Arlington Lesson Plans (1st & 2nd Grade - U7 & U8 Age Groups) - Topic: Small-sided games

Category: Technical: Attacking and Defending Skills
Difficulty: Beginner

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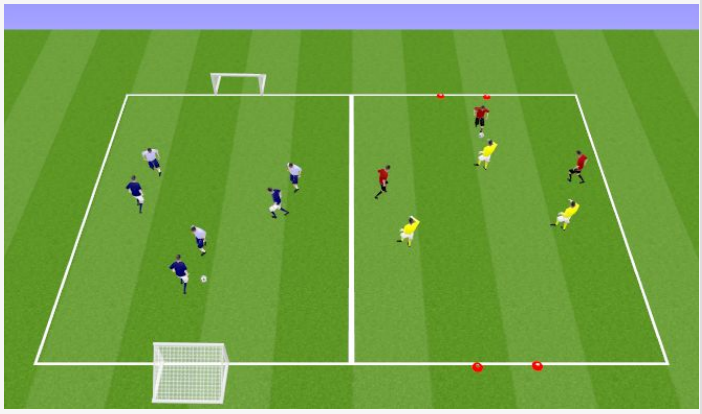
Individual-Young Member

Description

Lesson Plan created by Eddie Lima (Arlington - Assistant Director of Coaching Education)

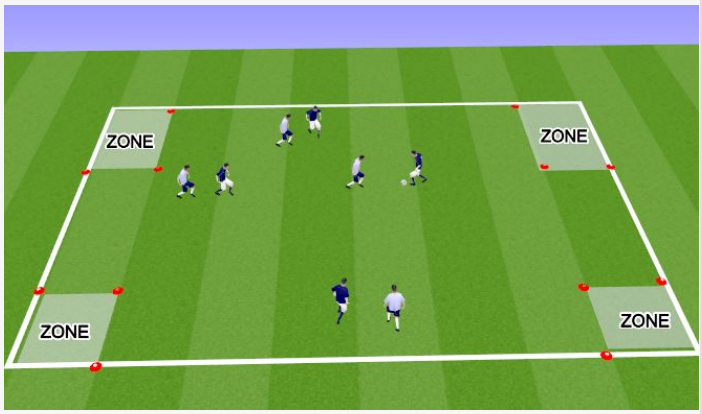
warm-up: Small side games (10 mins)

Number of players required: Full U7 or U8 Team
Equipment: many soccer balls 2 - 4 pug goals. If the coach does not have pug goals he/she can use cones as goals.
Grid requirement: Create 2 grids of 20 X 20 yards marked with cones.
Organization: All players are required to play within the grid.
How the game is played: From 2 to 4 teams will be formed like a regular scrimmage to playsmall side games.
Variations/Progression:
- Competition between the teams
- Implement the topic of the session in the small side games



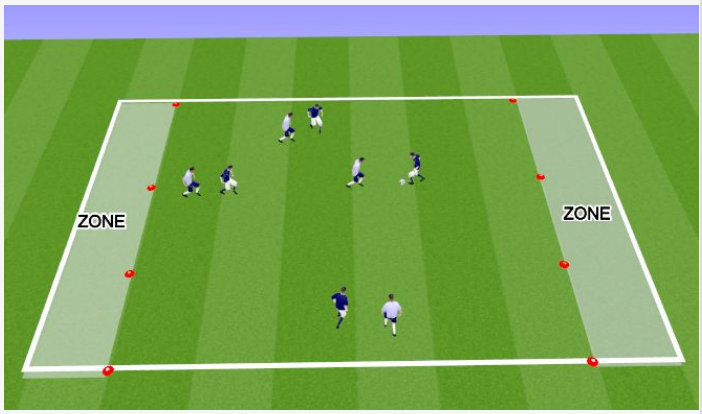
Activity: 2-4 Zones game (15 mins)

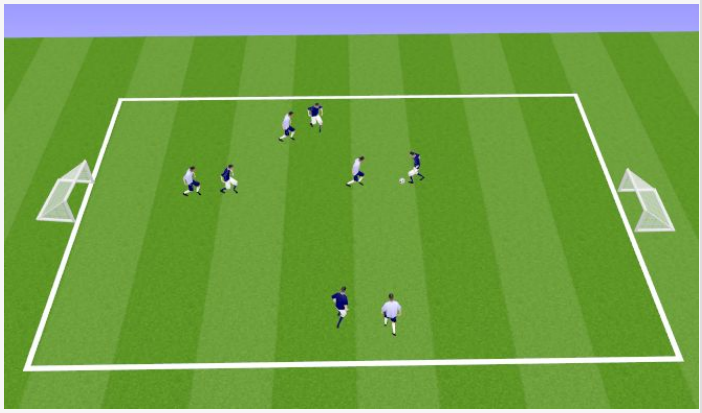
Number of players required: Full U7 or U8 Team
Equipment: many soccer balls. Few cones to create the lines (zone).
Grid requirement: Create a 40 X 40-yard grid marked with cones.
Organization: All players are required to play within the grid.
How the game is played: Two teams will be formed like a regular scrimmage. However, the coach can decide if the teams can score in all 4 zones or only in 2 corner zones.
Variations/Progression:
- Competition between the teams
- Implement the topic of the session in the small side games



Activity: Zone game (15 mins)

Number of players required: Full U7 or U8 Team
Equipment: many soccer balls. Few cones to create the lines (zone).
Grid requirement: Create a 40 X 40-yard grid marked with cones.
Organization: All players are required to play within the grid.
How the game is played: Two teams will be formed like a regular scrimmage. However, the teams score by dribbling the ball inside the zone.
Variations/Progression:
- Competition between the teams
- Implement the topic of the session in the small side games



Activity: Scrimmage (20 mins)

Number of players required: Full U7 or U8 Team
Equipment: many soccer balls. For the 2 goals, you can use pug goals or cones.
Grid requirement: Create a 40 X 40-yard grid marked with cones.
Organization: All players are required to play within the grid.
How the game is played: Two teams will be formed like a regular scrimmage.
Variations/Progression:
- Competition between the teams
- Implement the topic of the session in the small side games