
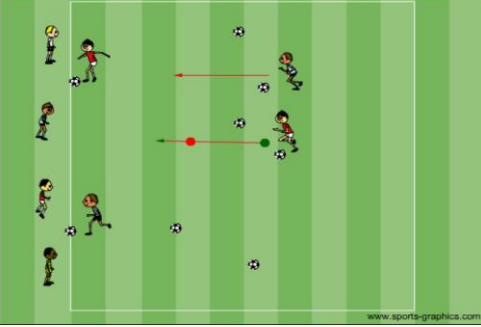




(U8) --- Week 1

Activity 1	Activity Description	Coaching Considerations
	<p>Throw Down: Half the players (offense) are dribbling a soccer ball in a 20x25. The other half (defense) have the ball in their hand and attempt to throw the ball at the dribblers' ball to knock it away. 1 pt for offense if the defender misses. 1 pt for the defense if they hit the offenders' ball.</p> <p>Coach: Switch after a few minutes. Make sure they throw the ball at the ball and not the player.</p>	<ul style="list-style-type: none"> • Challenge players to use different surfaces of foot • Players must dribble with their head up • Encourage the players to change speeds <p style="text-align: right;">Time: 12 minutes</p>
	<p>Clear The Field/Egg Hunt Half the players start at one end of the field and the other half stand behind the opposite line. All the balls spread randomly inside the playing area (20X20). On the whistle the players from one side only, run out to a ball and dribble it over the opposite end line until the field is clear of all the balls. Repeat with the other group.</p> <p>Coach Time each group to see who gets the balls in the nest the quickest.</p>	<ul style="list-style-type: none"> • Dribble under control with speed • Keep the head up • Make sure the ball is stopped before going after another ball. <p style="text-align: right;">Time: 12 minutes</p>
	<p>Sharks and Minnows: In a 20x25 yard grid have 3-4 players acting as the sharks. The minnows are in one end of the grid with their soccer balls. When the coach says "GO" the minnows try to dribble to the other end of the grid and the sharks are trying to kick the ball out. When the dribbler's ball goes out, he/she becomes a shark. If the minnows reach the other end, they will wait for the coach's command to play again. The game continues until all players turn into sharks.</p>	<ul style="list-style-type: none"> • Keep ball close • Changing speed and direction • Running with the ball • Defending – 1v1 <p style="text-align: right;">Time: 12 minutes</p>
 <p style="font-size: small;">Call out name of player who scores a goal 20x20 yards</p>	<p>Name Calling: 3V3 or 4V4 small sided game. No goalies, no throw-ins, kick ins only. Set up multiple fields if needed (20yds X 20yds).</p> <p>Coach: Anytime a goal is scored everyone must call out that player's name. If the ball goes out of bounds, the player kicking it in must call out a teammate's name.</p>	<ul style="list-style-type: none"> • Learn your teammates names • Communicate • Look for your teammate <p style="text-align: right;">Time: 20 minutes</p>
<p>Re-introduce toe touches & boxing dribble</p>	<p>Activity Description Toe touches—lightly touch the ball with the sole of your foot—alternating feet Boxing—tap the ball with the inside of each foot</p>	