


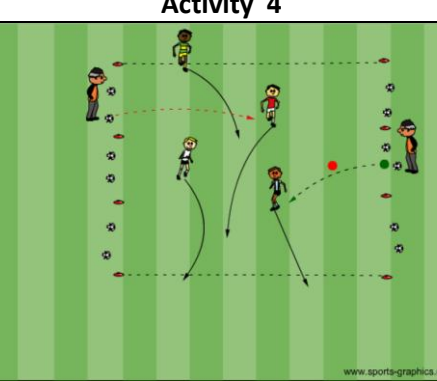


(U8) --- Week 2

Activity 1	Activity Description	Coaching Considerations
	<p>Shadow Dribble: Two players (Leader and Shadow) both with a ball each and will dribble their soccer ball in a 20x25 yard grid. The leader will determine where they are going while the shadow will try to keep up with the leader.</p> <p>Coach: Call the change from leader to shadow</p> <p>Version 2: Use only favorite foot or other foot. Version 3: Leader must make a move.</p>	<ul style="list-style-type: none"> • Keep ball close • Changing directions • Dribbling using different surfaces of the foot <p style="text-align: right;">Time: 8 minutes</p>
	<p>Snake: All players are dribbling a soccer ball in a 20x25 yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts.</p> <p>Coach: Encourage the snake players to hiss.</p>	<ul style="list-style-type: none"> • Changing speed and direction • Running with the ball • Look for open space • Keep ball close <p style="text-align: right;">Time: 8 minutes</p>
	<p>Gate Dribbling: In a 20x25 yard grid set up as many gates (two cones about 2 yards apart). All players with a ball must dribble through the gate in order to score a point.</p> <p>Coach: Have players keep count of how many points they scored in 30 seconds or a minute. Repeat asking the players to beat the score by one or more points. You can also ask them to dribble with the left or right foot only.</p>	<ul style="list-style-type: none"> • Keep ball close • Changing direction • Acceleration after going through a gate • Decision making <p style="text-align: right;">Time: 8 minutes</p>
	<p>Busy Street: In a 10x25 yard line up the balls on the outside of the area. Players start behind the line on one end and try to run to the other end without getting hit with a ball. Coaches try to pass the ball at the players feet. If a player gets hit they join the coaches as the passers.</p> <p>Coach: Reset the balls after the players run from one end to the other. Have the players that got hit, join you and set up the balls. Last player standing wins</p>	<ul style="list-style-type: none"> • Keep your head up • Changing direction • Jump over balls • Pass below the knees <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>

(U8) --- Week 2

3v3 or 4v4 - Dual Field Scrimmage	Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.	30 minutes
--	--	-------------------