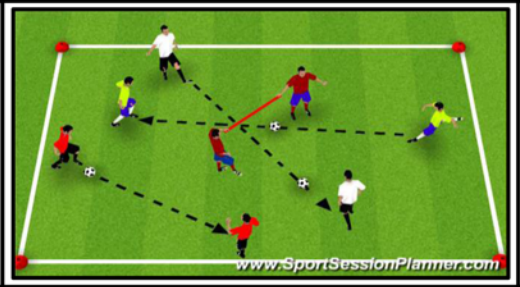
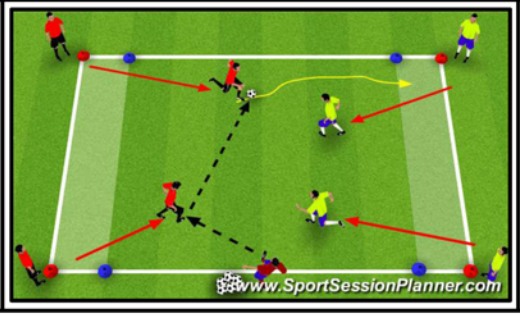
2014 U8 Week 6

Stage	Activity Description	Diagram	Checking for Understanding
Activity 1	**Cops and Robbers I:** • The coach sets up 8-10 stand up (tall) cones in a 15x20 yard grid. Robbers will strike the ball and try to knock the cone (the banks) down. The cops (2 or 3 players) are without soccer balls and are trying to stand all the cones back up before all the banks are robbed. Rotate the cops and the robbers. Guards will prevent the robber from knocking the cone down. • The Coach starts as the guard, and then selects players to be the guard.		**Coach's Observation:** • When should the players change directions? • Why should a player shield the ball? **Player Challenges:** • Do I change directions with the ball or always run forward? • Am I using all parts of my foot to control the ball?
Activity 2	**Gates Passing with Bandits:** Select 2-3 players to be the **"Bandits"**. They will try to dispossess the passers. If a bandit gets the ball, he/she will try to score points by dribbling through the gates. The passers need to get the ball back from the bandit. Play 3 bouts of 1-2 minutes each. Each new round challenge the players to improve their score.		**Coach's Observation:** • What surfaces are the players using to pass the ball? • Where should players move to score more often? **Player Challenges:** • Am I passing the ball through the gate accurately? • Where should I move to help my teammate score in a different gate?
Activity 3	**Moving Goal in 2's:** Put the players in pairs with a soccer ball. The players are dribbling and passing to his/her partner in a 15x20 yard grid. Two coaches hold a practice vest (penny) between them, forming a goal moving all over the playing area. The players will try to score by passing and receiving the soccer ball through the moving goal. **Coach:** give more points for long passes made away from the moving goals.		**Coach's Observation:** • What surface are they using to pass and receive the ball? • What types of passes are being made? (short/long) **Player Challenges:** • Am I following the goal? • Is my teammate where I can see them?
Activity 4	**4 Corner Dribbling to End Zones:** In 15Wx20L yard grid with an end zone at each end, players of the same team are placed by the corner cones of the End Zone they are defending. Half of the team is in a line at one cone and the other half at the other cone. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball into the field. One player from each corner comes out to play 2v2.The game is over when one team scores by dribbling the ball into the end zone. If the ball goes out of bounds. Players need to get out of the field quickly and get back in line.		**Coach's Observation:** • Why should players dribble v pass? • Where is the space on the field for players to utilize? **Player Challenges:** • Am I controlling the ball? • Am I helping my teammate? • Am I too close to my teammate? • Am I too far from my teammate?
Match	**4v4 - Dual Field Scrimmage**	Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.	**25 minutes**