

U-8 LESSON PLAN: COOPERATIVELY COMPETING (EMPHASIS ON DRIBBLING)

Warm-Up

“Paint The Square”

Players pair up with a teammate. They each share have a soccer ball. Tell them to pretend the ball is a paint brush and as a pair try and paint the entire square by dribbling the ball around the square. Progress into having them create or “paint” a picture with the ball by dribbling. Like “follow the leader”. Make sure you have them switch who the leader is.

Guided Discover question: How can you and your partner “paint” more of the field?

Answer: Communicating and getting our head up while we dribble.



1st Activity-

Buddy “Gates”

Players are still paired up with their teammate. Small goals (gates) are created in the field. Each pair scores a point when either of the two dribbles through a gate. After they dribble through they need to find their teammate so they can pass the ball to them. Progress to adding parents/coach blocking a gate so they have to choose another one.



Guided Discovery question: How can you and your partner score more points?

Answer: By getting our head up after we dribble through the gate to score.

2nd Activity “Two headed Sharks”

This is a variation of “sharks and minnows”. Players are paired up with a teammate and share one ball. Two players are in the middle and each share a bib, towel, etc (do not link arms). The “two headed” shark can not split up. The two players in the middle are it. They are trying to tag someone that has a ball. If a player gets tagged then they along with their partner are it and become a two headed shark as well. The paired up players that are not “it” try to get their ball from one end to the other end without getting tagged by a “two headed” shark. The one rule is that both players in a pair must dribble the ball to the other line. This will force them to play with their teammate.



Guided discovery question: How can you and your partner make it easier to not get tagged?

Answer: By spreading out and also coming to help when they are about ready to be tagged.

3rd Activity

“Matthews” Line Game

This is a 4v4 game but it is always played with 2 balls going at the same time. The object is to dribble the ball over a line. When a team scores by dribbling over a line, they look for a new ball that is delivered by the coach. An extra point is scored if the player that dribbled over the line can tell the coach who passed them the ball. This will encourage them to pass a little bit more.

Guided Discovery Question: How do you know when to dribble and when to pass?

Answer: We can dribble when we have space. We need to pass when someone comes to try and get the ball from us.



Final Activity-The Match

Play 4v4 to goals

Coach has a supply of balls to keep match flowing.

“CELEBRATE”

