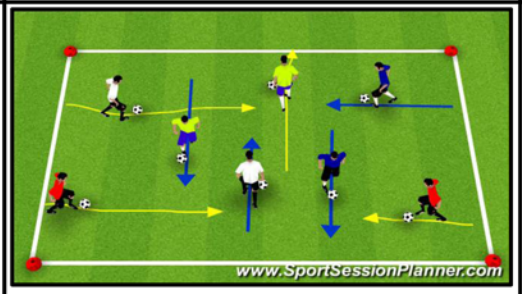
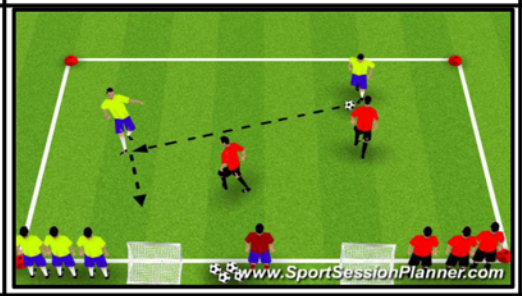
2014 U8 Week 7

Stage	Activity Description	Diagram	Checking for Understanding
Activity 1	**Follow the Leader:** Set up a course as shown with same colored cones opposite each other. 1 player is the leader the other player is the follower. Leader dribbles to a cone of a different color and then waits for the follower to get to the opposite cone of the same color. **Variation:** Leader calls out a color and the two players race to that color cone, both players cannot be at the same cone, Call out more than 2 colors in sequence.		**Coach's Observation:** • Are the players engaged in the activity? • What surface of the foot can the players use to stop the ball? **Player Challenges:** • Am I following my partner? • Am I stopping the ball at the cone?
Activity 2	**Cross Over Dribbling:** All players with a ball standing around the perimeter of a 15Wx20L yard grid. When the coach says **"GO"** the players will try to dribble to the other side of the grid. When they reach the other side, the players turn and dribble back to their starting spots. **Variation 2:** Have them reach the other side and return to another spot. **Variation 3:** Do 10 toe taps once they got back to encourage them to stop the ball.		**Coach's Observation:** • What surface of the foot should the players use to go around other players? • What surface are they using to turn? **Player Challenges:** • Am I keeping the ball under control? • Am I keeping my head up?
Activity 3	**2v2 Combat:** The coach makes two teams of 3-5 players each. The players are lined up next to the coach. When the coach serves the ball on to the field, two players next to the coach on each team will go after the soccer ball and retrieve it and dribble or pass it into their team's goal for a point. **Variation:** Players must connect one pass before going to goal. Increase numbers to 2v2, 3v2 and 3v3's.		**Coach's Observation:** • Where does the player with the ball go? • When can you tell they are working together to score? **Player Challenges:** • Am I helping my teammate to score? • Am I able to pass to my teammate?
Activity 4	**4 Corners to 4 Goals:** In 20Wx25L yard grid with cone goals at each end, players of the same team are placed by the corner cones of the goal line they are defending. Half of the team is in a line at one corner and the other half at the other corner. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball into the field. The game is over when one team scores in any of the two goals they are attacking or the ball goes out of bounds. Players need to get off of the field quickly and get back in line.		**Coach's Observation:** • What are the players without the ball doing to help? • When does the player with the ball shoot? **Player Challenges:** • I am able to score in the far goal? • I am striking the ball with the appropriate surface of my foot?
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**