

U8 - U10 Lesson Plan

Stage 1 Warm-Up

Specific Action Targeted

Proper Body Mechanics

Duration
5 - 15 Minutes
4:30 - 4:45 PM

Stage 2 Technical Training #1

Skill

Technical Demands

Duration
10-15 Minutes
4:45 - 5:00 PM

Stage 3 Technical Training #2 (Different Skill)

Goal of Exercise

Coaching Points

Duration
10-15 Minutes
5:00 - 5:15 PM

Stage 4 Game Related

Game Concepts Added

Coaching Points

Duration
20-25 Minutes
5:15 - 5:40 PM

Stage 5 Game

Type of Competition

Coaching Points

Duration
20-25 Minutes
5:40 - 6:00