


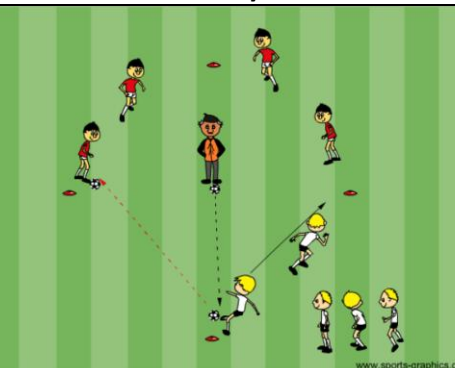


# (U8) --- Week 6

Activity 1	Activity Description	Time
	<p><b>Free Dribble:</b> All players are dribbling a soccer ball in a 15x20 yard grid using their inside, outside, and the sole of their foot.</p> <p><b>Coach:</b> Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p><b>Version 2:</b> Coach can put pressure on players dribbling. <b>Version 3:</b> Players can dribble at each other and perform a move and accelerate away.</p>	<p><b>6 minutes</b></p>
	<p><b>Creepy Crawler:</b> All players down on the ground in the crab position. Balls set up randomly inside the playing area. Players must move on their hands and feet (like a crab) and try to kick the ball over the 2 touch lines.</p> <p><b>Coach:</b> When a player kicks it over the line they can get up and dribble the ball back to the coach who puts it back in play. The player returns to the crab position and plays.</p>	<p><b>6 minutes</b></p>
	<p><b>Creepy Crawler 1:</b> 2 players down on the ground in the crab position the other players start with a ball on one end line. On the coaches command the players with the ball try to dribble to the other side of the box avoiding the crabs.</p> <p><b>Coaches:</b> Switch the crabs every few minutes.</p>	<p><b>6 minutes</b></p>
	<p><b>Soccer Kick Ball:</b> Players should be divided into equal teams. Set the field like a baseball diamond. One team in the field along the baselines tries to kick the ball back to the pitcher as quickly as they can while the kicker runs to first. Every player is safe and can only go one base.</p> <p><b>Coach:</b> coach pitches rolling the ball. Everyone kicks once then switch the kickers and fielders.</p>	<p><b>6 minutes</b></p>
<p><b>Scrimmage</b></p>	<p><b>Activity Description</b></p>	<p><b>Time</b></p>
<p><b>3v3 - Dual Field Scrimmage</b></p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p><b>25 minutes</b></p>