

Hockessin Soccer Club Instructional Plans

U7/8 Lesson Plan (Session 1)

Activity	Coaching Points
<p>1st Activity (warm-up) <i>Simon Says</i></p> <p>In a rectangular area play Simon Says with the team. If a player does something they are not supposed to issue them a “Gotcha!” Play to see who can get the least “Gotcha’s”. Examples of activities include dribbling in the area, change direction, stop the ball with your Even throw in some trick one’s like kick the ball as far away as you can. Progressions: 1 min. w/o ball, 1 min. w/ball at hands, 4 w/ball at feet</p>	<ul style="list-style-type: none"> • Have the players do several actions like clapping in between your legs and skipping to increase body awareness
<p>2nd Activity <i>Monster Turnaround</i></p> <p>In the same area have everyone dribbling around with a ball. Two monsters (coaches) should be moving around in the area as well. Players get a point for dribbling at the monsters and executing a turn without being tagged by the monster. Play for 30 seconds. Progressions: Play to try to beat your own score.</p>	<ul style="list-style-type: none"> • The players should be able to turn with the: <ul style="list-style-type: none"> ○ Sole of the foot ○ Inside of the foot ○ Outside of the foot • After players turn they should accelerate to get away from the monster • Keep the ball in the defined area
<p>3rd Activity <i>Tigerball</i></p> <p>Each player has a ball except for the “Tigers.” At the coach’s signal, the tigers (2) try to steal a ball from one of the other players. To win it, he must steal the ball with his feet and then hold it above his head in his hands. The tiger should then take the ball to the coach. Now, both players are tigers. Plan until only two people are left and then those players are the next tigers. Progressions: Use only left foot, outsides of feet, soles of feet.</p>	<ul style="list-style-type: none"> • When someone is trying to stop their ball from being taken away, can they keep their body in between the ball and the defender?
<p>4th Activity <i>Soccer Golf</i></p> <p>Set up a golf course in the area and have the players “golf” in pairs. In order to complete a hole the players could be asked to pass their ball into a corner flag or to make the ball stop in a small grid.</p>	<ul style="list-style-type: none"> • Requiring the players to hit a corner flag to finish out a hole demands accuracy • Requiring players to play the ball so that it stops in a small square demands that they play the ball with the proper amount of pace (weight)
<p>5th Activity (the game) <i>Numbers Game</i></p> <p>Split the players into two teams and have them stand on opposite end lines. The game is played on a small soccer field. Assign each player a number on each end (1-5 on one side and 1-5 on the other side). Play a ball into the area and call out a number; those players must then sprint onto the field and play 1v1. Play until a goal is scored or the ball goes out of bounds. Progressions: Have more than one 1v1 game going on at the same time. Call out two numbers. Mix up the numbers.</p>	<ul style="list-style-type: none"> • Don’t be afraid to have more than one 1v1 going on at the same time • Encourage players to shoot whenever they have a clear line of sight to the goal

Scrimmage 4v4

U7/8 Lesson Plan (Session 2)

Activity	Coaching Points
<p>1st Activity (warm-up) <i>Island Game</i></p> <p>Use disc cones to set up small islands (small squares) in a large playing area. Have everyone dribble around in the area. On the coaches signal everyone must dribble with speed to an island; however, only two people are allowed per island. The player (or two) who does not get to an island scores one minus point. Play to see who has the least minus points. Progressions: Start game without balls and then add them.</p>	<ul style="list-style-type: none"> • When dribbling for speed the players do not have to dribble the ball as close • Their should be about five or six steps in between each touch of the ball
<p>2nd Activity <i>Ball Stealing</i></p> <p>Split the team into two groups and give one group red vests and one group blue vests. Give one of the teams balls to dribble. Those players try to dribble inside the area without losing possession of their ball to the other team. The objective is to see which team, red or blue, has the most balls at the end. Players from the same team can work together to steal balls or to keep possession (passing???). Progressions: Rotate who starts with the balls.</p>	
<p>3rd Activity <i>Everyone vs. Everyone</i></p> <p>Set up several small gates in the playing area. Give half to three-quarters of the team a ball. Players with a ball try to dribble/shoot through as many of the small gates as they can. Players without a ball try to steal a ball from someone who has one and then they try to score. Play multiple games and allow everyone to have a chance to beat their own score. Progressions: Define how goals are scored - by dribbling or shooting.</p>	<ul style="list-style-type: none"> • Don't tell the players that they can't dribble through the same gate twice, see if anyone is creative and dribbles through the same gate back and forth • As soon as players go through a gate they should look up to find an open gate and then go for it!
<p>4th Activity <i>Edge of the World</i></p> <p>Each player gets a ball and stands on one sideline of an area. The objective is for everyone to pass their ball so that it stops as close to the other sideline as possible. If the ball goes past the sideline it falls off the edge of the world. Players gets points for getting their ball within one yard (distance depends upon ability) of the line without going over. Progressions: Players play ball with laces, inside of foot, etc.</p>	
<p>5th Activity (the game) <i>Outta There</i></p> <p>In a 25 x 15 yard grid with a goal at each end, play 1v1. The coach stands on the touchline with a supply of ball and a small line of players on each side. The coach plays a ball in and the first person from each line plays 1v1. If a player scores they stay on and the other person leaves. A ball is immediately played back into the game. If the ball goes out of bounds both players are "outta there." This should be a very fast paced game. Progressions: Start with 1v1 and progress to 2v2.</p>	<ul style="list-style-type: none"> • This game should be very fast paced • As soon as the ball goes out of bounds throw another ball in immediately • The coach is the master of the balls, look to see for players that aren't having a lot of success and distribute the ball straight to them • Vary how balls are distributed into the playing area

Scrimmage 4v4

U7/8 Lesson Plan (Session 3)

Activity

Coaching Points

<p>1st Activity (warm-up) <i>Ball Retrieval</i></p> <p>The coach tosses the ball for each player to bring back with his or her hands, elbow, forehead, etc. Have all the players gather closely around you, but not in a line. Each one hands you their ball, which you toss randomly into an open area where they have to go retrieve it and bring it back to you in the manner that you specify as quickly as possible. Progressions: Bring the ball back with two hands, one hand and one forehead, right foot only, etc. The coach should move around the area. Play in pairs now that the children are older.</p>	<ul style="list-style-type: none"> • After a few commands the coach should move to force the players to look up before heading back • This game is great for teaching body awareness, it's fun for the kids too! • Start off by just asking the players to bring the ball back, see if anyone thinks to just pick it up and run it to you?
<p>2nd Activity <i>Hospital Tag</i></p> <p>All players have a ball and are dribbling in an area. The coach is the doctor and stands outside the area. Players dribble in the area and try to tag each other. When tagged, the person has to hold that body part. Once a player is tagged for the third time they go to the doctor and do a task before coming back in. Play to see who can visit the doctor the least. Progressions: Can only dribble with one foot, outsides of feet, soles.</p>	<ul style="list-style-type: none"> • Typically, this game is an elimination game. The players that get their balls kicked out first have to sit. The players that are eliminated first though are the players that need the most help with their shielding technique. The hospital gives them a chance to get back into the game and continue to practice.
<p>3rd Activity <i>Crew vs. Riverhounds (from U6)</i></p> <p>Split the team into two groups and have them spread out and face each other. Between the two groups set up several large cones. One of the groups needs balls. On the coaches command one of the groups (make up names for them) strikes the ball and tries to topple as many cones as they can. The other team collects the balls and after the coach sets the cones back up they do the same activity. Progressions: Must strike ball with laces or inside of foot only.</p>	<ul style="list-style-type: none"> • If the teams are having trouble hitting cones put more down • Can the players lock their ankles (toes should be pointed up) and follow through in the direction of the target?
<p>4th Activity <i>Soccer Marbles</i></p> <p>Everyone needs to be in pairs with a ball for everyone. One player plays their ball and the other person tries to play their ball and hit the first ball while it is still moving. If the person misses the first person quickly goes to their ball and tries to play it to hit the second players ball. Players get a point each time they hit the ball. Progressions: Must strike ball with laces, inside of foot, left foot only, etc.</p>	<ul style="list-style-type: none"> • Can the players lock their ankles (toes should be pointed up) and follow through in the direction of the target?
<p>5th Activity (the game) <i>GK Game</i></p> <p>Set up several small 10 x 20 yard fields and have the team play 2v2 in them. When a team is on defense they have to have one person drop back and be a goalie. When the defender steals the ball he passes the ball back to the goalie and they then start to attack. While this is happening the other team is having someone drop back into their goal. Comments: Have several games going at once and rotate the teams so everyone two person teams gets to play all the other teams.</p>	<ul style="list-style-type: none"> • Physically demanding game • The nature of the game demands instant transition from attack to defense

Scrimmage 4v4

U7/8 Lesson Plan (Session 4)

Activity	Coaching Points
<p>1st Activity (warm-up) <i>Pair Tag</i></p>	<ul style="list-style-type: none"> • Don't let games like this go on for too long, young kids

<p>Set up a fairly large area and have everyone get a partner. Everyone jogs around in the area and on the coaches signal one pre-designated person tries to tag the other as many times as they can in 10 seconds. Players get a point for each tag. Who can score the most points in five rounds?</p> <p>Progressions: Might be possible to add a ball, may be too difficult though.</p>	<p>will go all out for about 20-30 seconds and then they will be exhausted</p> <ul style="list-style-type: none"> • Player several short rounds rather than one or two very long rounds
<p>2nd Activity <i>Shadow Running</i></p> <p>Everyone has a pair again. This time, one person moves around in an area while the other tries to shadow them, doing everything they do. The person can stop to stretch, change direction, pretty much whatever they want. Play for 20 seconds at a time.</p> <p>Progressions: Add a ball for each player.</p>	<ul style="list-style-type: none"> • Stretching can be added to this game
<p>3rd Activity <i>Coconut Shy Game</i></p> <p>Everyone pairs up and stands 10 yards apart; one of the players needs a ball. In between the players is a ball on top of a disc cone. The players pass the ball back and forth trying to knock the ball (coconut) off of the cone. The person who knocks the ball off the cone puts in back on while the other person retrieves the game ball. Which pair can score the most points in a minute?</p> <p>Progression: Specify what surface they must use to strike the ball.</p>	<ul style="list-style-type: none"> • Can the players lock their ankles (toes should be pointed up) and follow through in the direction of the target?
<p>4th Activity <i>Pairs Game</i></p> <p>Set up several small gates inside an area (one more gate than the number of pairs). The players are divided into pairs who play 1v1 to the small gates. Each pair has a ball; whoever has the ball tries to dribble through as many gates as they can. When they lose the ball the other person tries to score as many points as they can as well.</p> <p>Progressions: Score by dribbling through a goal. Score by dribbling through the goal and stopping the ball within two yards for your opponent to take.</p>	<ul style="list-style-type: none"> • Try to make sure everyone is with a partner of relatively the same ability • The progression is good because if one player is dominating the other player will get plenty of opportunities
<p>5th Activity (the game) <i>2v2 to multiple goals</i></p> <p>Use the same set-up as in activity four but now each pair becomes a team. Play 2v2 into the multiple goals.</p> <p>Progressions: A team can score by dribbling through a goal. A team can score by passing through a goal. A team can score by passing the ball through a gate to their teammate on the other side.</p>	<ul style="list-style-type: none"> • Have three or four small goals so their isn't a lot of congestion • Can we try to score on a goal where there is not a defender (very simple language for advanced tactical concept of playing the ball away from pressure)

Scrimmage 4v4

U7/8 Lesson Plan (Session 5)

Activity	Coaching Points
<p>1st Activity (warm-up) <i>Hunters and Hares</i></p>	<ul style="list-style-type: none"> • The hares must constantly be looking all around for

<p>Players are in a marked playing area. One to three hunters have a ball and are hunters. The other players are hares. The hunters throw the ball at the hares (must hit hares below the waist). When a hare is hit by a ball, he picks it up and becomes a hunter.</p> <p>Progressions: The hares each have a ball and the hunters have to throw their ball and hit the hare's ball. Or, make it so the hunters have to kick the hare's ball.</p>	<p>hunters who may try to throw a ball at them</p> <ul style="list-style-type: none"> • By making the hunters throw their ball at the hares ball the technique of shielding is introduced for the hares
<p>2nd Activity <i>Foxes and Hunters</i></p>	<ul style="list-style-type: none"> • Can hunters use disguise in their dribbling to catch a fox off guard? • Once again, great vision is required by the foxes to look for hunters dribbling the ball at them • Hunters could be required to kick their ball off of the fox's ball.
<p>Players on the inside of a marked area are foxes. Players on the outside are hunters (have one to three). Hunters dribble into the grid and try to dribble their ball into the foxes so that it hits them below the knees. If a fox is hit, the fox drops down to one knee and tries to kick the ball away from the other hunters that are dribbling by. Once all of the foxes are down the teams switch roles. Time each team, the team that stays alive longest wins.</p> <p>Progressions: Specify how hunters must dribble. Give foxes a ball too.</p>	<ul style="list-style-type: none"> • When someone is trying to stop their ball from being taken away, can they keep their body in between the ball and the defender?
<p>3rd Activity <i>Tigerball</i></p>	<ul style="list-style-type: none"> • A fun little game to play that gets the children moving
<p>Each player has a ball except for the "Tigers." At the coach's signal, the tigers (2) tries to steal a ball from one of the other players. To win it, he must steal the ball with his feet and then hold it above his head in his hands. The tiger should then take the ball to the coach. Now, both players are tigers. Plan until only two people are left and then those players are the next tigers.</p> <p>Progressions: Use only left foot, outsides of feet, soles of feet.</p>	
<p>4th Activity <i>Tunnel Passing</i></p>	<ul style="list-style-type: none"> • By changing how goals are scored different demands are placed on the players • By taking away the goals, players must take on defenders and beat them to get to the line behind them, they can't just fire shots off and hope one gets through into the net
<p>Two players face each other at a distance of one yard. Player one has 30 seconds to pass the ball as many times as possible through the tunnel formed by the separated legs of player two. While the first player is kicking the ball back and forth through the second player's legs; the second player should be counting how many times the first player kicks the ball through his or her legs.</p> <p>Progressions: Use left foot only, use only soles of both feet, etc.</p>	
<p>5th Activity (the game) <i>German Game</i></p>	
<p>Set up several 20 x 10 yard playing areas. Have the players play 2v2 inside the areas. Instead of scoring by kicking the ball through goals, players must score by dribbling the ball over his opponent's endline. Play for two minutes and then the teams rest for one minute. Switch who plays who as well.</p> <p>Comments: The pair that wins the most games could be the tournament winner.</p>	

Scrimmage 4v4

U7/8 Lesson Plan (Session 6)

Activity	Coaching Points
<p>1st Activity (warm-up) <i>Simon Says</i></p>	<ul style="list-style-type: none"> • Same games as in session 1 however use this as a

<p>In a rectangular area play Simon Says with the team. If a player does something they are not supposed to issue them a “Gotcha!” Play to see who can get the least “Gotcha’s”. Examples of activities include dribbling in the area, change direction, stop the ball with your Even throw in some trick one’s like kick the ball as far away as you can. Progressions: 1 min. w/o ball, 1 min. w/ball at hands, 4 w/ball at feet</p>	<p>measuring stick to see how far the players have progressed.</p> <ul style="list-style-type: none"> • Increase the difficulty of the tasks that you are giving. • Challenge each player to achieve the goal at their own ability level
<p>2nd Activity <i>Sharks and Minnows</i></p>	<ul style="list-style-type: none"> • When someone is trying to stop their ball from being taken away, can they keep their body in between the ball and the defender? • Can we spin away from pressure (a defender)?
<p>Mark off an area on the field as the pond. Choose a couple of players to be sharks – they won’t have balls, but they are on the prowl for someone else’s. All the other players are minnows dribbling around in the pond. The sharks must try to take someone else’s ball away or kick the person’s ball out of the pond. If they succeed, then they become a minnow, and the person whose ball was kicked becomes the shark.</p>	
<p>3rd Activity <i>Gate Dribbling</i></p>	<ul style="list-style-type: none"> • Don’t tell the players they can’t dribble through the same gate twice, wait and see if anyone can figure it out
<p>Divide the players into pairs. Set up a series of small goals or gates using disc cones throughout a 30 x 30 yard area. Each pair has one ball. In order to score a point one of the partners must dribble the ball through a goal. Can one player dribble the ball through a goal can the other get in front of another goal and receive a pass so he can then dribble through a goal? Play for 30 seconds at a time. Progressions: Specify how players must dribble.</p>	
<p>4th Activity <i>Gate Passing</i></p>	<ul style="list-style-type: none"> • Don’t tell the players they can not pass the ball through the same gate twice • Is it possible to pass the ball through two gates with one pass? • Encourage the players not to get close to the gates when passing the ball through
<p>Using the same set-up as above, except now in order for pairs to score one partner must pass the ball through a gate to their partner on the other side. Make sure you have more goals than pairs. Play for 30 seconds at a time.</p>	
<p>5th Activity (the game) <i>Outta There</i></p>	<ul style="list-style-type: none"> • This game should be very fast paced • As soon as the ball goes out of bounds throw another ball in immediately • The coach is the master of the balls, look to see for players that aren’t having a lot of success and distribute the ball straight to them • Vary how balls are distributed into the playing area
<p>In a 25 x 15 yard grid with a goal at each end, play 1v1. The coach stands on the touchline with a supply of ball and a small line of players on each side. The coach plays a ball in and the first person from each line plays 1v1. If a player scores they stay on and the other person leaves. A ball is immediately played back into the game. If the ball goes out of bounds both players are “outta there.” This should be a very fast paced game. Progressions: Start with 1v1 and progress to 2v2.</p>	

Scrimmage 4v4

U7/8 Lesson Plan (Session 7)

Activity	Coaching Points
<p>1st Activity (warm-up) <i>Island Game</i></p>	<ul style="list-style-type: none"> • When dribbling for speed the players do not have to

<p>Use disc cones to set up small islands (small squares) in a large playing area. Have everyone dribble around in the area. On the coaches signal everyone must dribble with speed to an island; however, only two people are allowed per island. The player (or two) who does not get to an island scores one minus point. Play to see who has the least minus points.</p> <p>Progressions: Start game without balls and then add them.</p>	<p>dribble the ball as close</p> <ul style="list-style-type: none"> • Their should be about five or six steps in between each touch of the ball
<p>2nd Activity <i>Tail Tag</i></p>	<ul style="list-style-type: none"> • Can anyone think to just pull out their own tail? • Each player could have three tails, one in back and one on each side • Is it better to hide in a corner where there is no space or go into the middle where your back is exposed?
<p>Players run around in a 20 x 15 yard area. Players have a “tail” (practice vest) tucked into the back of their shorts. All of the players try to steal the other player’s “tail”. When a player loses their “tail” they keep on playing. Play to see who can steal the most “tails”.</p> <p>Progressions: Who is the last player to have their “tail” taken? Each player has a ball. Have players dribble in a specified way.</p>	
<p>3rd Activity <i>Pac Man</i></p>	<ul style="list-style-type: none"> • Can we fake like we are going to pass the ball and try to make the players jump, and then hit them right when they land • Players must lead the people who are running (pass the ball in front of them where they are going, not right at them so by the time the ball gets their the player is already gone)
<p>Players are in a confined area, running around. Two players are Pac Man and have a ball outside of the area. On the coaches command the Pac Men (or Women) dribble into the area and try to pass their ball so that it hits one of the players below the knees. When a player is hit they go get a ball and join the original Pac Men.</p> <p>Progressions: Specify how players must strike the ball (laces, inside of feet, outside of feet)</p>	
<p>4th Activity <i>Moving Target (In pairs)</i></p>	<ul style="list-style-type: none"> • The coaches can move towards certain players who aren’t having much success • The coaches can vary their speed to make the game easier or more demanding
<p>Players are in pairs and share a ball. The coach and a chosen assistant are holding a vest between them above waist height. The coach and assistant form a goal, and move around in an area. The players try to pass their ball through the moving goal to their partner. Obviously the players will bunch around the goal so the goal must move to open space to spread out the players.</p> <p>Progressions: Specify how the ball has to be played through the goal. Add a second moving goal.</p>	
<p>5th Activity (the game) <i>German Game</i></p>	<ul style="list-style-type: none"> • By changing how goals are scored different demands are placed on the players • By taking away the goals, players must take on defenders and beat them to get to the line behind them, they can’t just fire shots off and hope one gets through into the net
<p>Set up several 20 x 10 yard playing areas. Have the players play 2v2 inside the areas. Instead of scoring by kicking the ball through goals, players must score by dribbling the ball over his opponent’s endline. Play for two minutes and then the teams rest for one minute. Switch who plays who as well.</p> <p>Comments: The pair that wins the most games could be the tournament winner.</p>	

Scrimmage 4v4

U7/8 Lesson Plan (Session 8)

Activity	Coaching Points
<p>1st Activity (warm-up) <i>Ball Retrieval</i></p>	<ul style="list-style-type: none"> • After a few commands the coach should move to force

<p>The coach tosses the ball for each player to bring back with his or her hands, elbow, forehead, etc. Have all the players gather closely around you, but not in a line. Each one hands you their ball, which you toss randomly into an open area where they have to go retrieve it and bring it back to you in the manner that you specify as quickly as possible. Progressions: Bring the ball back with two hands, one hand and one forehead, right foot only, etc. The coach should move around the area. Play in pairs now that the children are older.</p>	<p>the players to look up before heading back</p> <ul style="list-style-type: none"> • This game is great for teaching body awareness, it's fun for the kids too! • Start off by just asking the players to bring the ball back, see if anyone thinks to just pick it up and run it to you?
<p>2nd Activity <i>Freeze Tag</i></p>	<ul style="list-style-type: none"> • Give the taggers a ball, in order to freeze someone they have to pass the ball off of them, in order for them to be unfrozen one of their teammates has to crawl through their legs
<p>Break the team into three or four groups. One of the groups is the taggers and everyone else is running around in a marked area. When tagged the players have to stand with their legs apart and are frozen. To be unfrozen one of the other players must crawl through their legs. Time the groups and see which group can tag everyone the quickest. Progressions: Give everyone a ball, players are unfrozen when a ball is passed through their legs. When tagged, players should hold the ball they are dribbling over their head.</p>	
<p>3rd Activity <i>Hunters and Hares</i></p>	<ul style="list-style-type: none"> • The hares must constantly be looking all around for hunters who may try to throw a ball at them • By making the hunters throw their ball at the hares ball the technique of shielding is introduced for the hares
<p>Players are in a marked playing area. One to three hunters have a ball and are hunters. The other players are hares. The hunters throw the ball at the hares (must hit hares below the waist). When a hare is hit by a ball, he picks it up and becomes a hunter. Progressions: The hares each have a ball and the hunters have to throw their ball and hit the hare's ball. Or, make it so the hunters have to kick the hare's ball.</p>	
<p>4th Activity <i>Marbles</i></p>	<ul style="list-style-type: none"> • This requires accurate passes played at an appropriate pace (speed)
<p>One ball per person with players in pairs. One partner passes their ball five to ten yards away. The other partner plays their ball and tries to hit the first ball played. If they can do so, they get a point. If they miss, it is instantly the first player's turn again and they must play their ball to try to hit the second player's ball. Players try to be their partner to five or ten points. Progressions: Specify how the ball must be struck.</p>	
<p>5th Activity (the game) <i>Numbers Game</i></p>	<ul style="list-style-type: none"> • Don't be afraid to call out more than one number at a time to have either: <ul style="list-style-type: none"> ○ More than one 1v1 game going on at the same time OR ○ A 2v2 game going on
<p>Split the players into two teams and have them stand on opposite end lines. The game is played on a small soccer field. Assign each player a number on each end (1-5 on one side and 1-5 on the other side). Play a ball into the area and call out a number; those players must then sprint onto the field and play 1v1. Play until a goal is scored or the ball goes out of bounds. Progressions: Have more than one 1v1 game going on at the same time. Call out two numbers. Mix up the numbers.</p>	

Scrimmage 4v4