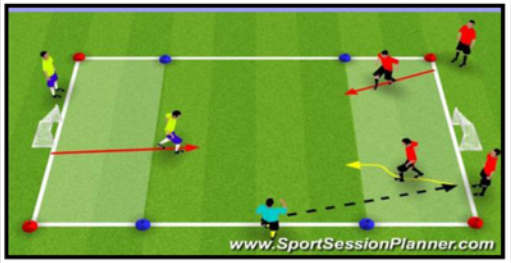
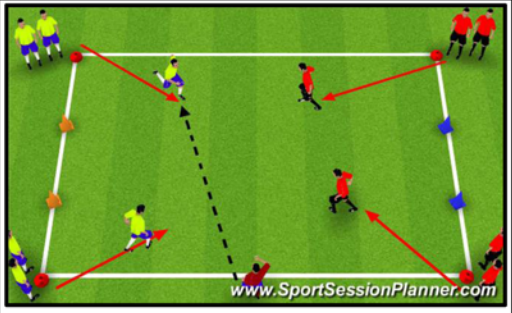
2014 U8 Week 8

Stage	Activity Description	Diagram	Checking for Understanding
Activity 1	**Cops and Robbers II:** • The coach sets up 8-10 tall cones in a 15x20 yard grid. Pair up two players and one ball. They are the Robbers and will pass the ball to each other and try to knock cones the cones (banks). • 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 try to prevent robbers from knocking the cones down. • The Coaches may start as the cone guards, then they select players to be cone guards.		**Coach's Observation:** • Are all of the players engaged in the activity? • Are the pairs working together? **Player Challenges:** • Am I getting to the next back quickly? • Am I helping my partner to rob a bank?
Activity 2	**Boston Bulldog with Goals:** Divide your playing area in three sections. The shooting zone, the defending zone and the starting zone. Place at least 4 players in the starting zone with a ball behind the line. Have at least 3 defenders in the defending zone and in the shooting zone place 3 small goals, each 2 yards wide. When the coach says go the dribblers run into the defending zone if they go past the defenders they will be able to shoot into 1 of the 3 goals. If the defender gets the ball they switch places. Play to 5 goals		**Coach's Observation:** • What moves are players using to get around defenders? • When should players change speed and direction? **Player Challenges:** • How do I get past the defenders? • Where can I go fast? • When do I shoot for the goal?
Activity 3	**2v1 to Goal:** Coach sets up a 20Wx25L yard grid. Coach has all the soccer balls on the sideline. Coach divides the players into 3 groups; 2 attacking groups and 1 defending. The coach passes a soccer ball to one of the attacking lines. The first player in each of the 3 lines enters the field. (2v1). The 2 attackers must enter the zone before shooting at goal. • If the attackers score: 1 point. • If the defender steals the ball and scores: 5 points.		**Coach's Observation:** • What is the first choice of the players with the ball? • What methods are the players using to score goals? **Player Challenges:** • Am I getting into scoring position? • Am I helping my partner to score?
Activity 4	**4 Corner Shooting Without Goalkeepers:** In 20Wx25L yard grid with cone goals at each end. Coach will divide the group into 2 teams; each team defends 1 goal. Each team will begin at the corners of their defending end. The coach is standing outside and in the middle with all the balls. The game starts when the coach serves the ball onto the field. The first player in each corner comes out and plays 2v2. The game is over when one team scores or the ball goes out of bounds. Players need to get off the field quickly and get back to their cone.		**Coach's Observation:** • What tells you that they are cooperating to score goals? • Where does the player without the ball run? **Player Challenges:** • Am I ready to receive the ball from the coach? • I am taking shots when I have the ball?
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**