

# U8 --- Week Six

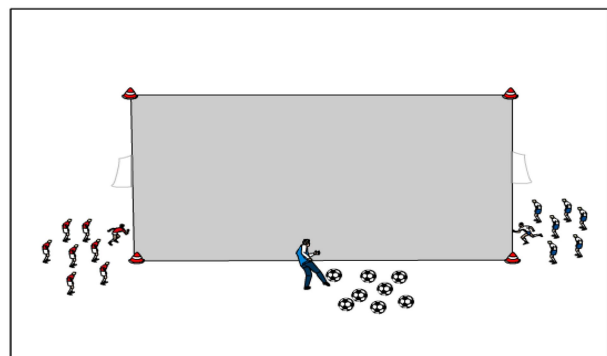
**OBJECTIVE:** To create an atmosphere that is SAFE and FUN and to maximize ball touches for every player. Therefore, almost all the activities will require one ball per player. During the “practice” portion, our aim is to tap on the child’s imagination and play age appropriate games that help them make 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”.

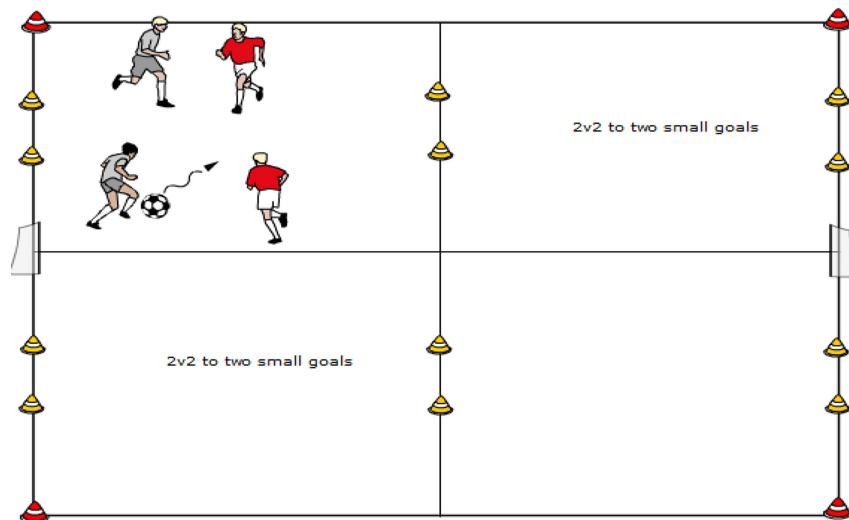
**1) Team Ball Tag--- (10 minutes):** Split into two teams. One team is trying to tag (by kicking/passing their ball) the other team below the knee or on their soccer ball. They keep track of how many times they hit the other team’s soccer balls or them below the knee and then the coach can help them 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.

**2) Get Out of Here (1v1) (2v2) (3v3) --- (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 player 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:* Alternate calling 1 (first player from each group plays) or 2 (first two players from each group come out to play) or 3 (first 3 players from each group come out to play).

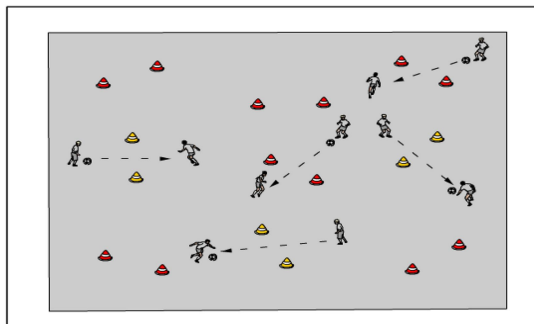


**3) 2v2 to two Goals--- (10 minutes):** Divide the regular U8 field into quarters. Play regular game of 2v2 to goals made with discs in each quarter field. Re-shuffle players and teams after a specified amount of time.

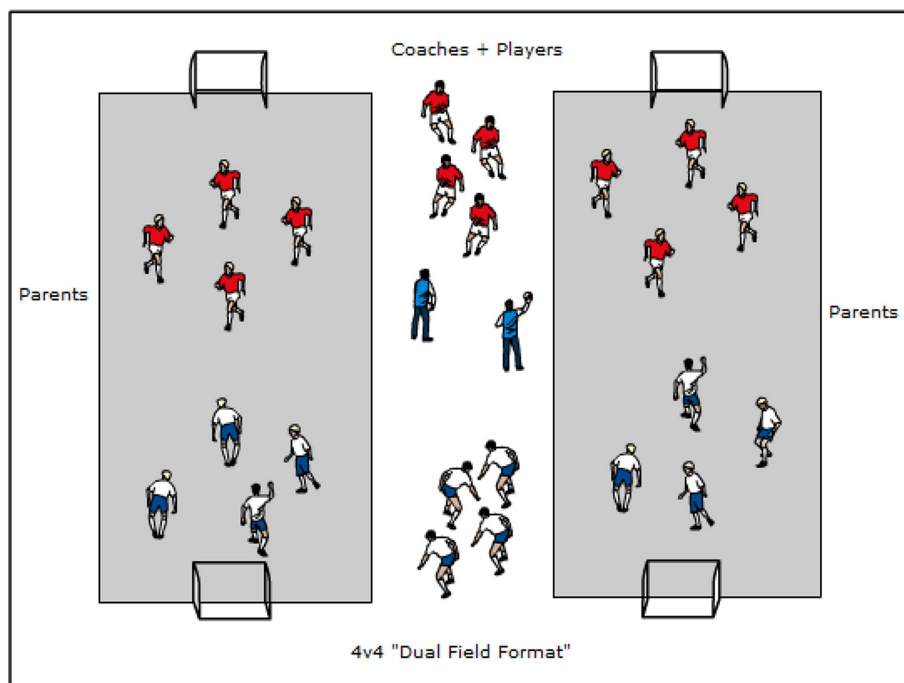


***If you go too fast in the first 3 activities then you can play the next one. We'll start with Game #4 next week.***

**4) Gates Passing--- (10 minutes):** Same set up as Gates Dribbling; Set up many pairs of discs, roughly 2 steps apart, randomly placed (different distances and facing in different directions) around the playing area. These pairs serve as gates or many mini-goals. However, players are now paired up and must successfully pass the ball through the cones to their teammate to earn a point. Again, players try to accumulate as many points as possible in the time allotted. Similar to the previous game, have them pass only with their left foot or right foot, or the outside of their foot.



**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.***