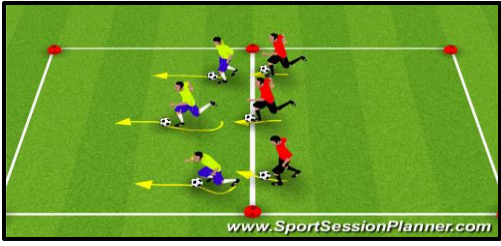

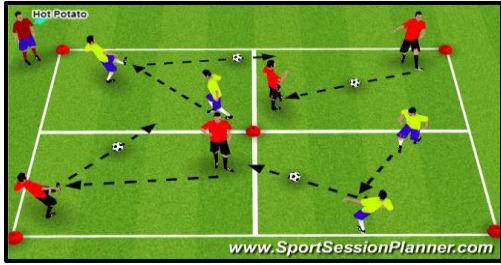
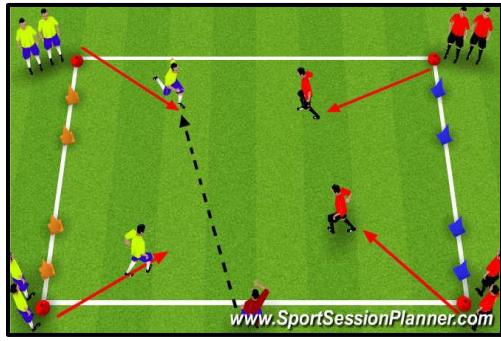


JASA MINI'S PRACTICE LESSON PLANS-WEEK 8

Stage	Activity Description	Diagram	Guided Questions
Activity 1	<p>Cats and Dogs: A 20Wx30L yard grid divided in two halves. All Payers get a partner; one player is a CAT and the other a DOG. Both players stand on the midline next to each other When the coach calls CAT or DOG, that player will try to dribble to the end line before the other player.</p>		<ul style="list-style-type: none"> • How far should the ball be from the dribbler? • What surfaces to use? • When and how to run with the ball and change directions? • How to stop the soccer ball?
Activity 2	<p>Paint the Field- Passing: In pairs, players will pass the soccer ball back and forth in a 20Wx25L yard grid. Explain to the players that their soccer ball is a paint brush and wherever it rolls it will paint the area. Their task to pass (kick) the soccer ball to paint as much of the grid as possible in the allotted time. Version 2: Tell the players to use their other foot</p>		<ul style="list-style-type: none"> • How to pass and receive? • Who to pass to? • Why to pass? • What to say and where to move to? • What surface of foot and ball to strike?
Activity 3	<p>Hot Potato: A 20Wx30L yard grid divided into four areas. Place at least two players in each area with a soccer ball. Players will be passing and moving within their area. When the coach says “HOT POTATO” the players in each grid will pass their soccer ball clockwise to the other grid. Variation: have a group of 3 in each area</p>		<ul style="list-style-type: none"> • How to pass and receive? • Who to pass to? • Why to pass? • What to say and where to move to? • What surface of foot and ball to strike?
Activity 4	<p>4 Corner to 4 Goals: In 20Wx25L yard grid with cone goals at each end, players of the same team are placed by the corner cones of the goal line they are defending. Half of the team is in a line at one corner and the other half at the other corner. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball into the field. The game is over when one team scores in any of the two goals they are attacking or the ball goes out of bounds. Players need to get off of the field quickly and get back in line.</p>		<ul style="list-style-type: none"> • When and how to protect the soccer ball? • What surfaces to use dribble past the opponent? • When and how to run with the ball and change directions? • What to do to beat the defender? • What surface to use to strike the ball and when?
Match	Full/Half Field Scrimmage	Using full field if available or use half if other half is occupied	
			10-15 minutes