
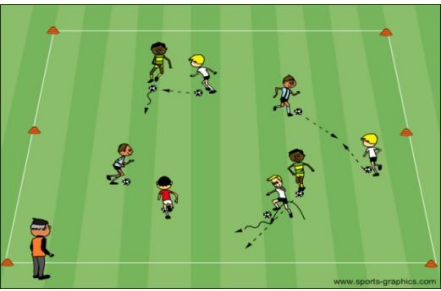
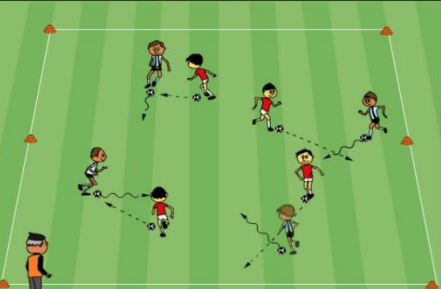
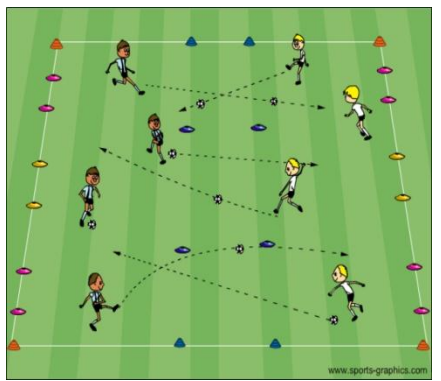


# (U8) --- Week 3

Activity 1	Activity Description	Coaching Considerations
	<p><b><u>Dribble To The Square:</u></b>            Players dribble freely inside the practice area but not inside the small square. On the coaches command the players must dribble their ball to the outside of the practice area (side of the box) and finish in the small square. Try not to be the last player to the small square.  <b>Coach:</b> Change it up to-inside small square finish outside of box or around a corner cone finish inside small box. Be creative</p>	<ul style="list-style-type: none"> <li>• Listening to instructions</li> <li>• Dribble with your head up</li> <li>• Dribble with the ball close to you</li> <li>• Avoid other players</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b><u>Ball Tag:</u></b>            All players are dribbling a soccer ball in a 20x25 yard grid. The players try to hit another player's feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player.  <b>Version 2:</b> If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p>	<ul style="list-style-type: none"> <li>• Dribbling technique</li> <li>• Passing and receiving technique</li> <li>• Weight of the pass</li> <li>• Accuracy of the pass</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b><u>Team Tag:</u></b>            Split the players into two teams (<b>Dribblers and Taggers</b>). The taggers are trying to tag the dribblers' feet or soccer ball with their soccer ball. The taggers need to keep track of their tags. The dribblers are trying to keep their ball from being tagged by shielding it. After a determine time, the teams switch roles.  <b>Coach:</b> Can help taggers adding their points.  <b>Version 2:</b> Taggers can only tag the dribblers' ball.</p>	<ul style="list-style-type: none"> <li>• Dribbling technique</li> <li>• Passing and receiving technique</li> <li>• Weight of the pass</li> <li>• Accuracy of the pass</li> <li>• Protecting the ball</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b><u>Clean Your Backyard:</u></b>            Split the players into two teams to play in a 20x25 yard gird. With cones, divide the field into three portions. The central portion (<b>the buffer zone</b>) is 6yds wide and no one can enter it. Place three goals (3yds each) at the far ends of the grid. Players in each team will try to shoot/pass and score below knee height in any of the other team's goals.  <b>Coach:</b> Allow players to enter the buffer zone to retrieve any ball that has stopped in there.  <b>Version 2:</b> Allow teams to defend the goals using their hands.</p>	<ul style="list-style-type: none"> <li>• Basic Shooting technique</li> <li>• Simple decision making</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
<p style="text-align: center;"><b>Scrimmage</b></p>	<p style="text-align: center;"><b>Activity Description</b></p>	<p style="text-align: center;"><b>Time</b></p>
<p style="text-align: center;"><b>3v3 or 4v4 - Dual Field Scrimmage</b></p>	<p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p style="text-align: center;"><b>30 minutes</b></p>