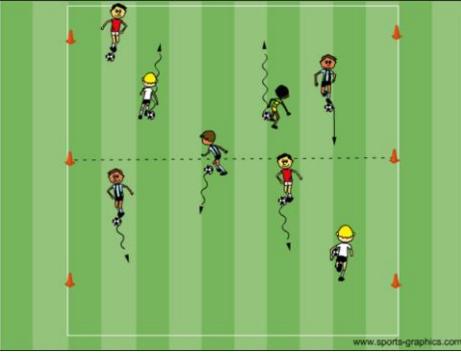


(U8) --- Week 10

Activity 1	Activity Description	Coaching Considerations
	<p><u>Dribble Back and Forth:</u> Line your players up half on one side of the playing area and half on the other with a ball at their feet. Tell the players to run without the ball to the center line and back to their ball. Do this a few times so they see where to go. Now include the ball. Coach: Have the sides compete to see who gets back to the line first. Variation: each group dribble to the other end of the area see who finishes first(ball must be stopped on the line in soccer ready position)</p>	<ul style="list-style-type: none"> • Dribbling with different surfaces of the foot • Change of speed • Dribble with the head up • Sudden change of direction <p style="text-align: right;">Time: 6 minutes</p>
	<p><u>Catching Robbers:</u> All players are spread around a 15x20 grid; only two players (the cops) have soccer balls. When the coach says “let’s catch some robbers” the cops attempt to catch the robbers who are running around the grid by striking their legs below knee height with their soccer balls. Once a robber is caught he/she goes and gets any ball from the perimeter and becomes a cop. Coach: Place the balls that are not being used around the perimeter of the grid.</p>	<ul style="list-style-type: none"> • Robbers run quickly • Players must dribble with their heads up • Pass while dribbling <p style="text-align: right;">Time: 8 minutes</p>
	<p><u>Ouch:</u> All players are dribbling a soccer ball in a 15x20 yard grid. The players try to hit the coaches feet with their soccer ball. Players should keep count of how many times they hit the coach. Version 2: If the players hit the coach 5 times the coach has to do 5 pushups or jumping jacks.</p>	<ul style="list-style-type: none"> • Coaches make loud noises when they are hit • Pass at the coach while dribbling <p style="text-align: right;">Time: 8 minutes</p>
	<p><u>Center Stage:</u> All players will dribble their soccer ball in a 15x20 yard grid at their own speed. The coach will call out a players name & this player must put their foot on the ball and stop dribbling. The other players must dribble to this player as quickly as possible and get in soccer ready position. Coach: Change the center stage player so everyone gets a chance..</p>	<ul style="list-style-type: none"> • Head up while dribbling to find the player • Change speeds while dribbling • Keep the ball close to your feet • Change direction <p style="text-align: right;">Time: 8 minutes</p>
<p style="text-align: center;">Scrimmage</p>	<p style="text-align: center;">Activity Description</p>	<p style="text-align: center;">Time</p>
<p>3v3 or 4v4 - Dual Field Scrimmage</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;">30 minutes</p>