

# Documents

Document Title	Category	Document Date	Document Type	Action Type
1. U8 Lower Limb Coordination and Vision, Matthew Callahan				
2. U8 Recieving a Bouncing Ball, Rick Meana				
3. U8 Recieving Lofted Balls, Rick Meana				
4. U8 Dribbling, Andy Biggs				

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United States Youth Soccer Association

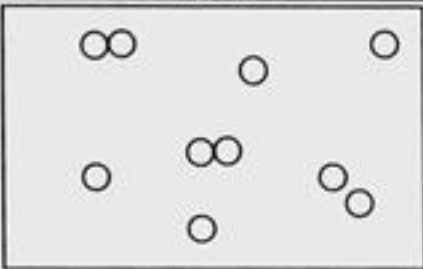
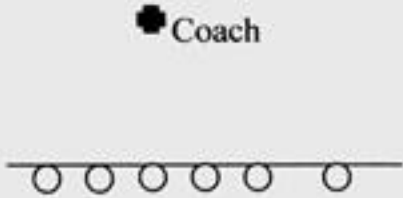
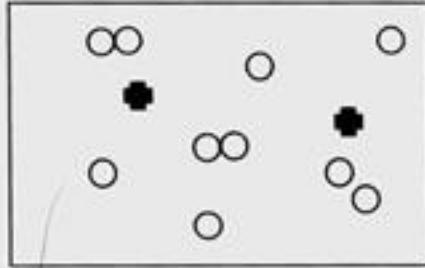
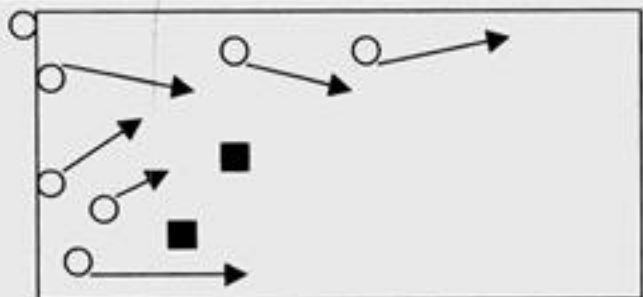
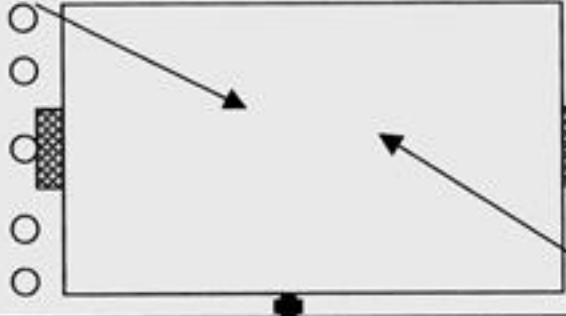
# Practice Plan

Name: Matthew Callahan

Date: 2004

Age Group: U8

Theme: Lower Limb Coordination & Vision

Activity	Diagram
<p><b>1<sup>st</sup> Activity (warm-up)</b> <i>Greetings Game</i></p> <p>All the players run around randomly inside a rectangle. The coach calls out various types of greetings, which each players then has to carry out with others: shake hands, high fives (one hand), high fives (other hand), shoulder to shoulder, back to back, etc. Progressions: Add dribbling.</p>	
<p><b>2<sup>nd</sup> Activity</b> <i>Red Light, Green Light</i></p> <p>All the players start on a designated line with the coach about 15 yards away. With his back to the players the coach yells green light and the players try to dribble to the coach. When the coach yells red light he waits a moment and then turns his back to face the players. Anyone who is not stopped moving has to go back to where the person farthest away from the coach is. Progressions: Add a ball. The coach can move around to make the game more challenging.</p>	
<p><b>3<sup>rd</sup> Activity</b> <i>Ouch!</i></p> <p>Each player has a ball. The coach jogs around in a rectangle and the players try to kick their ball so that it hits the coach. The players get a point each time they hit the coach. The coach should yell "ouch" each time they are hit to make the game more exciting. Progressions: The coach can stop for three seconds or vary how fast they are moving depending on the level of the players. Specify how the players must strike the ball (laces, one foot, other foot)</p>	
<p><b>4<sup>th</sup> Activity</b> <i>Frog Attack</i></p> <p>The game takes place in a rectangle; all the players start off on one side of the rectangle and try to get to the other side. Two players who are frogs must hop and try to tag the other players as they try to get to the other line. When a player is tagged they become a frog as well. Play until only two children are left. Those children become the frogs for the next game. Progressions: Add a ball (for the players, not the frogs)</p>	
<p><b>5<sup>th</sup> Activity (the game)</b> <i>Disney Game</i></p> <p>Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end). Coach sends in a ball and calls out a Disney character and that character from each end goes onto the field and plays 1v1. Progressions: Try calling out different characters (Goofy from one side and Mickey from the other side). Call multiple names from each side so there are a couple of 1v1 games happening at the same time.</p>	

Scrimmage 2v2 or 3v3

Author: Rick Meana





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## Lesson Plan



Topic: Receiving a bouncing ball

Age: U8

Activity Name	Description	Diagram	Purpose/Coaching Points
<b>1 WARM-UP</b> Beginner Juggling One ball per player.	Each player sitting down holds a ball over his or her shoelaces. <ul style="list-style-type: none"><li>• Strike the ball and catch.</li><li>• Now twice and catch.</li><li>• Now thrice and catch.</li><li>• Work up to a total of five kicks.</li><li>• Try both feet.</li></ul>		<ul style="list-style-type: none"><li>• Eyes on the ball.</li><li>• Bend at the waist.</li><li>• Bend the knee of the kicking leg.</li><li>• Toe of the kicking foot out.</li><li>• Drive the knee of the kicking leg to the chest.</li></ul>
<b>2 PAIR JUGGLING GAME</b> Cooperative - Competitive The players should divide themselves into pairs. One ball per pair.	Try to keep the ball off the ground using feet only. Two bounces between touches allowed. Score a point for seven consecutive touches. Alternate touches between the partners. See if you can get up to ten touches!		<ul style="list-style-type: none"><li>• Eyes on the ball.</li><li>• Get into position early.</li><li>• Lift the ball with "laces."</li><li>• Use arms for balance.</li></ul>

Author: Rick Meana



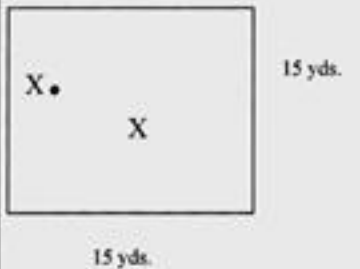
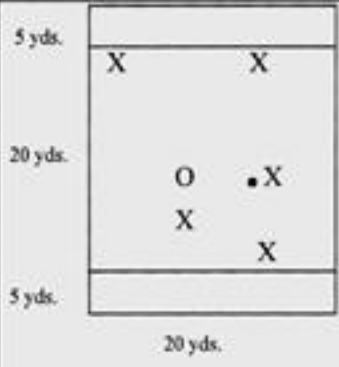
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### Lesson Plan



Topic: Receiving a bouncing ball

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<b>3 VOLLEY GAME</b> Cooperative - Competitive		
Set up 15 yard X 15 yard grids. Two players and one ball in each grid.	Two players freely passing a ball inside the grid. Try to keep the ball in the air. The ball may not bounce more than twice before it is played. Count the passes inside the grid each pass is a point. Go for thirty seconds. Try to get more points than other pairs.	
		<ul style="list-style-type: none"><li>• Get in "line of flight" quick.</li><li>• Ready, balanced to receive.</li><li>• Choose "platform"/surface.</li><li>• Withdraw surface.</li><li>• Scoop/"spoon" ball with foot.</li></ul>
<b>4 GAELIC FOOTBALL</b>		
Mark out a 20-yard X 20 yard grid with a 5-yard end zone at each end.	5v1 (or 4v2) play volley-catch-volley. Volley ball from the hands so it can be caught by a teammate. If the defender intercepts the ball a point is scored. Try to play into the end zones for a point.	
		<ul style="list-style-type: none"><li>• Move to the ball.</li><li>• Support quickly.</li><li>• Move to open space.</li></ul>

Author: Rick Meana



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Topic: Receiving a bouncing ball

### Lesson Plan

Age: U8

<b>5 THE GAME</b>			
<p>4v4 to goal. Use a playing area of 40 yards X 30 yards with each goal 6 yards wide.</p>	<p>The coach is the 'Boss of the Balls'; toss a new ball in after a goal or when the ball goes out of play. Bonus point if control leads to possession or a goal.</p>	<p>The diagram shows a rectangular field with a width of 40 yards and a length of 30 yards. There are two goals, one at each end. Inside the field, there are four players: two marked 'X' and two marked 'O'. A coach is positioned outside the field on the left side, indicated by three dots and the label 'Coach'.</p>	<ul style="list-style-type: none"><li>• Look.</li><li>• Move to open space.</li><li>• Choose surface quickly.</li></ul>
<b>6 COOLDOWN</b>			
<p>Each player with a ball.</p>	<p>Strike the ball up using foot, allow it to bounce and then strike it again. Go until you are able to go through this series until ten consecutive times. Now try striking the ball two times (using any surface except the hands) allow it to bounce once, try to get to five consecutive touches before allowing it to bounce. Get a drink and stretch.</p>	<p>A black and white illustration of a young boy in a soccer uniform, captured in the middle of kicking a soccer ball with his right foot.</p>	<p>Go and try it at home.</p>

Author: Rick Meana





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### Lesson Plan



Topic: Receiving lofted balls

Age: U8

Activity Name	Description	Diagram	Purpose/Coaching Points
1			
Warm-up: "Juggling Balloons or Beach Balls"	Each player tries to keep their balloon or beach ball up in the air using any body part except for hands. Count how many touches. If it falls to the ground, pick it up try again.		-Follow object/ball with your eyes. -Move to get behind and in line with it—don't stretch for it
2			
"Juggling with a Partner"	Same as one but now 2 players compete against other pairs to keep the object up in the air using as many touches in 3 minute period.		-Move to get behind and in line with object. -Select the surface quickly.

Author: Rick Meana



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## Lesson Plan

Topic: Receiving lofted balls

Age: U8

<p>3</p> <p>"Soccer Newcomb" (use size 3 ball not too inflated)</p>	<p>20x15 (one yd. "dead space" for net). 2 teams of 2 play toss-receive-catch over the net. If caught point-if hits ground no point-toss it over. Allow 1 bounce. Partner helps catch/control</p>		<ul style="list-style-type: none"> <li>-Move quickly to get behind and in line with flight of ball</li> <li>-Select surface early</li> <li>-"Withdraw" on contact</li> </ul>
<p>4</p> <p>"Toss-control-catch"</p>	<p>4v4 in 40x30 yard area (includes 5 yd. end-zone on each end). Toss-receive-catch to advance ball. If ball drops to ground goes to other team. Score by receiving and catching in your end zone. Opponent cannot block the toss.</p>		<ul style="list-style-type: none"> <li>-Move to the ball</li> <li>-Select surface early</li> <li>-Look, get head up quickly</li> <li>-Move to open space</li> </ul>
<p>5</p> <p>The Game</p>	<p>4v4 in 45x30 with 4 yd wide goals no GK. Coach is boss of Balls. Toss new one to a player after a goal or out of play. 1 pt for goal, 2 pts for volley goal.</p>		<ul style="list-style-type: none"> <li>-Move to the ball</li> <li>-Move to open space</li> <li>-Look</li> <li>-Choose surface early</li> </ul>

**COOLDOWN:** Try to beat your own ball juggling record. WATER – stretch – WATER.

Author: Andy Biggs



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Lesson Plan



Topic: Dribbling

Age: U8

Activity Name	Description	Diagram	Purpose/Coaching Points
<b>1</b>			
Gate Dribbling	<ul style="list-style-type: none"> <li>a. every player with a ball</li> <li>b. one more gate than the number of players</li> <li>c. must dribble through free gate</li> <li>d. 1 point for each gate</li> <li>e. play again, improve by 1 point</li> </ul>		<ul style="list-style-type: none"> <li>a. see ball through bottom of eyes</li> <li>b. keep ball rolling</li> <li>c. use foot brake</li> <li>d. different surfaces</li> </ul>
<b>2</b>			
Stop & Go	<ul style="list-style-type: none"> <li>a. every player dribbling a ball</li> <li>b. on whistle, players stop ball and then go with speed</li> <li>c. coach demonstrates stop &amp; go, and players try to copy</li> <li>d. players invent their own stop &amp; go</li> <li>e. coach observes, and choose players to demonstrate their stop &amp; go for others to copy</li> </ul>		<ul style="list-style-type: none"> <li>a. see ball through bottom of eyes</li> <li>b. speed up after stop</li> <li>c. change of direction</li> <li>d. different surfaces</li> </ul>

Author: Andy Biggs



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## Lesson Plan

Topic: Dribbling

Age: U8

3			
Pac-Man	<ul style="list-style-type: none"><li>a. two or three players are "it" to start, and have balls</li><li>b. if you are "it", try to dribble and hit others with passes below the knees</li><li>c. players who are not "it" may run and jump to avoid being hit</li><li>d. if you are hit with a pass, you become "it" too</li></ul>	X  X X  IT. X X  X  IT.	<ul style="list-style-type: none"><li>a. keep ball rolling</li><li>b. eyes up to find space and who is "it"</li><li>c. change direction and speed</li><li>d. fake passes</li></ul>
4			
Knockout	<ul style="list-style-type: none"><li>a. every player dribbling a ball</li><li>b. try to kick other players' balls off the field</li><li>c. if your ball is stops rolling or is kicked out, then you must do two juggles before you return to the game</li></ul>	X.  X. X.  X.  X.	<ul style="list-style-type: none"><li>a. keep ball rolling</li><li>b. body between ball and other players</li><li>c. see ball through the bottom of your eyes</li></ul>

Author: Andy Biggs



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### Lesson Plan

Topic: Dribbling

Age: U8

5			
2v2 "Get Outta There"	<ul style="list-style-type: none"><li>a. coach as boss of the balls</li><li>b. coach passes ball onto field to start play</li><li>c. two players from each team play until a goal is scored or the ball goes out of bounds</li><li>d. out of bounds, coach yells "get outta there," and two new players from each team go on with the next ball</li><li>e. goal is scored, 2 who scored stay on, and two new players from the other team play against them</li></ul>	<p>X X X X X X ••• C O• O O O O O</p>	<ul style="list-style-type: none"><li>a. see ball through bottom of eyes</li><li>b. keep ball rolling</li><li>c. first try to solve game by dribbling</li><li>d. player w/o ball find big, easy spot to receive a pass</li></ul>