

U8 --- Week Eight

OBJECTIVE: To create an atmosphere that is SAFE and FUN and to maximize ball touches for every player. Therefore, almost all the activities will require one ball per player. During the “practice” portion, our aim is to tap on the child’s imagination and play age appropriate games that help them make a connection between the brain and nervous system to create muscle memory. During the “games” portion our aim is to let them play and gain “soccer/game smartness”. Each session should be 60 minutes. 30 minutes of “practice” and 30 minutes of “games”.

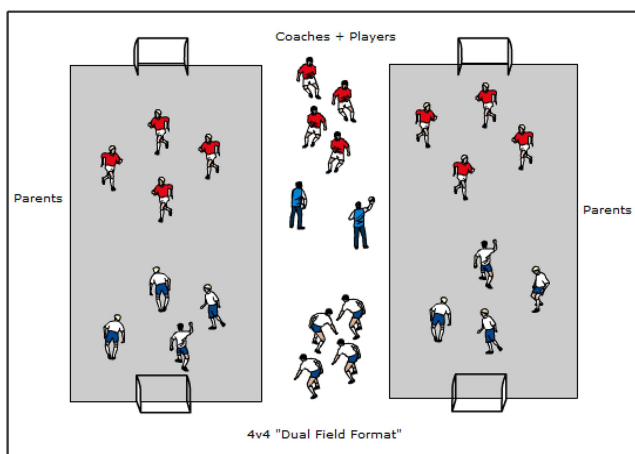
Today’s phrase: “Step and touch. Touch the ball with every step”.

1) Lights Game--- (10 minutes): All players have a ball and dribble in a defined space. When coach says “red light”, players must stop ball and put foot on top of ball. When coach says “yellow light”, players must dribble very slowly. When coach says “green light”, players dribble fast. Coach controls this game with frequency of light changes and variety of changes. Once players catch on to this game, add light of other colors and affix different actions to them. (i.e. purple light = hop back and forth over ball, orange light = run around the ball, black light = dance, blue light = hide behind the ball etc. etc.).

2) Team Freeze Tag--- (10 minutes): Split players into two teams. Everyone must dribble their soccer ball and tries to tag (freeze) players from the other team. If they do tag a player, that player must freeze, place their ball above their head and spread their legs. Only another player from the same team must kick (push) his/her ball through the frozen player’s legs to unfreeze. If all players from the same team are frozen, game ends.

3) Team Knock Out--- (10 minutes): Split players into two teams. Players dribble balls while trying to knock other team player’s balls out of the grid. Players can never leave their own ball. If their ball gets knocked out have them retrieve it quickly and get back into the game. (You may wish to have them perform a skills task before re-entering such as 10 toe touches or juggling 5 times).

4) Games---“dual field format” 4v4 NO GK’s (30 minutes):



NO instruction. NO intrusion. This is their world, their game in their terms. We are simply going to let them play and figure out things on their own.

What can we do? You Ask?

- Make sure they know which direction they are going
 - Do not let them play outside the lines (they must learn to play within boundaries)
 - There are no corner kicks, goal kicks,
 - kick-offs or throw-ins. When the ball goes out of bounds the team that did not kick it out re-starts by placing the ball on the line and they can pass it in or dribble it in
 - Coach by positive reinforcement: “great goal, great move” or “that was a good try; next time you’ll get it”
- Celebrate not only the “successes” but also all the “attempts”.
 - Let’s encourage them: “What can you do with the ball? Don’t just kick it”, “Where can you go to help out?”, “What do you see? Can you play fast?”, “NO goalies!”

Review: Before dismissing the players, go over a couple of the big phrases

Remember- Youth Games are a “participant’s” sport and NOT a “spectator’s” sport. It will never resemble the real game.

