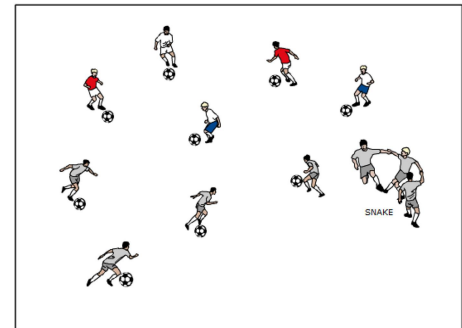


# U8 --- Week Two

**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”.

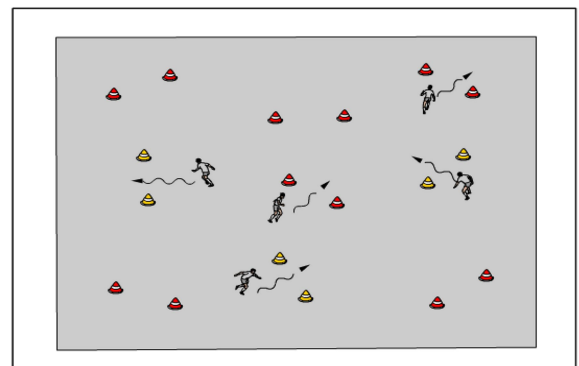
Today’s phrase: “No walking”. Everything must be done at game speed.

**1) Snake--- (10 minutes):** In an appropriate space for the numbers you have, all players dribbling soccer balls except for 2 players to start. These players hold hands and work together as one snake to tag the other players. The players with balls try to avoid getting tagged by the snake. If they are tagged, they join hands with players making up the snake. The snake grows until all players are part of the snake. The snake must stay together as one animal and not break off into little parts. Encourage fun by having the snake hiss.



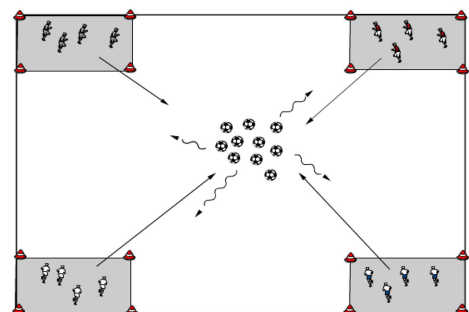
**2) Freeze Tag--- (10 minutes):** Everyone must dribble their soccer ball and tries to tag (freeze) everybody else. If they do tag a player, that player must freeze, place their ball above their head and spread their legs. Another player must kick (push) his/her ball through the frozen player’s legs to unfreeze. If all players are frozen, game ends. *Version 2:* Coach can be the freeze monster and try to tag all the players with players unfreezing each other in same fashion.

**3) Gates Dribble--- (10 minutes):** 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. Players each have a ball and must dribble through the gate in order to score. Have players count how many goals they score and when playing a second time ask them if they can beat their score by at least one goal. Coaches can vary this by asking players to dribble with left foot or right foot or make a dribbling move.



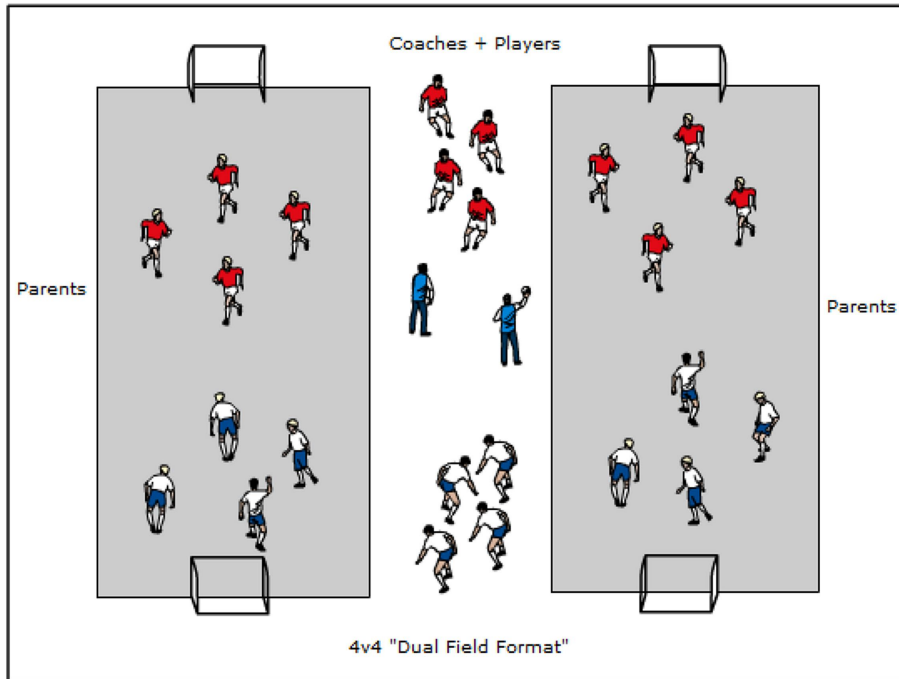
***If you go too fast in the first 3 activities then you can play the next one. We’ll start with Game #4 next week.***

**4) Round Them Up--- (10 minutes):** Set up three or four “home bases” (squares) with cones roughly 3-4 yards wide. Break up the players into teams and have each team get together in their home base. Place all the balls in the center of the space between the home bases. On the coach’s command the teams are free to gather as many soccer balls as they can into their home base. Players cannot use hands and there is no pushing each other or sitting/laying on the balls. Teams try to gather as many balls as possible into their home bases. Teams can steal balls from each others’ home bases. Coach calls time and count up how many balls are in each space to determine a winner. Coach allows teams 1 minute to make up a new team strategy



before playing again.

### 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.***