

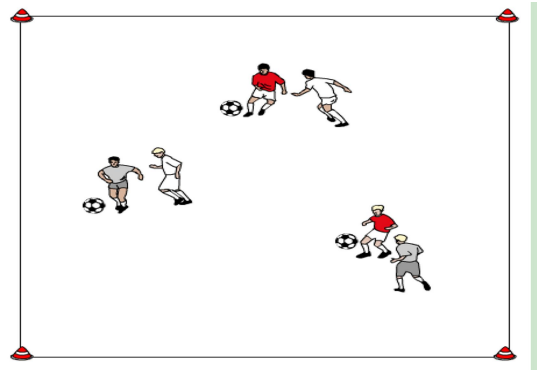
U8 --- Week Four

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”.

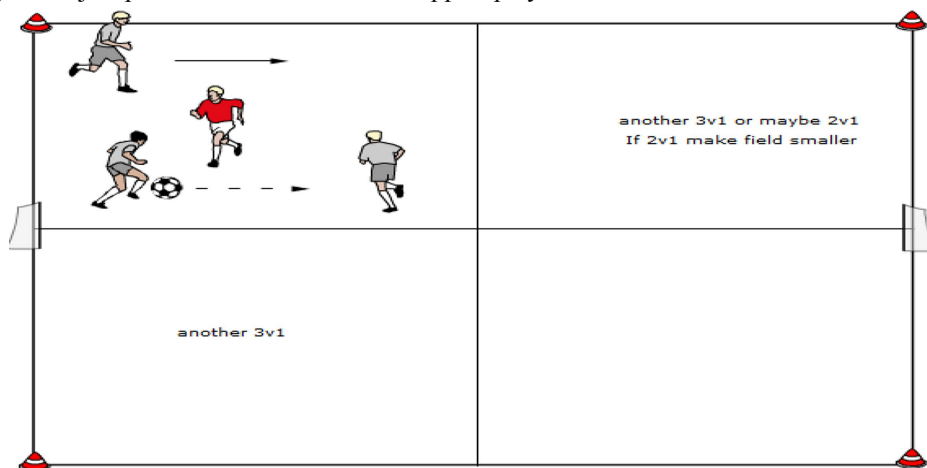
Today’s phrase: “Can you put your body sideways to the ball and the person trying to take it away”.

1) Knock Out--- (10 minutes): In a space appropriate to the number of players have players dribble balls while trying to knock other 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).

2) Shield-Steal--- (10 minutes): Within a defined space half of players in the group have a ball and half do not. If you do not have a ball you need to steal one from someone who does. If ball goes out of bounds, person who touched it last does not get possession. You can teach players the technical points of shielding as a group at start of activity. Show technique with body sideways, arm providing protection, ball on outside foot, knees bent, and turning as defender attacks, using feel to understand where defender is going. Fix technical shielding errors throughout this activity and make sure entire group knows how to properly shield.



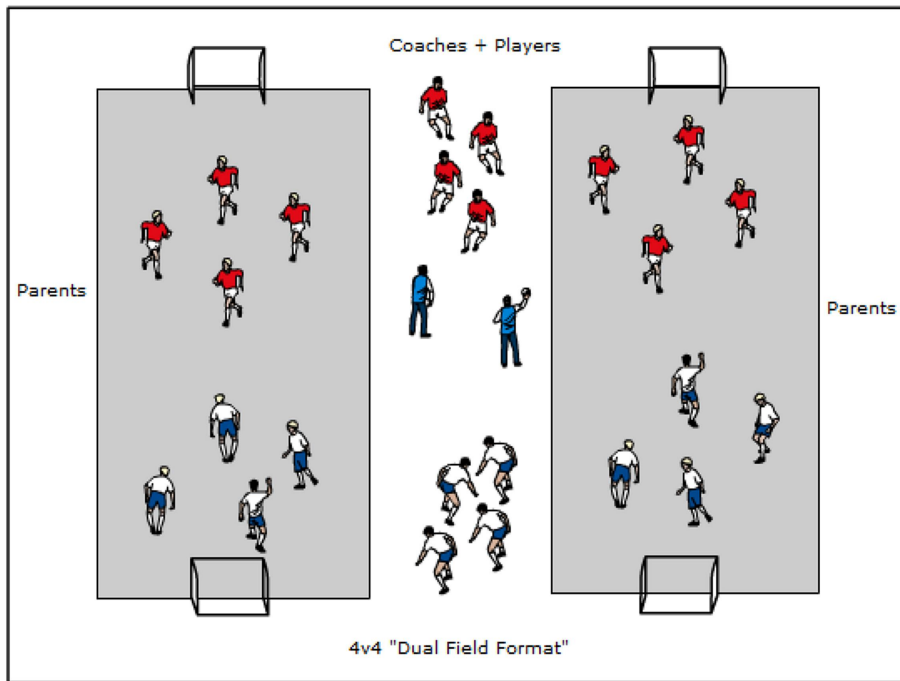
3) 3v1 Keep away--- (10 minutes): Divide the regular U8 field into quarters. In each quarter 3 players keep the ball away from one defender. If the defender steals the ball away or the attacking player loses the ball out of bounds, the player that lost possession becomes the new defender. Player with less turns as a defender after a specified time is the winner. Reshuffle players and play again. **Coaching Points:** Defenders have to go after the ball aggressively. Attacking player doesn’t have to pass the ball if not under pressure from defender. Attacking players without the ball must always re-adjust position to be available to support player with the ball.



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) 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.

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 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.