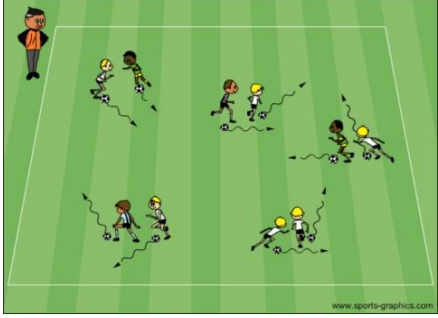


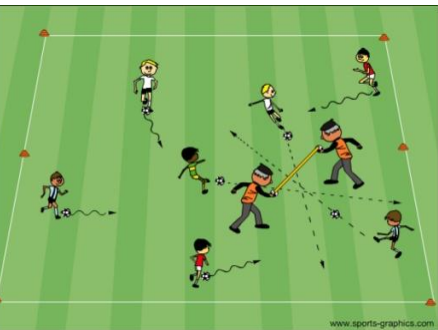


(U8) --- Week 9

Activity 1	Activity Description	Coaching Considerations
	<p>Tag: All players dribbling a soccer ball will try to tag each other with their hands. Players cannot abandon their own ball to tag.</p> <p>Coach: Have players keep count of their own tags. If playing more than one game, have players improve their tags by 1, 2 or 3 more than before.</p>	<ul style="list-style-type: none"> • Dribbling with different surfaces of the foot • Ability to stop and go • Dribble with the head up • Sudden change of direction <p style="text-align: right;">Time: 6 minutes</p>
	<p>Free Dribble: All players are dribbling a soccer ball in a 20x25 yard grid using their inside, outside, and the sole of their foot.</p> <p>Coach: Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p>Version 2: Coach can put pressure on players dribbling. Version 3: Players can dribble at each other and perform a move and accelerate away.</p>	<ul style="list-style-type: none"> • Challenge players to use different surfaces of foot • Players must dribble with their heads up • Encourage the players to try a new move <p style="text-align: right;">Time: 8 minutes</p>
	<p>Knock Out: All players are dribbling in a 20x25 yard grid and are trying to knock other dribblers' balls outside the grid. Players must retrieve the ball quickly and get back in the game.</p> <p>Coach: Have your players perform a skill task before re-entering the grid. i.e.: juggling 3-5 times, ball taps.</p>	<ul style="list-style-type: none"> • Protecting the ball • Dribbling with different surfaces of the foot <p style="text-align: right;">Time: 8 minutes</p>
	<p>Moving Goal: All players are dribbling a soccer ball in a 15x20 yard grid. Two coaches hold a practice vest (penny) between them, forming a goal. The players must try to kick their ball through the goal.</p> <p>Coaches: Move around into open space so that the players have to dribble around and kick their ball through a moving target.</p>	<ul style="list-style-type: none"> • Head up while dribbling to find the goal • 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 style="text-align: center;">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>