

U8/U10 LESSON PLAN – DribblingA

Activity Name	Description	Diagram	Purpose/Coaching Points
Warm-up: Dribbling Square	<p>Each player has a ball and dribbles within the area. Encourage them to use different surfaces to dribble: inside of foot, outside of foot, bottom of foot. To get their eyes of the ball, tell them to high five other players as they pass them.</p> <p>About 3-4 times, have them complete one or two of the drills on the footskills homework sheet.</p>	Use half of U8 field or penalty area on U10 field	<ul style="list-style-type: none"> • Work hard • Who has been doing their homework? • Go work with individuals struggling with certain skills
Dribbling Lines	<p>Divide team into 4 groups. Each group goes to a cone.</p> <p>Players dribble to other line. At cone in center, they make a move to beat a defender.</p>	<p>Create 2 lines by placing cones about 25 yards apart</p> <p>1 ball per line</p>	<ul style="list-style-type: none"> • Head up while dribbling • Use different surfaces on the move at the center • Coach can jump in as defender to increase challenge
King of the Ring	All players start with a ball somewhere in the ring. Players control their ball while trying to kick opponents ball out of ring. For the first minute, a player can re-enter by doing 10 toe taps. After that minute, players are eliminated until there is just one left.	<p>Create a 20-yard circle using cones</p> <p>Everyone has a ball</p> <p>Stopwatch or estimate time</p>	<ul style="list-style-type: none"> • Use your body to shield the ball • Quick feet to move into space
1 v 1	Partner players up based on skill level Players play 1 v 1 and score by hitting cone with ball. Play for about 3-4 minutes and then switch up partners.	Place 2 cones per group about 15 yards apart. Leave space between each group so they aren't running into each other	<ul style="list-style-type: none"> • Make an explosive move past defender to go score • Defenders need to break down and not lunge.
Scrimmage	<p>Divide the team into 2 equal groups.</p> <p>If you have odd numbers, coach can play GK for one side.</p>	<p>Full U8 field. Make goal with cones on U10 field if you have less than 5v5.</p> <p>One team with pennies</p>	<ul style="list-style-type: none"> • Spread out • Try to beat a defender and go score • Don't take risks with dribble in your defensive end • Have fun!

U8/U10 LESSON PLAN – DribblingB

Activity Name	Description	Diagram	Purpose/Coaching Points
Warm-up: Random gates	<p>Players dribble through gates. Time them for a minute and have them count how many they get. Do it again and challenge them to improve by at least one gate.</p> <p>Add that they must go through the gate using the outside of their foot.</p> <p>Add that they must go through each gate twice by dribbling around one of the cones.</p>	Place random gates about 2 yards apart throughout half the field	<ul style="list-style-type: none"> • Head up • Use all surfaces • Use both feet as you turn around the cones
Footskill homework	<p>Players demonstrate footskills from one cone to the other.</p> <p>Introduce a new footskill each time you use this plan. Practice each known footskill each time you use this plan.</p>	Place cones about 20 yards apart	<ul style="list-style-type: none"> • Remind them to work on these at home • Encourage, encourage, encourage!!!
Bulldog	<p>Players line up, each with a ball, on one side of grid.</p> <p>1 Player, the “bulldog” does not have a ball and is in the center of grid.</p> <p>On your command, players try to dribble past the “bulldog” to the other side of the grid. They must have control of the ball on the other side or they are out.</p> <p>If the “bulldog” kicks a players ball outside the grid, they are out until the next game.</p>	<p>Create an alley that is about 20 yards long and 10 yards wide (wider and longer if you have lots of players)</p> <p>Last person with ball becomes the next “bulldog”</p>	<ul style="list-style-type: none"> • Head up while dribbling • Make an explosive move past the bulldog • Bulldog should break down on defense and hustle to try to eliminate as many as possible each turn
3 v 3 no GKs	<p>Divide the team into 2 equal groups.</p> <p>Play 3 v 3 with no GKs</p> <p>Players score by dribbling ball into goal</p> <p>Coach makes sure there are always at least 2 balls on the field. 3 at once is great too.</p>	<p>Play sideways on U8 or U10 field with cones on sidelines as goals.</p> <p>Coach should have multiple balls so they can make sure there are always at least 2 in play at once.</p>	<ul style="list-style-type: none"> • Lots of 1 v 1 situations with multiple balls • Great for fitness
Scrimmage	<p>Divide the team into 2 equal groups.</p> <p>If you have odd numbers, coach can play GK for one side.</p>	<p>Full U8 field. Make goal with cones on U10 field if you have less than 5v5.</p> <p>One team with pennies</p>	<ul style="list-style-type: none"> • Spread out • Try to beat a defender and go score • Don’t take risks with dribble in your defensive end • Have fun!

U8/U10 LESSON PLAN – Passing A

Activity Name	Description	Diagram	Purpose/Coaching Points
Warm-up	<p>Flag tag. Players tuck a penny in the back of their shorts and run around trying to get everyone else's flag while guarding their own. Once your flag is taken, you are out and wait until next game.</p>	<p>Use half of the U8 field or the penalty area on the U10 field</p> <p>Make the grid smaller by having them stay on side of you as the number of players decreases</p>	<ul style="list-style-type: none"> • Have fun and get their hearts beating • Play 3-4 games
Passing lines	<p>Partner up and pass back and forth to a partner. Start about 5 yards away and then move to about 10 yards away.</p>	<p>Set up a line of cones at 5 yards and 10 yards apart.</p>	<ul style="list-style-type: none"> • Pass to partners feet • Receive with one touch and pass with a second touch • Open up the foot, lock the ankle and bend at the knee
Passing down the field	<p>Partners line up across from one another and pass ball back and forth to other end of the field and finish with a shot.</p>	<p>Lines should be near where penalty area intersects endline in order to encourage long passes.</p>	<ul style="list-style-type: none"> • Pass it in front of partner • Run to where the ball is going to be. • Pass with the proper foot.
2 v. 1 and 3 v. 2 with GK	<p>2 offensive players try to score against 1 defensive player and goalkeeper. Progress to 3 v. 2 Work on drawing defender to you and then passing to open player</p>	<p>2-3 lines at half line 1-2 line next to goalposts 1 goalkeeper in net Defenders where pennies</p>	<ul style="list-style-type: none"> • When to dribble and when to pass • Quick shot off of pass • Spread out
Scrimmage	<p>Divide the team into 2 equal groups.</p> <p>If you have odd numbers, coach can play GK for one side.</p>	<p>Full U8 field. Make goal with cones on U10 field if you have less than 5v5.</p> <p>One team with pennies</p>	<ul style="list-style-type: none"> • Spread out • Pass the ball to open teammates • Don't watch; get open • Have fun!

U8/U10 LESSON PLAN – PassingB

Activity Name	Description	Diagram	Purpose/Coaching Points
Warm-up: First touches	Partner up with a ball per group Stand 3-5 yards away. Softly toss ball to teammate who controls (traps) it and passes back to teammates feet. Switch after 10 touches.	Set up a line of cones at 5 yards apart	<ul style="list-style-type: none"> • Soft first touch • Should be able to control and pass with 2 touches • Controlled pass back to teammate
Knockout	Divide the team into 2 equal groups. These will be the same throughout this practice. Players on Team A each have a ball and attempt to dribble around grid and pass it in order to hit players on Team B below the knee. If a Team B player is hit, they are out. Play until all Team B players are hit. Then switch roles.	Create a grid with cones that is about 15 yards by 15 yards Time how long it takes for each team to eliminate their opponent. Loser does sit-ups!	<ul style="list-style-type: none"> • Head up while dribbling • Controlled pass is easier to retrieve if you miss • Work together to corner opponents
Number Game	Divide the team into 2 equal groups. Number players from each group 1, 2, 3, etc.. Players start on sideline at midfield. Call out a number (or series of numbers). Players with that number must run to opposite corners of field and then enter the field. They play to score in the goal on the opposite side Once a team scores or the ball is out, call different numbers.	Use all of U8 field. U10 plays sideways with cone goals on sideline One team with pennies. 2-3 balls with coach to keep the game moving. Players should retrieve ball and bring it back to you after their turn.	<ul style="list-style-type: none"> • Number based on skill level • Start with 1 v 1 and build to 3 v 3. Mix up numbers • Great for fitness • Don't bunch up. Communicate and find a shape.
Pass thru the gates	Keep team divided into the 2 groups. Object of game is to pass through a cone gate to a teammate. To score, the pass must be completed. Teams can score multiple goals on each possession.	Create gates of 2 cones about 2 yards apart around half of a field. One team with pennies Play to 5 and play multiple games if needed. Loser does situps!	<ul style="list-style-type: none"> • Communicate • First touch into space • Move without the ball to provide scoring opportunities
Scrimmage	Divide the team into 2 equal groups. If you have odd numbers, coach can play GK for one side.	Full U8 field. Make goal with cones on U10 field if you have less than 5v5. One team with pennies	<ul style="list-style-type: none"> • Spread out • Pass the ball to open teammates • Don't watch; get open • Have fun!

U8/U10 LESSON PLAN – Shooting

Activity Name	Description	Diagram	Purpose/Coaching Points
Warm-up: Flag Tag	Players tuck a penny in the back of their shorts and run around trying to get everyone else's flag while guarding their own. Once your flag is taken, you are out and wait until next game.	Use half of the U8 field or the penalty area on the U10 field Make the grid smaller by having them stay on side of you as the number of players decreases	<ul style="list-style-type: none"> • Have fun and get their hearts beating • Play 3-4 games • Want to get them nice and warm before moving to shooting
Striking I	Each player has a ball strikes with laces into net	Everyone with a ball (half at each goal if necessary)	<ul style="list-style-type: none"> • Bring heel to butt • Point toe and lock angle • Hit with laces • Follow through
Striking II	Partner up with each group having a ball. Partners line up across from one another with a cone goal in between. They shoot ball hard on the ground through the cones to partner using laces.	Partners with 1 ball per group Cones placed at midfield about 3 yards apart Lines are about 25-30 yards apart and as spread out as possible	<ul style="list-style-type: none"> • Use laces • Follow through low • Toe on plant foot pointed toward target • Keep ball low with top spin
Shooting Line	Players line up near center circle. Players pass ball to coach and then make a run to the cone. They control pass back from coach and then take a shot at goal. Retrieve ball, go around drill and to back of line Work in a GK if you'd like	Cones about 10 yards apart on the top of the penalty area. Coach stands between cones	<ul style="list-style-type: none"> • Explosive run after pass • Good first touch • Strike with laces • Shoot to far post
Scrimmage	Divide the team into 2 equal groups. If you have odd numbers, coach can play GK for one side. 3 points for every goal and 1 point for every shot on goal to encourage shooting.	Full U8 field. Make goal with cones on U10 field if you have less than 5v5. One team with pennies	<ul style="list-style-type: none"> • Make runs toward goal • Look to shoot • Have fun!

U8/U10 LESSON PLAN – Defending

Activity Name	Description	Diagram	Purpose/Coaching Points
Warm-up: Quick Switch Dribbling	Each player has a ball and dribbles within the area. Upon your command, players stop their ball and then run and get someone else's ball.	Use half of U8 field or penalty area on U10 field	<ul style="list-style-type: none"> • Work hard • Get the heart pumping and get comfortable with ball to work on defenders
Winning the Ball	Divide into 3 groups. Players in groups A and B each have a ball. Players in group C are defenders. Defenders try to win the ball from players with the ball. If they win the ball, they then try to dribble it to the coach. The player that lost the ball can try to steal it back. If the defender reaches the coach with the ball, the player that lost the ball becomes a defender.	Create a grid of about 20 x 30 yards Adjust size based on number of players	<ul style="list-style-type: none"> • Break down and win the ball • Don't just kick it out, control it • If you lose the ball, quickly apply pressure on opponent
Number Game	Divide the team into 2 equal groups. Number players from each group 1, 2, 3, etc.. Players start on sideline at midfield. Call out a number (or series of numbers). Players with that number must run to opposite corners of field and then enter the field. They play to score in the goal on the opposite side. Once a team scores or the ball is out, call different numbers.	Use all of U8 field. U10 plays sideways with cone goals on sideline One team with pennies. 2-3 balls with coach to keep the game moving. Players should retrieve ball and bring it back to you after their turn.	<ul style="list-style-type: none"> • Number based on skill level • Start with 1 v 1 and build to 3 v 3. Mix up numbers • Great for fitness • Don't bunch up. Communicate and find a shape.
3 v 2 no GK	Players play 3 v 2 to goal. Defenders work on Pressure and Cover. 1 defender applies pressure while the other player covers their teammate and is aware of other offensive players. Once a pass is made, roles reverse.	3 lines at halfline (offense) 2 lines at goalposts (defense) Defense wear pennies	<ul style="list-style-type: none"> • Pressure and Cover • Defender pressuring ball recovers to a cover position while cover goes to pressure on pass
Scrimmage	Divide the team into 2 equal groups. If you have odd numbers, coach can play GK for one side. 3 points for every goal and 1 point for every shot on goal to encourage shooting.	Full U8 field. Make goal with cones on U10 field if you have less than 5v5. One team with pennies	<ul style="list-style-type: none"> • Pressure and Cover • Have fun!

Working During Your Own Time

By Adrian Parrish
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Director of Coach & Player Development



During your regular soccer season you may only practice or play with your club for 3 to 5 hours a week. If your team participates during an indoor season on average you may only get together once for an hour plus a game. It is already a well known fact that teams and players in the United States have a lower practice to game ratio than any other nations in the world. Yet more and more players are signing up to play organized soccer than any other sport.

If a child is serious about the sport and participate in an elite program such as ODP they need to dedicate a significant amount of time to improving their skills outside all of their regular organized practices.

Children that do this will develop a real love for the game, although as coaches and parents we can constantly encourage and recommend this, the players themselves must have the drive and desire to do it. The best coach is always going to be the player themselves. They will learn from mistakes, they will express themselves more freely without having been told what to do.

Working on such skills will also help a player develop a quality first touch and be more comfortable on the ball when under pressure. Players that are capable of doing such skills allow their coach the opportunity to move them on to the next level

Homework can be set by the coach including such things as dribbling feints, ball manipulation moves, juggling challenges and using the wall for improving you passing can all be practiced at home either as an individual or in a small group of friends.

The Home-Work Sheet along with descriptions below are skills you can do on your own time, all you need is a ball and an area as large as 5yd x 5yd grid. So even the excuse of bad weather can not be used, practice in the basement.

You can set this up as a competition amongst your team and monitor which players develop.

HOME-WORK SHEET

Skill	Mon	Tues	Weds	Thur	Fri	Sat	Sun
1. Fast Feet							
2. Triangles (Right Foot)							
3. Triangles (Left Foot)							
4. Drag Push							
5. Inside-Outside							
6. Toe Taps							
7. Double Taps							
8. Slaps							
9. Squeeze & Push							
10. Step over Push Thru							
11. Body Triangles							
12. Juggle (Feet Only)							
13. Juggle (Thighs Only)							
14. Juggle (Head Only)							
15. Juggle (All Parts)							

On the foot skills 1 through to 11 you work for 30 seconds and record your score each day. Have a few practice runs before timing yourself. For Descriptions on the exercise see below. Make sure to do all exercises on the balls of your feet and with speed.

For the juggling exercises (12 through to 15) you work on the skill for 5 minutes each day and record your best score.

Foot Work Skills Description

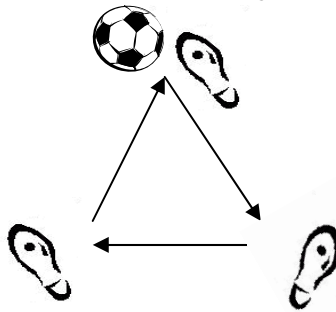
Fast Feet

- Place the ball in between you feet, with your legs shoulder width apart
- Slightly bend your knees
- Knock the ball in between you feet as quickly as you can, using the instep



Triangles

- Start with the ball slightly in front of you
- Drag the ball back with the sole of your right foot at an angle so your legs are shoulder width apart
- Pass the ball across to your left foot using the instep of your right
- Pass the ball forward at an angle with your left foot
- Stop it with the sole of your right foot and continue the process
- Do the same exercise but now start with your left foot



Drag-Push

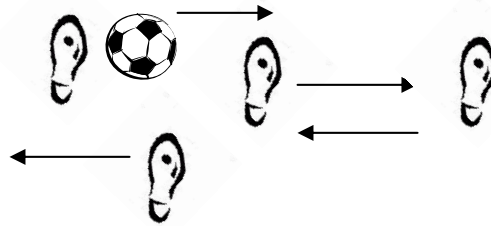
- Ball Starts in front of you, drag the ball back using the sole of your foot
- Then push the ball forward at a slight angle using your laces
- Stop the ball with the sole of your other foot and quickly pull the ball back
- Push it forward again at slight angle and continue process.



Inside-Outside

- Start with the ball slightly in front of you
- Play the ball side-wards with the instep of one foot
- With the other foot play the ball in the same direction with the outside of the foot
- Then use the inside of the same foot to pass the ball back in the opposite direction

- With the other foot play the ball in the same direction with the outside of the foot
- Use the inside of the same foot and continue the exercise



Toe Taps

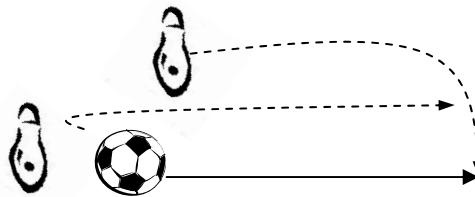
- Stand a few inches behind the ball
- Using the sole of one foot touch the top of the ball
- Switch and then use the sole of the other
- Find a rhythm and make sure you hop in between each one, by being on the balls of your feet

Double Taps

- This is a combination of fast Feet and Toe Taps
- Once again find a rhythm, it is easier if you say the process to yourself, side to side, top, top
- So knock the ball from one foot to the other using the insteps
- Then follow that by touching the top of the ball with two toe taps
- Continue the exercise

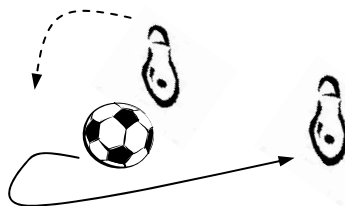
Slaps

- Start with the sole of your foot on top of the ball
- Allow your body to lean and go to one side, leaving the ball and your foot on top of it still in the starting position
- Then using the sole of your foot drag the ball sideways allowing it roll across your body
- At this point your leg should be crossed but with a distance between them
- Then bring your back leg round to the front and stop the ball using the instep of your foot
- Repeat exercise with other foot



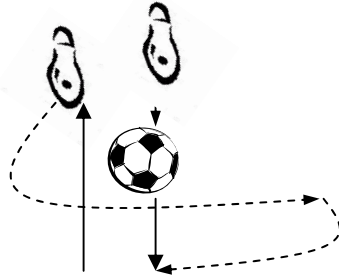
Squeeze & Push

- Have the ball underneath your body
- Place the sole of your foot on top of the ball
- Roll it to the side so it opens your legs and push it back with the inside almost keeping your foot in contact with it the whole time
- Then continue the exercise using the other foot



Step Over - Push Thru

- Have the ball slightly out on front of you
- Step around the ball, going from inside to outside
- Make sure the step is around the ball and ends out in front but diagonally to the ball
- Then with you back foot, push the ball forward with a delicate touch using the instep
- With the foot that then went around the ball, drag it back to the start and continue the exercise with the other foot



Body Triangles

- Start with the ball out in front of you
- Drag it back with the sole of your foot till it goes all the way past your standing foot
- Then with the instep pass it around the back of your standing foot
- Your standing foot will then stop the ball and push it forward with the sole of your foot to the start position. Rotate which way the ball moves around

