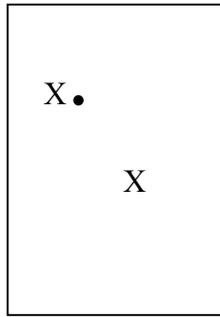


Activity Name	Description	Diagram	Purpose/Coaching Points
1. WARM-UP			
<p>Players organize themselves into pairs. One to each pair. 10 yard X 15 yard grid.</p>	<p>In their grid each pair passes the ball back and forth on the move.</p> <ul style="list-style-type: none"> ▪ Play combinations together...wall passes at various angles...double passes. ▪ Next play two touch. ▪ Finish with one touch. <p>In between each progression stretch. Each round should last one to two minutes.</p>	 <p>15 yds.</p> <p>10 yds.</p>	<ol style="list-style-type: none"> 1. Keeping the ball on the ground is a must. 2. Having a good touch when running with the ball is important.
2. Two v one goal			

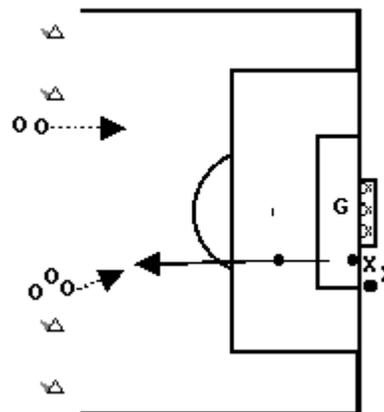


Lesson Plan

Players organize themselves into groups of four. Four defenders and four attackers. One ball Defender.

A defensive player kicks the ball out to two offensive players. The defender follows the pass and tries to win the football back and clear it toward either of two goals placed wide. The offensive players try to score on goal.

Rotation: The player who shoots or loses the ball rotates to the defensive line. The other two players go to the offensive line.



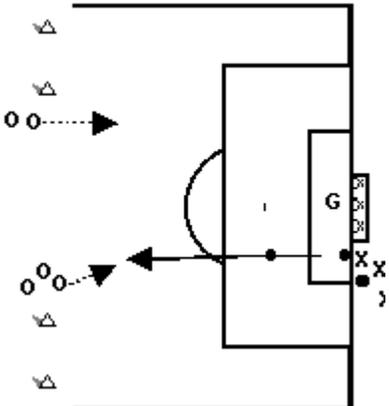
Offence
"Settle the ball on the ground. Keep it in front of you"--when receiving the kick from the defender.

"Dribble at the defender"--the offensive player who receives the ball should proceed to the defender.

"Pass the ball once the defender is committed"--if the defender is committed to stopping the dribble, the other offensive player should be open.

"The player without the ball should stay even with the ball or behind it"--don't get behind the defender or in an off side position.

3. Two v one

<p>Players organize themselves into groups of four. Four defenders and four attackers. One ball per defender.</p>	<p>A defensive player kicks the ball out to two offensive players. The defender follows the pass and tries to win the football back and clear it toward either of two goals placed wide. The offensive players try to score on goal.</p> <p>Rotation: The player who shoots or loses the ball rotates to the defensive line. The other two players go to the offensive line.</p>		<p><u>Defense</u></p> <p>"Close the space quickly"-- Shut down the player with the ball.</p> <p>"Force the play to the outside" --away from the other attacker.</p>
<p>4. SCRIMMAGE 4 VS.</p>			
<p>The players organize themselves into two teams of eight, including a goalkeeper on each team.</p>	<p>Play a 4 vs. 4 matches according to US Youth Soccer modified rules for U8.</p>	<p>Play on a regulation U8 field with goals in accordance with US Youth Soccer rules.</p>	<ol style="list-style-type: none"> 1. Watch for the players' recognition when are their good passing opportunities. 2. Observe the players' defensive abilities in these situations.
<p>5. COOL-DOWN</p>			
<p>Pass the ball one touch two.</p>	<p>Pass and move slowly in a 10 v 10 areas. In groups of fours</p>	<p>X X</p> <p>X . X</p>	<p>Recap the key points of executing 2 v1.</p>