

Warm-Up "Buddy Up"

# LESSON PLAN U8

## "STRIKING THE BALL"

Players are in pairs, each pair has one ball. One partner kneels/sits and rolls ball to their partner. The partner standing then passes ball back to the kneeling partner and then goes to a new person.

### "BUDDY UP"



- a) Inside of foot
- b) Laces (just introduce)
- c) Go to kneeling partner who rolls ball between legs. Standing partner then chases, turns and passes ball back.

Introduction to mechanics of striking the ball  
 Note: Don't get too caught up with them using their laces.  
 Can they get it back to the kneeling partner without making them move?

1st Game Junkyard Soccer

Divide team into two teams. Each team goes to a half. Use an odd number of balls, like 5. The objective of the game is to strike the ball into the other team's yard. Each team wants to have a clean yard when time is called by the coach.



Variation: Require a pass to be made to a teammate before the ball can be struck back to the other half.

The team that has the fewest balls on their side when time is called gets a point. Play to a certain amount of points or for time.

Introduce mechanics of striking the ball  
 Strike the ball for a purpose.  
 They should be trying to strike the ball where the other team can't get it back quickly.

2nd Game "Shootout"  
 No Goalkeepers

Two goals are placed on the ends. Two teams of 4-6. Each team is attacking a goal and defending a goal. Two teams each take a place behind the goals. The coach will yell out a number of players and a direction like "2 Right".

# "SHOOTOUT!"



Two players from each team run by the right side of the goal and then come in. The coach can call any number and direction. After the coach yells out a number and a direction, they roll in a ball for the players. Play for time or a certain amount of points.

Scoring goals  
 Concept of parallel play

Game 4v4  
 No goalkeepers



PLAY A 4V4 GAME WHERE 1 GOAL EQUALS ONE MILLION POINTS!

