

# U8 Weekly Lesson Plans









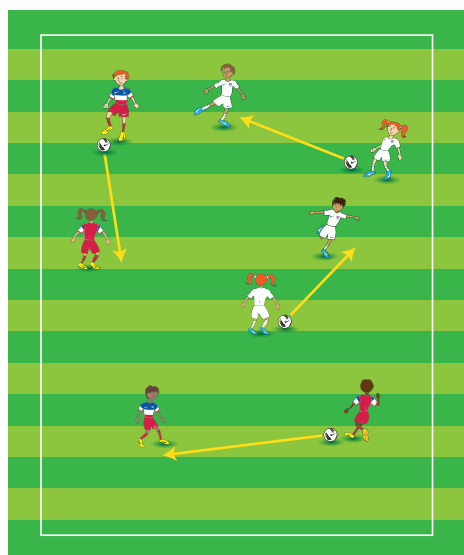






## TRAINING OBJECTIVES: TEACHING WITH SMALL-SIDED GAMES

- To work on teaching technique within a small-sided game.
- To work on teaching simple principles of play (Attacking: penetration and depth / Defending: pressure and cover).
- Find enjoyment in playing small-sided games

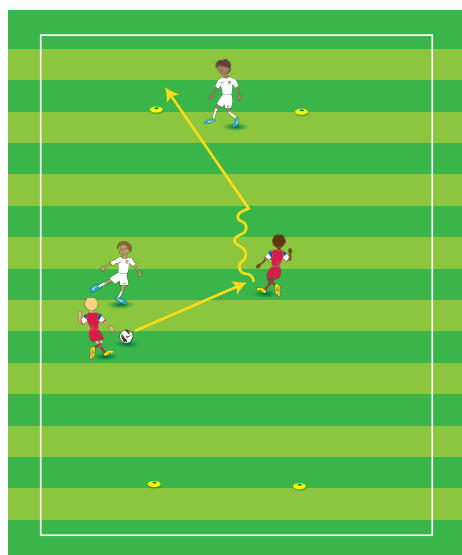


### I. Warm-up: Paint The Grass

**ACTIVITY INTENSITY:** Low-Medium  
**ACTIVITY TIME:** 1-2 minutes  
**DURATION:** 8 minutes  
**REPETITIONS:** 4  
**RECOVERY TIME:** 1 minute

**Organization (Physical Environment / Equipment / Players):** Players are in pairs. Each pair shares one ball. Pairs try to pass the ball in an area. Instruct players that they should try to paint the field with the ball by passing. Try to paint the whole playing area.

**Coaching Points / Key Concepts:** Push pass  
 Redirecting the ball - Can they take it somewhere new?  
 Working with a teammate Spatial awareness. They may run next to each other. Can they find a space away from their partner?

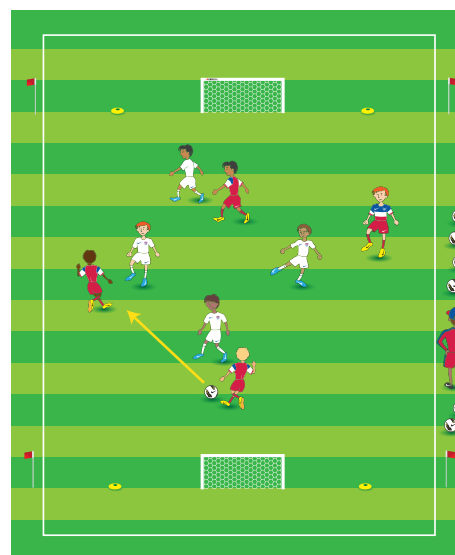


### II. Main Part: Last Player Back

**ACTIVITY INTENSITY:** Medium-High  
**ACTIVITY TIME:** 1 minutes  
**DURATION:** 12 minutes  
**REPETITIONS:** 6  
**RECOVERY TIME:** 1 minute

**Organization (Physical Environment / Equipment / Players):** Players are in pairs or groups of 3. Play a game to goals. The team that has the ball must always attack with everyone. The team that is defending, sends someone back to stand on the goal line. They become a goalkeeper. When the team that is defending wins the ball that player that was in goal now come out and the team that was attacking sends someone (usually the last player) back to stand on the goal line.

**Coaching Points / Key Concepts:** What part of the foot do you use to make a longer pass? What if you can't pass? Then what? (pass the ball to a teammate) How do you win the ball back?

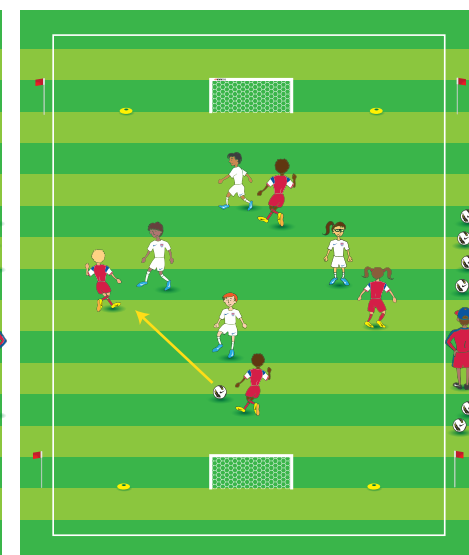


### III. Main Part: Expanded Activity (More to Score)

**ACTIVITY INTENSITY:** Medium-High  
**ACTIVITY TIME:** 2 minutes  
**DURATION:** 12 minutes  
**REPETITIONS:** 4  
**RECOVERY TIME:** 1 minute

**Organization (Physical Environment / Equipment / Players):** Play 4v4 game. The game is a normal game excepts each team attempts to get more of their teammates to score. The team that has more teammates score after 4 repetitions wins the game.

**Coaching Points / Key Concepts:**  
 Technical objectives: Dribbling, passing, redirecting the ball. This activity also promotes teamwork as they have to attempt to include more players in the scoring process.



### IV. Game: 4v4

**ACTIVITY INTENSITY:** Medium-High  
**ACTIVITY TIME:** 3 minutes  
**DURATION:** 10 minutes  
**REPETITIONS:** 2  
**RECOVERY TIME:** 2 minutes

**Organization (Physical Environment / Equipment / Players):** Play small-sided game to goals.

**Coaching Points / Key Concepts:**  
 Play and enjoy!