



2013 - U8 - Spring Lesson Plan - Week One



Module I: Let's Learn the Rules

Topic: Let's Play



Possible Formations	3-1 (Diamond) or 2-2
Dimensions in Yards:	Long: 35 max-25 min Wide: 30 max-20 min
Ball	Size 3
Number of Players	4 Players per team on the field - No Goalkeepers needed
Referee	No Referee needed
Duration	No more than 30 minutes max – Can play in quarters
Fouls and Misconduct	No cards (Yellow or Red) If a child misbehave you must sub him/her out of the game
Free Kicks	All free kicks shall be direct
Out of bounds - Side Line	<ol style="list-style-type: none"> 1. When the ball goes out bounds, please say RED LIGHT (all the players shall stop) 2. Place the soccer ball on the side line and allow the player to kick it in or dribble it into the field
Out of Bounds – End Line	<ol style="list-style-type: none"> 1. When the ball goes out of bound, Please say YELLOW LIGHT (opposite team will regroup by the mid line) 2. The Kicking team will place the soccer ball about 1-2 yards in front of the goal and kick it to a teammate
Corners (optional)	When the defending team kicks the ball over the end line the other team will place the ball on the corner and kick it in. the defending team must be at least 4-5 yards away from the ball