

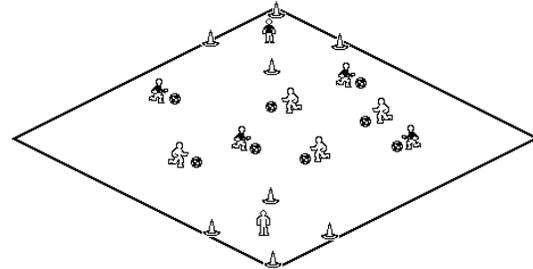


U8 --- Week Six

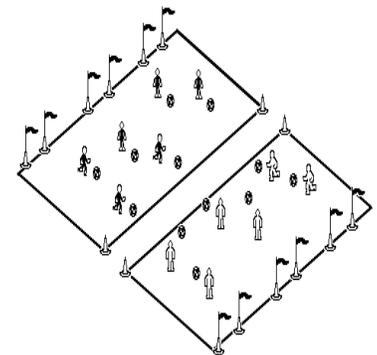
Objective: To provide fun, active, age appropriate activities that foster comfort with the ball for each player. At this age we introduce activities that foster dribbling, passing, shooting and receiving. (Sessions, including the 4v4 game, should be about 60-70 minutes in duration.)

1) Paint the Field---In pairs, players move around the grid and pass their ball back and forth in the area defined. At first have each pair in their own grid. You explain to them that their ball is actually a paintbrush and wherever it rolls on the ground, it paints that area. The task is to paint as much of the area as possible in the time allotted by passing (kicking) their soccer balls all over the grid. Progressively build this so that players go from moving slowly in their own grid to having multiple pairs in the same grid moving at a faster pace. *Version 2:* Have players use opposite foot. (10 minutes)

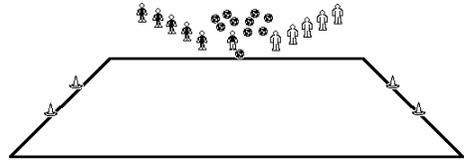
2) Doctor-Doctor---Break team into 2 groups. Send each team into their own hospital (at opposite corners of the grid). Select a doctor for each team. The doctor will be able to unfreeze (cure) their own players if they are frozen (injured) by the other team. Each team tries to freeze the other team by kicking their own soccer balls and hitting either the other team's soccer balls or someone on the other team below the knee. If a player gets frozen, they must stay where they are, hold their soccer ball above their head and yell out "Doctor-Doctor". The doctors do not have a ball and their role is to rush to the aid of their teammates to unfreeze them, by simply touching them, so they can continue playing. The Doctor is always safe (cannot be frozen) if standing in their hospital, but once they leave the hospital and enter the open grid, they can be frozen by the other team. When a Doctor is frozen, the game is over. (10 minutes)



3) Clean Your Backyard---Break group into two teams and have each team stay only on their half of the field. Place a 6 yard buffer zone between halves that no one can enter or cross. Each player needs a ball. Place three small (3yd) goals at the far end of each side of the field. Have both teams shoot balls at the other team's goals in an attempt to score through any one of the 3 small goals (below knee height). Players can only enter the buffer zone to retrieve a ball that has stopped inside. Otherwise they cannot enter the buffer zone or go into the other team's half. Balls get recycled naturally in the game. This is a competition and teams need to keep score. Play 2 or 3 games and have teams re-strategize between each game. Teams can play defense, though no hands allowed. Options: Shots with laces are awarded 2 points. *Version 2:* Allow teams to defend with hands as well. *Version 3:* Take out the buffer zone and play a normal game except with 3 goals at each end. (10 minutes)



4) Get Outta' There with Numbers--- Place two small (2 yard) goals at the end of a field 15 x 10 yards. The coach stands at the halfway line with all of the soccer balls. Half of the players are lined up on his left side and half of the players are lined up on his right side in different colored bibs. The players on each team are assigned numbers (1-4 or 1-5, depending on the total number of players) The coach then calls out a number, kicks a ball onto the field and the player assigned that number on each team enters the field to play 1v1. If the ball goes in the goal or out of bounds, the coach yells “get outta there”, calls out a new number and plays the next ball into the field immediately for the next 1v1 dual. *Version 2:* Coach can vary service of ball. Sometimes play it to one player, sometimes toss the ball up in the air. *Version 3:* Coach can set up particular matchups and call out more than one number at a time for 2 vs. 2 or 3 vs. 3 competition. (10 minutes)



5) 4v4 Game---Separate players into two teams and play a game of 3 against 3 or 4 against 4 without goalkeepers. Let the players play and give plenty of positive feedback to them as they compete. **REINFORCE TECHNIQUE!** (20 minutes)

