

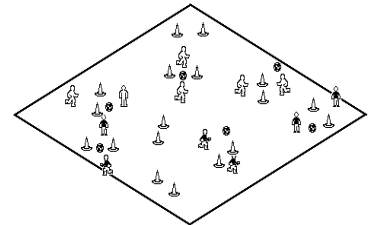


U8 --- Week Four

Objective: To provide fun, active, age appropriate activities that foster comfort with the ball for each player. At this age we introduce activities that foster dribbling, passing, shooting and receiving. (Sessions, including the 4v4 game, should be about 60-70 minutes in duration.)

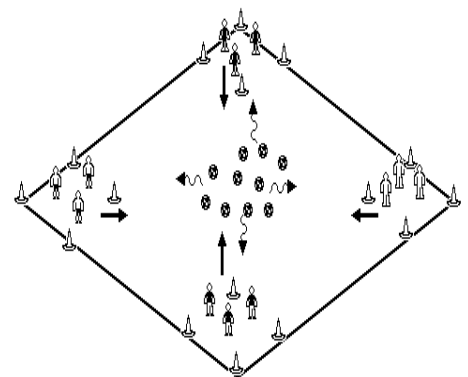
1) Freeze Tag---Break up the group into two teams. Everyone must dribble their soccer ball, but one team tries to tag (freeze) the other team. If they do tag a player on the other team, that player must freeze, place their ball above their head and spread their legs. Another player on their team must kick his/her ball through the frozen player's legs to unfreeze the teammate. If all players are frozen, game ends and the frozen team becomes the **Taggers**. Otherwise, stop game after a few minutes and have teams reverse roles. *Version 2:* Coach can be the freeze monster and try to tag all the players; players continue to unfreeze each other. (8 minutes)

2) Gates Passing---Using cones, set up many small goals (gates) approximately 2 yards wide all around the playing area. Players are now paired up with one ball and must successfully pass the ball through the gates to their teammate to earn a point. Players try to accumulate as many points as possible in the time allotted. Coach can manipulate the game by requiring the players to pass only with their left foot, right foot, or the outside of their foot. (10 minutes)

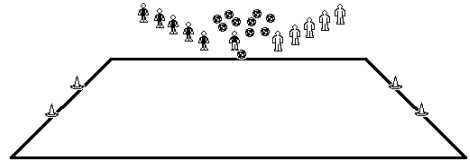


3) 4 vs. 1 keepaway---In a grid 15yds x 15yds, five players play 4 vs. 1 timed keepaway. Four attackers combine to keep the ball away from one defender. The four attackers are awarded a point each time they complete 3 consecutive passes without losing possession. If the defender wins the ball, he or she immediately attempts to dribble out of the grid for a point. The four attackers try to prevent this from occurring by trying to win possession of the ball back immediately. Balls out of play are dribbled in or passed into the grid by one of the attackers. Play multiple 1 minute games, changing the defender each game. (10 minutes)

4) Capture the Balls---Set up three or four "home bases" (squares) with cones roughly 2-3 yards apart. Organize the players into 3-4 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. Play multiple 2 minute games. When time is up, the Coach counts the number of soccer balls in each base to determine a winner. Coach allows each team 1 minute to make up a new team strategy before playing again. (10 minutes)



5) Get Outta' There with Numbers--- Place two small (2 yard) goals at the end of a field 15 x 10 yards. The coach stands at the halfway line with all of the soccer balls. Half of the players are lined up on his left side and half of the players are lined up on his right side in different colored bibs. The players on each team are assigned numbers (1-4 or 1-5, depending on the total number of players) The coach then calls out a number, kicks a ball onto



the field and the player assigned that number on each team enters the field to play 1v1. If the ball goes in the goal or out of bounds, the coach yells "get outta there", calls out a new number and plays the next ball into the field immediately for the next 1v1 dual. *Version 2:* Coach can vary service of ball. Sometimes play it to one player, sometimes toss the ball up in the air. *Version 3:* Coach can set up particular matchups and call out more than one number at a time for 2 vs. 2 or 3 vs. 3 competition. (10 minutes)

6) 4v4 Game---Separate players into two teams and play a game of 3 against 3 or 4 against 4 without goalkeepers. Let the players play and give plenty of positive feedback to them as they compete. **REINFORCE TECHNIQUE!** (20 minutes)

