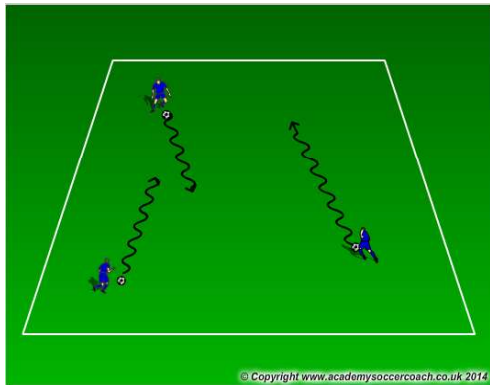
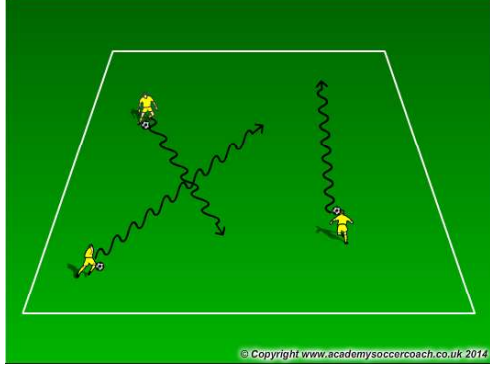
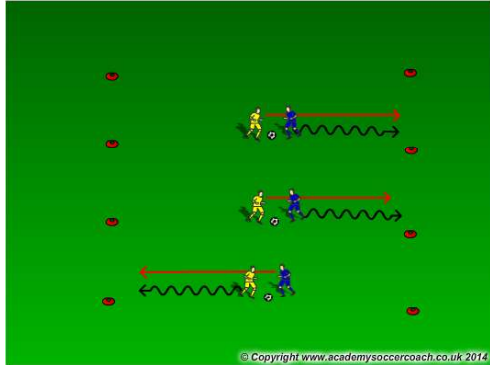





## Lesson Plan Form

Coach:  Session date:  Team/Age:

Theme:

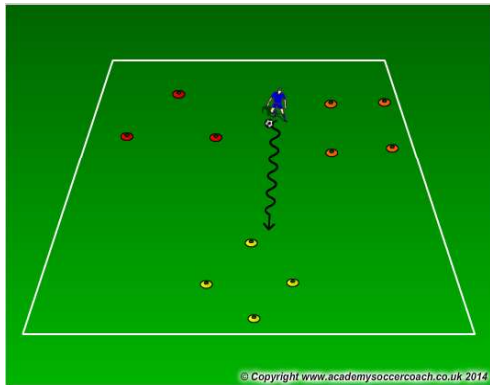
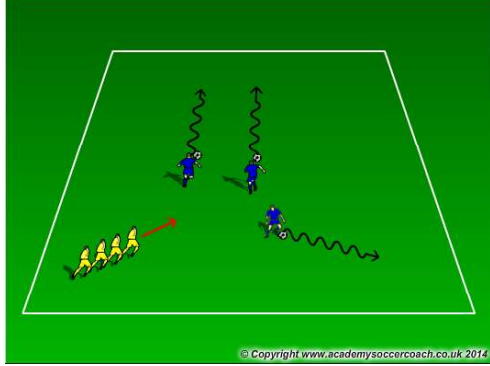


Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> <b>BODY PART DRIBBLE</b> (10-15min) Each player has a ball in an area. The coach yells out a body part and the players must move the ball with that body part. Examples include: hands, elbows, shoulders, feet, buttocks, patella (see what they do, it should be the knee).</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> <li>-Using all parts of our body to control the ball</li> <li>-Balance and coordination</li> <li>-Body awareness</li> </ul> <p>Progressions: Introduce tick-tock (passing the ball between the inside of the left foot and the inside of the right foot back and forth-coach points to it on his/her foot) and tap dance (lightly touch the ball with the bottom of the right foot and then the bottom of the left foot, the ball should not move). Can also tell kids to use "outside of foot only", "left foot only", etc..</p>	<ul style="list-style-type: none"> <li>-All body parts can be used to control the ball</li> <li>-Move body in different and/or uncomfortable positions to get the ball</li> </ul> <p>DISCOVERY QUESTIONS: -What did you have to do when using ___ to dribble the ball?</p>
<p><u>Activity 2</u> <b>CARS</b> (10-15min) Players do their car impression. Each player dribbles around area according to the "traffic conditions" that are called out: Green: go, Red: stop, Yellow: change direction, First gear: slow, Turbo: fast, Reverse: backwards, Bump: throw ball in air and control on bounce</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> <li>- Changing speed and cutting while controlling ball</li> <li>-Head up</li> <li>-Keep ball close and don't chase</li> </ul> <p>Progression: Add cones or other obstacles that they go around or avoid.</p> <p>Change to bumper cars where they give each other "nudges" to get used to body contact and controlling the ball.</p>	<ul style="list-style-type: none"> <li>-Use all parts of the foot</li> <li>-Quick first step when changing direction</li> <li>-Keep ball close (as appropriate: closer at slower speeds further at faster speeds).</li> </ul> <p>DISCOVERY QUESTIONS: -When might you go fast in a game? slow?</p>
<p><u>Activity 3</u> <b>DRAW</b> (15-20 min) Each player places a foot on the ball. Coach says "Draw." Players try and gain control of ball and then dribble across the line behind them.</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> <li>- Reaction and balance</li> <li>-Turning</li> <li>-Dribbling at pace</li> </ul> <p>Progression: -Kids can cross any line of the box, not just the one behind them -Backs to ball and they turn when "draw" is said</p>	<ul style="list-style-type: none"> <li>- Quick first step with ball</li> <li>- Have the ball under control when crossing the line. It's not the same as shooting a goal.</li> </ul> <p>DISCOVERY QUESTION: -What worked best when trying to control the ball during the first touch</p>
<p><u>Final Game</u> 5v5 (20-25min)</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> <li>- Have fun</li> <li>- Point out any of the above objectives to kids as they are playing</li> </ul>	<ul style="list-style-type: none"> <li>- Limit comments to one or two of the above coaching points</li> </ul> <p>COACHING REMINDER: Kids still have a great imagination at this age. Use that to enhance activities "fun factor." (like making crazy car sounds in "Cars" game or telling them if they go out of bound they will get burned by hot lava)</p> <p>HOMEWORK: Drop ball from hand and kick with right foot then left foot back into hand. 20 times.</p>



## Lesson Plan Form

Coach:  Session date:  Team/Age:

Theme:

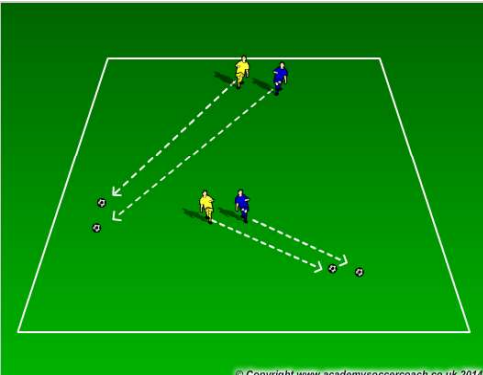
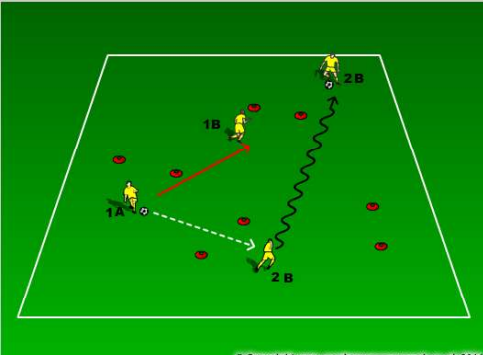
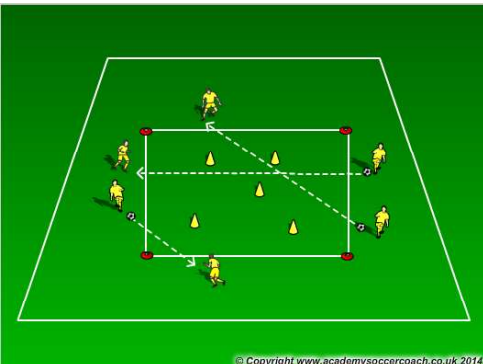

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u>  <b>TRIANGLE, SQUARE, DIAMOND (10-15min)</b>            Make a triangle, square, &amp; diamond in the grid. Give instructions on how you want them to get the ball into a shape: "right foot only into the square", "Be as silly as you can taking the ball to the triangle", "Go as fast as you can to the Diamond."</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> <li>-Movement and control of ball</li> <li>-Using various parts of feet</li> <li>-Controlling ball at various speeds</li> <li>-Quick first step</li> </ul>	<ul style="list-style-type: none"> <li>-Change of speed</li> <li>-Distance of ball from the player and how it changes depending upon speed and proximity to ending shape</li> </ul> <p>DISCOVERY QUESTION:            -What did you need to do as you got closer to a shape? Why did you need to do it?</p>
<p><u>Activity 2</u>  <b>SNAKE TAG II: (10-15min)</b>            kids need pennies one w/ out the ball is the snake. Try &amp; tag other kids as they are dribbling. Once kid is tagged they become part of the snake by holding others penny. Cones spread randomly around &amp; dribblers can't hit them or they become part of the snake.</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> <li>-Controlling ball under pressure</li> <li>-Being aware of defenders and other players</li> <li>-Team work (Snake)</li> </ul> <p>Progression:            May need to start the non-snake members without a ball until they all understand the game</p> <ul style="list-style-type: none"> <li>-Place obstacles around field that dribblers can't hit</li> </ul>	<ul style="list-style-type: none"> <li>-Change of speed (not always going fast or slow with the ball)</li> <li>-Thinking ahead and planing where to go</li> <li>-Communication between snake members</li> </ul> <p>DISCOVERY QUESTIONS            -What did you need to do to keep from being tagged by the snake?            -If you were a snake what did you have to do in order to tag the others?</p>
<p><u>Activity 3</u>  <b>BALL NASTICS: (15-20 min)</b>            Pairs. Kids do various activities as you instruct with the ball (using hands is fine). Pair tick-tocks, Over under (back to back and pass ball over head then between feet), Left-right (same as over-under but pass left to right), have them walk with the ball wedged between backs</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> <li>-Team work and communication</li> <li>-Body movement</li> <li>-Controlling ball while body is off balance, twisted etc...</li> </ul>	<ul style="list-style-type: none"> <li>-Need to be able to control ball no mater what position we are in (we won't always be standing straight up with both feet on the ground).</li> <li>-Need to talk/work with teammate to control ball</li> </ul> <p>DISCOVERY QUESTIONS            -When do you need to talk with teammates during a game?            -What kinds of things do you say to teammates?</p>
<p><u>Final Game</u>  <b>5v5 (20-25min)</b></p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> <li>- Have fun</li> <li>- Point out any of the above objectives to kids as they are playing</li> </ul>	<ul style="list-style-type: none"> <li>- Limit comments to one or two of the above coaching points</li> </ul> <p>COACHING REMINDER:            Use water breaks as I time to prepare kids for the next activity or set up the activity if cones etc... need to be moved.</p> <p>HOMEWORK:            Dribble around and touch objects in yard. When an object is touched stop the ball so the ball is touching feet and you can touch the object at the same time. 20 times.</p>



## Lesson Plan Form

Coach:  Session date:  Team/Age:

Theme:

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u>  <b>MARBLES:</b> (10-15min)            Each person w/ ball but kids in pairs. First kid kicks ball 5-10 yds away. Other player passes their ball and tries to hit first players ball. If hit they get a point. If not then first player tries to hit 2nd player's ball. Restart after each point. Cones are spread about randomly. If a player hits a cone they loose that round</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> <li>- Proper technique</li> <li>- Accuracy</li> </ul> <p>Progression:            - Specify how the ball must be struck</p>	<ul style="list-style-type: none"> <li>- Ankle locked, non-kicking foot toward target, Head up</li> <li>- Proper pace on the ball</li> </ul> <p>Discover Question:            - Where do you need to strike the ball? Why?            - How can you use the cones as part of your strategy?</p>
<p><u>Activity 2</u>  <b>GATE PASSING:</b> (10-15min)            Set up numerous small goal with cones about 1-2 yards apart. Kids partner up and have one ball between them. They dribble around and then pass to their partner through a gate. Then dribble and pass into another gate</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> <li>- Technique while moving (Just this light running will be a challenge to keep technique correct)</li> <li>- Preparing ball for pass</li> <li>- Make sure your partner can receive the pass</li> </ul> <p>Progression:            - See how many they can get in 30 seconds            - Only inside foot, only outside, only left, etc...</p>	<ul style="list-style-type: none"> <li>- Non-kicking foot is key in this activity</li> <li>- Keeping the ball on the ground makes it easier to receive</li> <li>- Proper pace to get through the gate</li> </ul> <p>Discover Question:            - What did you have to do after making a pass? After receiving a pass?            - What were the easiest balls to control?</p>
<p><u>Activity 3</u>  <b>PASS THROUGH:</b> (15-20min)            Put cones or balls randomly within the grid. All kids outside of grid. 1 ball for about every 3 kids. Kids pass ball to one of the other sides. Ball can't hit cones or other balls being played.</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> <li>- Accuracy. This comes with proper technique</li> <li>- Decision making</li> <li>- Calling for ball when open</li> </ul> <p>Progression            - Add more balls            - After a pass have the kids run and touch a corner cone or a cone in the middle (teaching them to move after the pass and not just stand and watch)</p>	<ul style="list-style-type: none"> <li>- When to call and when not to call for the ball</li> <li>- Timing of pass</li> <li>- Choice of who to pass to</li> </ul> <p>Discovery Question:            - When did you make a pass? What did you need to decide?            - What did you do after making a pass?</p>
<p><u>Final Game</u>  <b>5v5</b>            (20-25min)</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> <li>- Have fun</li> <li>- Point out any of the above objectives to kids as they are playing</li> </ul>	<ul style="list-style-type: none"> <li>- Limit comments to one or two of the above coaching points</li> </ul> <p><b>COACHING REMINDER</b>            Have kids active 75-80% of practice time</p> <p><b>HOMEWORK</b>            Try and make 10 passes in a row that hit an object you are aiming for. If 10 in a row is easy do 15.</p>




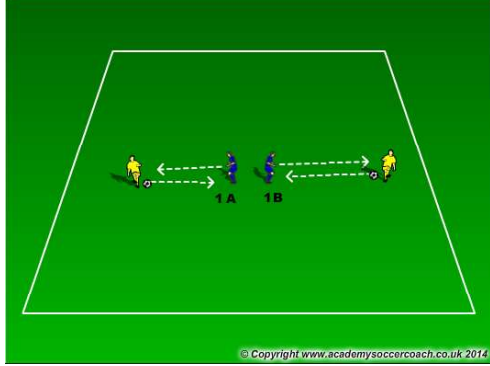


# South East Soccer Club



## Lesson Plan Form

Coach:  Session date:  Team/Age:

Theme:

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> MOVING GOAL (10-15min) Coaches or coach and player hold a penny between them and form a goal. Players pass the ball through the goal. After a few goals player and coach move to another position. Alternate pass on the ground and then next pass is chip over the penny.</p>	 <p>© Copyright www.academyfootballcoach.co.uk 2014</p>	<ul style="list-style-type: none"> <li>-Movement with ball</li> <li>-Passing while moving</li> <li>-Techniques</li> </ul> <p>Progression:</p> <ul style="list-style-type: none"> <li>-Play in pairs</li> <li>-Only certain parts of foot can be used</li> </ul>	<ul style="list-style-type: none"> <li>-Have head up so you can prepare to pass</li> <li>-Lock ankle, non-kicking foot at target, strike ball at or just above center</li> <li>-Ball needs to stay close so you can pass quickly</li> </ul> <p>Discovery Questions</p> <ul style="list-style-type: none"> <li>-What did you need to think about when dribbling?</li> <li>-What did you change when chipping the ball</li> </ul>
<p><u>Activity 2</u> 3 PERSON PASSING (10-15min) Two outside players have the ball. Player in middle receives pass from one player and then passes back to same player. Middle player then turns and receives pass from other player and returns pass. (use cones to mark spots)</p>	 <p>© Copyright www.academyfootballcoach.co.uk 2014</p>	<ul style="list-style-type: none"> <li>-Moving toward ball to receive</li> <li>-Keeping ball on ground</li> <li>-Movement after the pass</li> </ul> <p>Progression:</p> <ul style="list-style-type: none"> <li>-One touch</li> <li>-time them and see how many pass they can get in</li> </ul>	<ul style="list-style-type: none"> <li>-Keep body moving "on toes"</li> <li>-Use both feet</li> </ul> <p>Discovery Question</p> <ul style="list-style-type: none"> <li>-Why do you need to move forward to receive the pass</li> </ul>
<p><u>Activity 3</u> KEEP AWAY (15-20min) Start with number up (5v1 or 6v2 or even everyone against the coach). Team with the ball must pass and keep away from the defender.</p>	 <p>© Copyright www.academyfootballcoach.co.uk 2014</p>	<ul style="list-style-type: none"> <li>-Movement, working to get open</li> <li>-Passing to people that don't have pressure on them</li> <li>-Using all parts of the foot</li> <li>-Pace of ball change</li> <li>-Seeing and understanding different options</li> </ul> <p>Progression:</p> <ul style="list-style-type: none"> <li>-Add or take away defenders</li> <li>-As skill increases make space smaller</li> <li>-After "X" number of pass team gets a point</li> </ul>	<ul style="list-style-type: none"> <li>-You need to keep moving to get open but you wont get the ball every time</li> <li>-Use the appropriate part of the foot and appropriate foot as the play dictates</li> <li>-Timing of passing (not too soon or too late)</li> </ul> <p>Discover Question</p> <ul style="list-style-type: none"> <li>-When did you decide to pass?</li> <li>-Why did you choose to pass to a specific person?</li> <li>-Why did you use "X" foot?</li> </ul>
<p><u>Final Game</u> 5v5 (20-25min)</p>	 <p>© Copyright www.academyfootballcoach.co.uk 2014</p>	<ul style="list-style-type: none"> <li>- Have fun</li> <li>- Point out any of the above objectives to kids as they are playing</li> </ul>	<ul style="list-style-type: none"> <li>- Limit comments to one or two of the above coaching points</li> </ul> <p>COACHING REMINDER</p> <p>At this age there is still a limited ability to remember more than one task.</p> <p>HOMEWORK:</p> <p>Put a lawn chair in the yard and see if you can pass it under and throw the legs 10 times and then over top 10 times.</p>


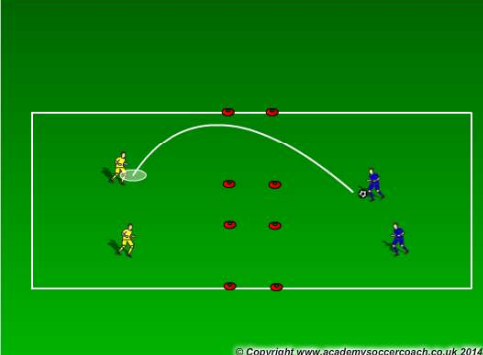
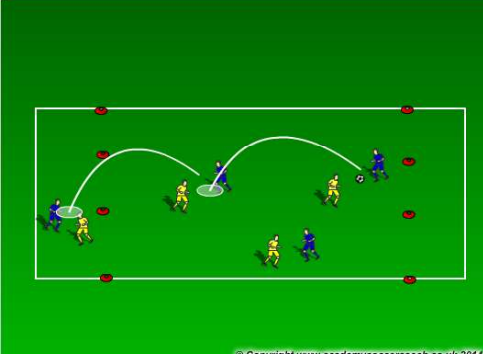





## Lesson Plan Form

Coach:  Session date:  Team/Age:

Theme:

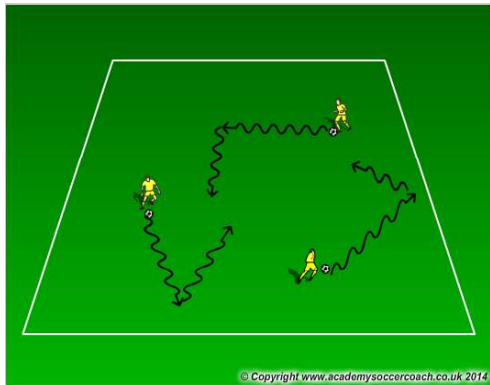
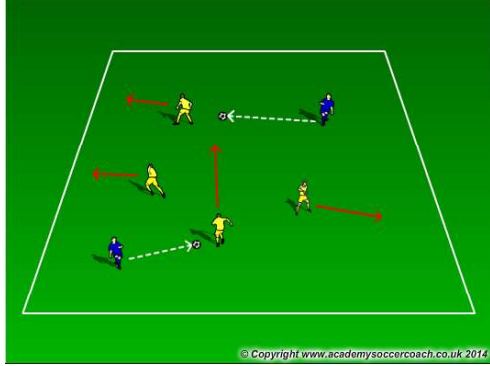


Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u>  <b>JUGGLING (10-15min)</b>            Each player tries to keep their balloon or beach ball up in the air using any body part except for hands. Count how many touches. If it falls to the ground, pick it up try again.</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> <li>-Touch with ball/control</li> <li>-Using various parts of the body</li> <li>-Agility/balance</li> </ul> <p>Progression:            -Juggling in pairs            -One person serves ball to other person to start</p>	<p>Follow object/ball with your eyes.            -Move to get behind and in line with it—don't stretch for it</p> <p>DISCOVERY QUESTION:            -How did you have to prepare to get the ball?</p>
<p><u>Activity 2</u>  <b>SOCCER NEWCOMB (10-15min)</b>            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>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> <li>-Meet the ball with body surface but then "retract/relax" to cushion</li> <li>-Use all parts of body</li> <li>-Moving to get in flight line of ball</li> </ul> <p>Progression:            -Start with hands to catch then move to using no hands but body parts to control ball to ground</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>DISCOVERY QUESTION:            -What did you need to do when receiving with your foot/ thigh, chest</p>
<p><u>Activity 3</u>  <b>TOSS CONTROL CATCH (15-20min)</b>            4v4 in 40x30 yard area (includes 5 yd. end-zone). Toss-receive catch (playing w/ hands) to advance ball. If ball drops to ground goes to other team. Score by receiving and catching in your end zone with out using hands.</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> <li>-Get comfortable with other parts of the body</li> <li>-Decision making regarding what is best body part to use</li> <li>-Using both feet</li> </ul> <p>Progression:            -Limited pressure on thrower at first then more pressure            -Use two balls to create more opportunities score</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><u>Final Game</u>  <b>5v5 (20-25min)</b></p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> <li>- Have fun</li> <li>- Point out any of the above objectives to kids as they are playing</li> </ul>	<ul style="list-style-type: none"> <li>- Limit comments to one or two of the above coaching points</li> </ul> <p>Coaching reminder:            Part of our job is to continue teaching sportsmanship. Ask: What does it mean to be a good sport? How can you be a good sport and play hard at the same time?</p> <p>HOMEWORK:            Toss ball up in air and control after first bound 10 times. Control before first bounce 10 times.</p>



## Lesson Plan Form

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Theme:

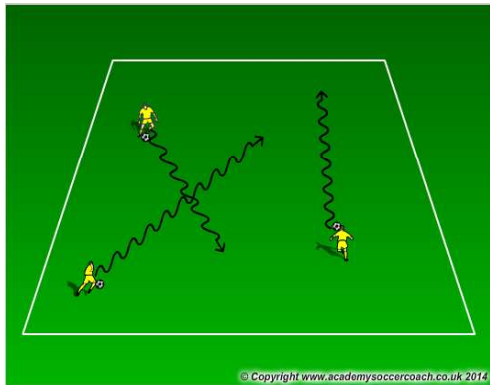



Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u>  <b>STOP &amp; GO (10-15min)</b>            every player dribbling a ball. on command, stop ball and then go with speed. Coach demonstrates stop &amp; go, and players try to copy. Players invent their own stop &amp; go</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> <li>-See ball through bottom of eyes</li> <li>-Keep ball rolling</li> <li>-Use foot brake</li> <li>-Creativity</li> </ul> <p>Progression:            -Add cones as obstacles            -Go in opposite direction</p>	<ul style="list-style-type: none"> <li>-Quick first step</li> <li>-Appropriate distance to push ball out</li> <li>-Different parts of the foot</li> </ul> <p>Discover Questions:            -What do you need to do when making the quick first step?            -What happens if you play the ball too far out? Too close?</p>
<p><u>Activity 2</u>  <b>PAC-MAN (15-20min)</b>            two or three players are "it" to start, and have balls. If you are "it", try to dribble and hit others with passes below the knees. Players who are not "it" may run and jump to avoid being hit if you are hit with a pass, you become "it" too</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> <li>-Keep ball rolling</li> <li>-Eyes up to find space and who is "it"</li> <li>- Change direction and speed</li> <li>- Fake passes</li> </ul>	<ul style="list-style-type: none"> <li>-Anticipating and thinking ahead</li> <li>-Proper pace and distance on ball</li> <li>-Keep head up and be aware of players</li> </ul> <p>Discovery Questions:            -What did you need to do to avoid being hit?            -What did you need to do to hit someone?</p>
<p><u>Activity 3</u>  <b>KNOCKOUT (15-20min)</b>            Every player dribbling a ball. Try to kick other players' balls off the field. If your ball stops rolling or is kicked out, then you must do two juggles before you return to the game</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> <li>-Keep ball rolling</li> <li>-Shielding</li> <li>-See ball through the bottom of your eyes</li> </ul>	<ul style="list-style-type: none"> <li>-Body between ball and other players</li> <li>-Controlling ball with various parts of foot</li> <li>-Use of field/space</li> </ul> <p>Discovery Question:            -How did you protect your ball?            -How did you attack someone else's ball?            -How did you do both at the same time?</p>
<p><u>Final Game</u>  <b>5v5 (20-25min)</b></p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> <li>- Have fun</li> <li>- Point out any of the above objectives to kids as they are playing</li> </ul>	<ul style="list-style-type: none"> <li>- Limit comments to one or two of the above coaching points</li> </ul> <p><b>COACHING REMINDER:</b>            Concepts of time and space are still limited at this age</p> <p><b>HOMEWORK:</b>            Dribble the ball so every step you touch the ball with your feet. Get 20 in a row</p>



## Lesson Plan Form

Coach:  Session date:  Team/Age:  U8s

Theme:  Session 7: Cut Backs

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u>  <b>SQUARE DRIBBLE</b>            (10-15min)            Each player has a ball            Kids dribble within square            and should not run into            cones, other players or            other balls</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> <li>-Awareness</li> <li>-Body control with ball</li> <li>-Quick changes</li> </ul> <p>Progression: Add commands "up" and player jumps up "down" player touches ground "turn" player goes in opposite direction "switch" player leaves ball and gets someone else's, toe taps, etc... Tell them to do something creative with ball (anything goes-even hands- this is how skilled players learn new moves and make things happen)</p>	<ul style="list-style-type: none"> <li>-Need to control our bodies in various positions</li> <li>-Need to control the ball when off balance</li> <li>-Quickness</li> </ul> <p>DISCOVERY QUESTION</p> <ul style="list-style-type: none"> <li>-What did you need to do as you were dribbling?</li> <li>-What did you need to do when you were closer to another player?</li> </ul>
<p><u>Activity 2</u>  <b>CUT BACKS</b> (10-15min)            Demonstrate inside of foot            cutback. Practice within            same grid</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> <li>-Technique: planting foot, body balance</li> <li>-Quick step after cut back</li> </ul> <p>Progression:            Demonstrate other cutbacks:            There are 3 main cutbacks: inside of foot, outside of foot, and behind planted foot. This is a foundational skill for more advanced ball control.</p> <ul style="list-style-type: none"> <li>-Have kids dribble toward a cone that is a defender and then they do a cutback</li> </ul>	<ul style="list-style-type: none"> <li>-Slow and correct is better than fast and wrong</li> <li>-Explode after making cutback</li> <li>-"Wrap" the kicking foot around the ball</li> </ul> <p>DISCOVERY QUESTION:</p> <ul style="list-style-type: none"> <li>-When would a cutback be useful</li> <li>-Why is it important to make a quick first step?</li> </ul>
<p><u>Activity 3</u>  <b>2v2 EITHER END ZONE:</b>            (15-20min)            Make a grid that has two            endzones. Kids can score            by dribbling into any            endzone</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> <li>-Decision making on when to cutback (forward isn't always best choice)</li> <li>-Trying various cutbacks and experimenting</li> <li>-Changing speed</li> </ul>	<ul style="list-style-type: none"> <li>-Proper technique</li> <li>-Looking for open space</li> </ul> <p>DISCOVERY QUESTION:</p> <ul style="list-style-type: none"> <li>-When did you have to go in the opposite direction?</li> </ul>
<p><u>Final Game</u>  <b>5v5</b>            (20-25min)</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> <li>- Have fun</li> <li>- Point out any of the above objectives to kids as they are playing</li> </ul>	<ul style="list-style-type: none"> <li>- Limit comments to one or two of the above coaching points</li> </ul> <p>COACHING REMINDER:            Fun is still a very big motivator</p> <p>HOMEWORK:            Do 20 cutbacks. 10 each foot.</p>



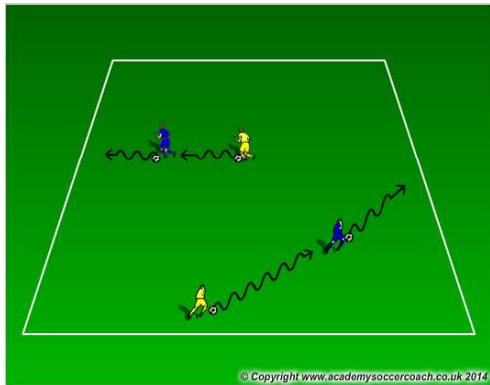

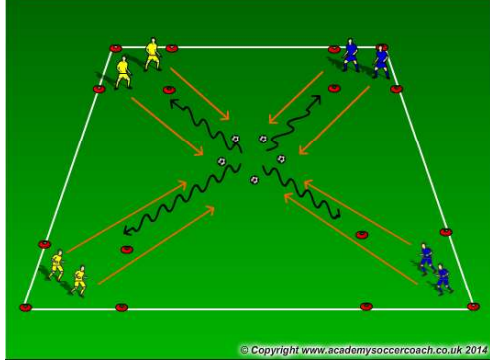

# South East Soccer Club



## Lesson Plan Form

Coach:  Session date:  Team/Age:

Theme:

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u>  <b>SHADOW DRIBBLE:</b>            (10-15min)            Two players (Leader and Shadow) each with a ball will dribble their soccer balls in the grid. The leader will determine where they are going while the shadow will try to keep up with the leader.</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> <li>-Movement and ball control</li> <li>-Turning and changing direction</li> <li>-Heads up and space awareness</li> </ul> <p>Progression:            -Use only favorite foot or other foot.            -Leader must make a move</p>	<ul style="list-style-type: none"> <li>-Heavy touch and light touch</li> <li>-Change direction and change pace</li> </ul> <p>DISCOVERY QUESTION:            -Why is it good to change direction            -What part of the foot can you use to change direction</p>
<p><u>Activity 2</u>  <b>STEAL SHIELD</b> (10-15min)            2 players with one ball. One player starts with the ball and at coach's command, his/her partner tries to steal the ball away. Play 30-45 second matches. The player that ends with the ball gets a point.</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> <li>-Shielding technique</li> <li>-Proper body contact</li> <li>-Balance</li> </ul> <p>Progression:            -Make space smaller or larger</p>	<ul style="list-style-type: none"> <li>-Close touch</li> <li>-Using appropriate part of foot to keep body between defender and ball</li> <li>-Head and eye need to be moving</li> </ul> <p>DISCOVERY QUESTION:            -What part of the foot can you use to shield</p>
<p><u>Activity 3</u>  <b>CAPTURE THE BALL</b>            (15-20min) Players divided into equal teams with each team's home in the corners. Soccer balls in the middle. All players starting inside their home bases. On command, players each get one ball. They try to dribble it into their home base. Players can steal balls from opponent's home bases.</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> <li>-Short and long touches</li> <li>-Speed</li> <li>-Teamwork</li> </ul> <p>Progression            -Change the number of soccer ball            -Restrict dribbling options</p>	<ul style="list-style-type: none"> <li>-Appropriate touch and pace on ball</li> <li>-Control ball at "base"</li> <li>-Team communication</li> </ul> <p>DISCOVERY QUESTION:            -When did you take long touches? Short touches            - (less balls than players) How did you decide who was going to get a ball?</p>
<p><u>Final Game</u>            5v5            (20-25min)</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> <li>- Have fun</li> <li>- Point out any of the above objectives to kids as they are playing</li> </ul>	<ul style="list-style-type: none"> <li>- Limit comments to one or two of the above coaching points</li> </ul> <p>COACHING REMINDER:            -Ask the kids how they know when they are working hard. Why is it important to work hard? Where else do you need to work hard?</p> <p>HOMEWORK:            Dribble around yard. When you get close to an object do a cut back and start your dribble with speed. 20 times.</p>







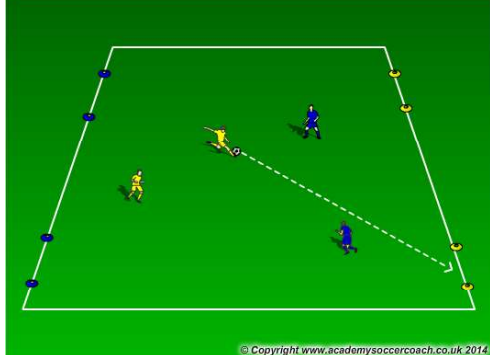

# South East Soccer Club



## Lesson Plan Form

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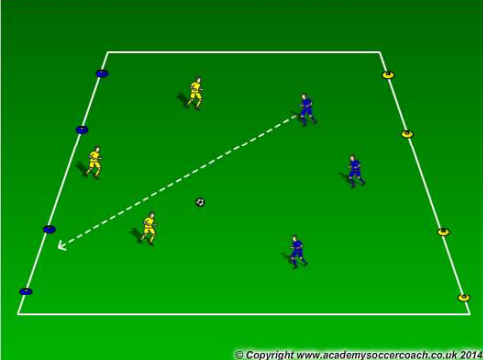

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u>  <b>FOOT JUGGLING (10-15min)</b>            All players with a soccer ball in their hands drop the ball down and try to kick it back up to their hand</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> <li>-Concentrate on foot juggling</li> <li>-Explore</li> <li>-Preparation for shooting</li> </ul> <p>Progression</p> <ul style="list-style-type: none"> <li>-Try high juggle</li> <li>-Low juggles</li> </ul>	<ul style="list-style-type: none"> <li>-Lock ankle</li> <li>-Ball on laces</li> <li>-Watch ball</li> </ul> <p>DISCOVERY QUESTION:</p> <ul style="list-style-type: none"> <li>-What did you do to hit the ball high?</li> <li>-What did your arms do when you were juggling</li> </ul>
<p><u>Activity 2</u>  <b>CLEAN YOUR ROOM (10-15min)</b> Two teams.            Divide grid into 3 portions. The central portion (the buffer zone) is 6yds wide and no one can enter it. 3 goals (3yds each) at the far ends of the grid. Players in each team will try to shoot/pass and score below knee height in any of the other team's goals</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> <li>-Accuracy</li> <li>-Dribbling and shooting</li> <li>-Technique</li> </ul> <p>Progression</p> <ul style="list-style-type: none"> <li>-Ball must be moving when it's hit</li> <li>-Weak foot only</li> <li>-2 touches before shot</li> </ul>	<ul style="list-style-type: none"> <li>-Head up and find target then head down and strike ball</li> <li>-Technique especially planting foot</li> <li>-Choosing correct goal</li> </ul> <p>DISCOVERY QUESTION</p> <ul style="list-style-type: none"> <li>-What did you have to think about before shooting</li> <li>-What part of the foot did you use? Why?</li> </ul>
<p><u>Activity 3</u>  <b>2v2 TO 4 GOALS</b>            Player can score on either of the goals they are going toward. Still want low shots.</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> <li>-Spatial awareness</li> <li>-Shot choice</li> <li>-Power vs accuracy</li> </ul> <p>Progression</p> <ul style="list-style-type: none"> <li>-Score off a pass</li> <li>-Score after beating someone</li> </ul>	<ul style="list-style-type: none"> <li>-Shoot early and often</li> <li>-Only need a little opening</li> <li>-Shooting to far goal when near goal is blocked is a good choice</li> </ul> <p>DISCOVERY QUESTION:</p> <ul style="list-style-type: none"> <li>-What makes a good shot.</li> <li>-How did you choose what goal to go toward</li> </ul>
<p><u>Final Game</u>  <b>5v5 (20-25min)</b></p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> <li>- Have fun</li> <li>- Point out any of the above objectives to kids as they are playing</li> </ul>	<ul style="list-style-type: none"> <li>- Limit comments to one or two of the above coaching points</li> </ul> <p>COACHING REMINDER:            Technique is still developing at this age. Encourage them to slow down.</p> <p>HOMEWORK:            Juggle 10 times with the instep of your right foot only. Then 10 with the instep of your left foot only</p>



## Lesson Plan Form

Coach:  Session date:  Team/Age:

Theme:

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u>  <b>COPS AND ROBBERS</b>            (10-15min) The coach sets up 8-10 stand up (tall) cones in a 20x25 yard grid. Robbers will strike the ball and try to knock the cone (the bank) down. The cops (2 or 3 players) are without soccer balls and are trying to stand all the cones back up before all the banks are robbed. Rotate the cops and the robbers.</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> <li>-Accuracy</li> <li>-Decision making</li> <li>-Movement</li> </ul> <p>Progression</p> <ul style="list-style-type: none"> <li>-Specify type of kick or part of foot to use</li> <li>-Challenge them to try from further away</li> </ul> <p>(if there are no cones that can be knocked over you can put balls on top of flat cones and knock the balls off)</p>	<ul style="list-style-type: none"> <li>-Technique: Locked ankle, strike ball at center or just above, planted foot toward target</li> <li>-Follow shot</li> </ul> <p>Discovery Question</p> <ul style="list-style-type: none"> <li>-What did you need to do to keep the ball low?</li> <li>-Why do we follow the ball after the shot</li> </ul>
<p><u>Activity 2</u>  <b>2v2 CROSS GOAL</b>            (10-15min)            Make 4 goals (any size). Teams can go to either of the two goals that are assigned to them. One team has a set of goals across from each other and the other team has the other set of goals</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> <li>-Turning and shooting</li> <li>-Vision: looking for openings to take shot</li> <li>-Using both feet and various parts of foot to shoot</li> </ul> <p>Progression:</p> <p>Start with two balls then after awhile play with only one</p>	<ul style="list-style-type: none"> <li>-Appropriate touch prior to shot</li> <li>-Find the open space</li> <li>-Choosing to shoot and choosing not to shoot</li> </ul> <p>Discovery Question:</p> <ul style="list-style-type: none"> <li>-How did you choose a goal to shoot at?</li> </ul>
<p><u>Activity 3</u>  <b>3V3 TO 4 GOALS</b> (15-20min)            In a 20x25 yard grid, place a two yard goal with cones close to the corners of each end line. Players will score by dribbling or passing through any of the two goals they are attacking.</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> <li>-Spatial awareness</li> <li>-Shot choice</li> <li>-Power vs accuracy</li> </ul> <p>Progression</p> <ul style="list-style-type: none"> <li>-Score off a pass</li> <li>-Score after beating someone</li> </ul>	<ul style="list-style-type: none"> <li>-Shoot early and often</li> <li>-Only need a little opening</li> <li>-Shooting to far goal when near goal is blocked is a good choice</li> </ul> <p>DISCOVERY QUESTION:</p> <ul style="list-style-type: none"> <li>-How did your teammates help you get a better shot?</li> <li>-If you are not the shooter what is your job when the shot is taken?</li> </ul>
<p><u>Final Game</u>  <b>5v5</b>            (20-25min)</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> <li>- Have fun</li> <li>- Point out any of the above objectives to kids as they are playing</li> </ul>	<ul style="list-style-type: none"> <li>- Limit comments to one or two of the above coaching points</li> </ul> <p>COACHING REMINDER:            Teaching kids to think and make decisions is an important part of the game</p> <p>HOMEWORK:            Juggle 10 times by switching your right foot and left foot after each touch. Only use the instep of your feet. Try 15 if you get 10 in a row.</p>