



Youth Soccer --- U8 --- Week Four

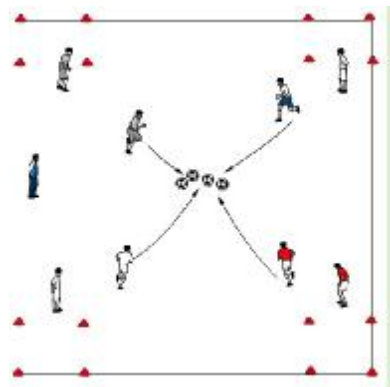
1) Freeze Tag---In a 20x25 yard space, break up the group into two teams. Everyone must dribble their soccer ball, but one team tries to tag (freeze) the other team. If they do tag a player on the other team, that player must freeze, place their ball above their head and spread their legs. Another player on their team must kick his/her ball through the frozen player's legs to unfreeze the teammate. If all players are frozen, game ends and the frozen team becomes the **Taggers**. Otherwise, stop game after a few minutes and have teams reverse roles. *Variation 1:* Coach can be the freeze monster and try to tag all the players; players continue to unfreeze each other. (6 minutes)

2) Gates Passing---Using the same field space as above, use cones to set up many small goal (gates) approximately 2 yards wide all around the playing area. Players are now paired up with one ball and must successfully pass the ball through the gates to their teammate to earn a point. Players try to accumulate as many points as possible in the time allotted. Coach can manipulate the game by requiring the players to pass only with their left foot, right foot, or the outside of their foot. (8 minutes)



3) Ball Tag---Similar to other tag games except players try to tag others with their soccer ball, by kicking it at another player's feet or ball. Have them keep count of how many times they kick their soccer ball and tag another person. *Variation 1:* If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they can be awarded 50 or 100 points etc. (8 minutes)

4) Capture the Balls---Set up three or four "home bases" (squares) with cones roughly 2-3 yards apart. Organize the players into 3-4 teams and have each team get together in their home base. Place all the balls in the center of the space between the home bases. On the coach's command the teams are free to gather as many soccer balls as they can into their home base. Players cannot use hands and there is no pushing each other or sitting/laying on the balls. Teams try to gather as many balls as possible into their home bases. Teams can steal balls from each others' home bases. Play multiple 2 minute games. When time is up, the Coach counts the number of soccer balls in each base to determine a winner. Coach allows each team 1 minute to make up a new team strategy before playing again. Field size same as above. (8 minutes)



5) Small Sided Scrimmage---In a 20yd x 25yd field, play a 4v4 match. Set up two fields with a 5 yd space between them in order to keep the majority of your team playing. (30 minutes)