

# U8 - U10 Lesson Plan

## Stage 1 Warm-Up

Specific Action Targeted

Proper Body Mechanics

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

Stage 1 ends at 4:45 PM and technical work with ball begins

Warm-up consists of dynamic stretching, footwork, soccer related activities with/without ball

Examples: Running, accelerating, turning, jumping, back pedaling, twisting, change of directions/speeds, balance

## Stage 2 Technical Training #1

Skill

Technical Demands

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

Emphasis on teaching, honing, skill repetition, mastery of a technical component of soccer.

Examples: Dribbling, receiving, shielding, turning, crossing, shooting, chipping.

## Stage 3 Technical Training #2 (Different Skill)

Goal of Exercise

Coaching Points

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

Stage 3 ends so 50% of training needs to be with pressure.

Emphasis on teaching, honing, skill repetition, mastery of a technical component of soccer.

Examples: Dribbling, receiving, shielding, turning, crossing, shooting, chipping.

## Stage 4 Game Related

Game Concepts Added

Coaching Points

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

Game related exercises must contain pressure, live action decision making and other game related elements.

Examples: Transition, switching point of attack, going to goal, defending, battling, counter attack.

## Stage 5 Game

Type of Competition

Coaching Points

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

Allow players to play while coaching during the flow of the game.  
Put emphasis on the coaching points from your game related topics.