

# U8 --- Week Five

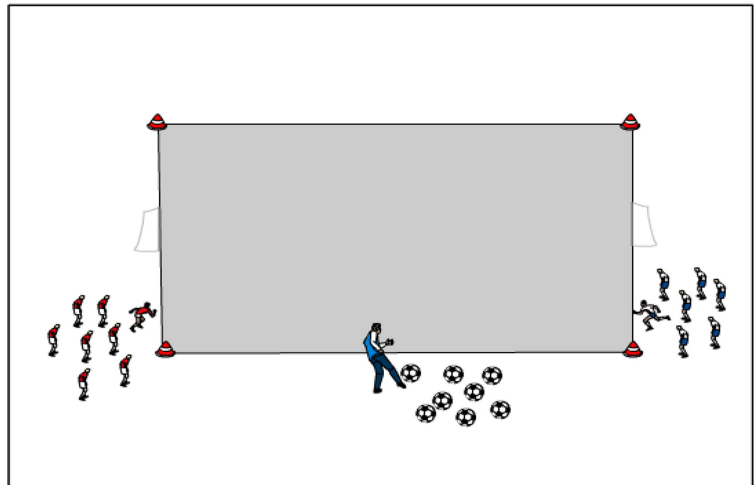
**OBJECTIVE:** To create an atmosphere that is SAFE and FUN and to maximize ball touches for every player. Therefore, almost all the activities will require one ball per player. During the “practice” portion, our aim is to tap on the child’s imagination and play age appropriate games that help them make 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: “Use the inside of your foot to push the ball to your partner, not your toes”.

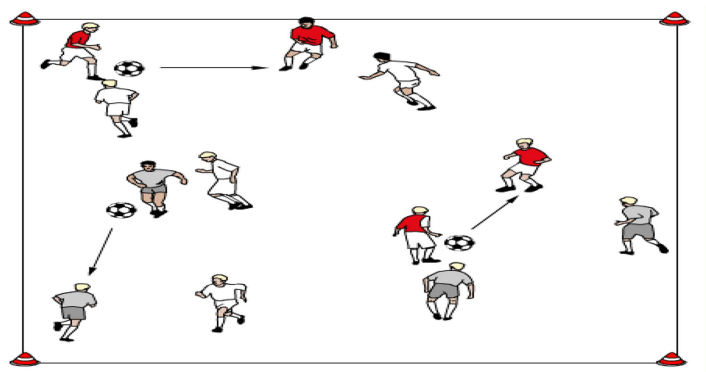
**1) Paint the Field (Passing) --- (10 minutes):** Partners paint the field by passing the ball to each other on the ground. The ball only paints the area when the ball is on the ground and it paints the lines created by the pass. See how much of the area they can cover by passing and moving to a new space. *Version 3:* Ask the players to dribble or pass using only their left or right foot or to pass using the outside of their feet.

**2) Get Out of Here (2v2) --- (10 minutes):**

Place two small (2 yard) goals at the end of a field 15 x 10 yards. Place half of team behind each corner (as shown in diagram) and coach stands at halfway line with all balls. When coach plays out a ball the first two players from each team run out and try to score on each other’s goal. If the ball goes in the goal or out of bounds, the coach yells “get out of here” and plays in a new ball immediately for the next two players. *Version 2:* Coach can stop yelling “get out of here” after a while and see if players recognize when balls go out and are attentive. *Version 3:* Coach can vary service of ball. Sometimes play it to one team or down the middle of the field.



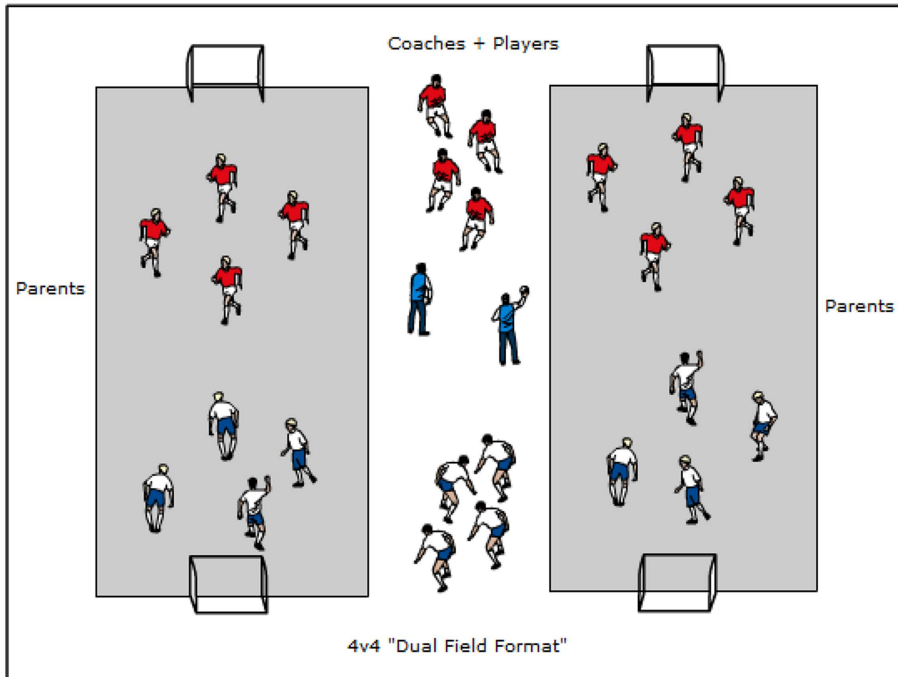
**3) Paired Shield-Steal--- (10 minutes):** Break up the group into pairs. Half of pairs in the group have a ball and half do not. If you do not have a ball you need to steal one from a pair who does. If ball goes out of bounds, person who touched it last does not get possession. Pairs need to work on shielding and passing together.



If you go too fast in the first 3 activities then you can play the next one. We’ll start with Game #4 next week.

**4) Team Ball Tag--- (10 minutes):** Split into two teams. One team is trying to tag (by kicking/passing their ball) the other team below the knee or on their soccer ball. They keep track of how many times they hit the other team's soccer balls or them below the knee and then the coach can help them add up their numbers. Then the other team gets a chance to do the same thing. Only one team at a time is trying to tag. The other team is trying to keep away and shield their soccer balls. *Version 2:* Can only have the teams tag the other team's soccer balls.

**5) 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 restarts 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.***