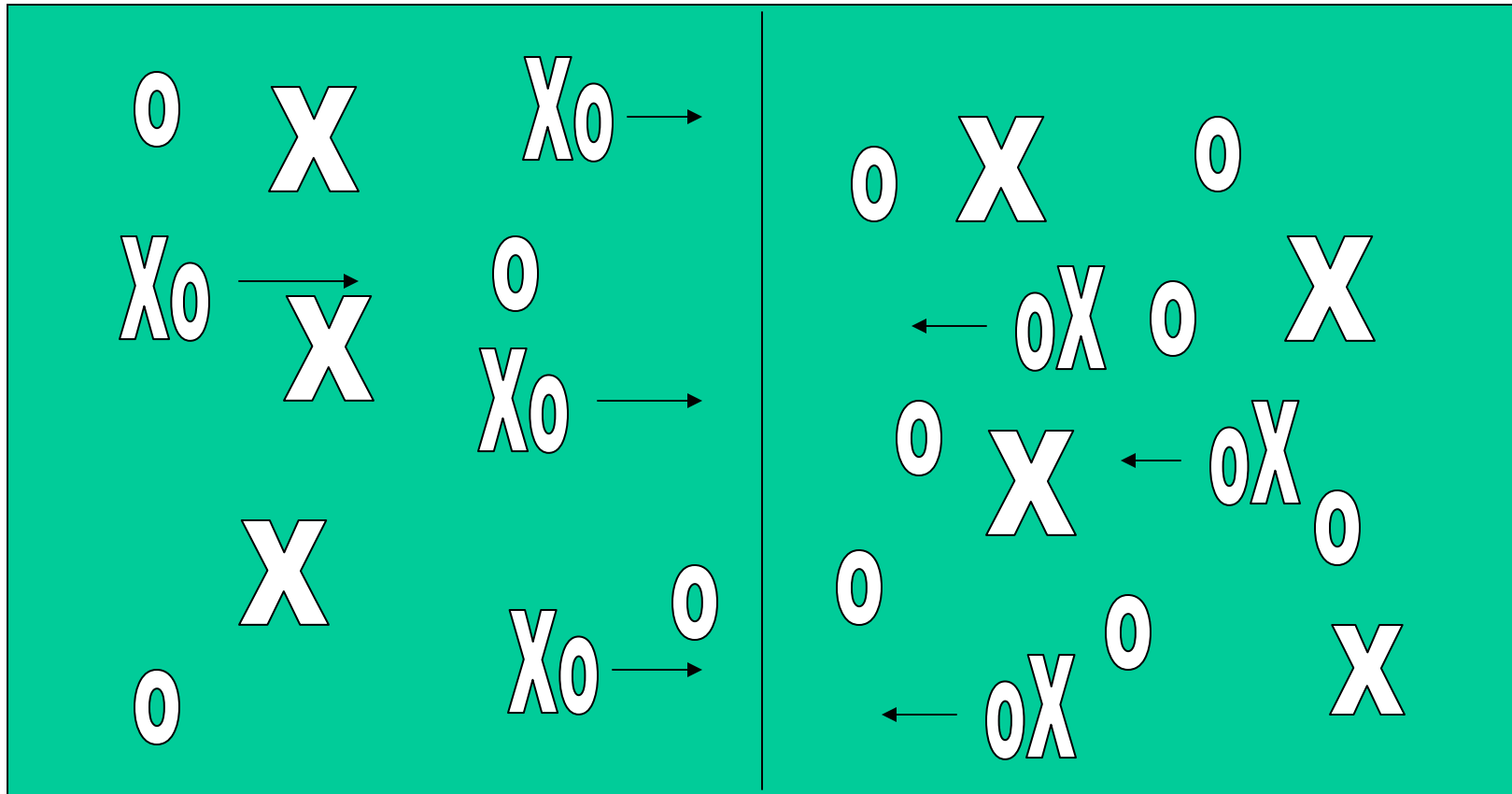
Review of lesson. Q & A session (coach led) to ascertain what the players have learned and what they feel they could improve on

All equipment collected in, check of fields and training area. Coach leaves.

NECONN U8

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Clean Your Room



X=Player o= Ball