

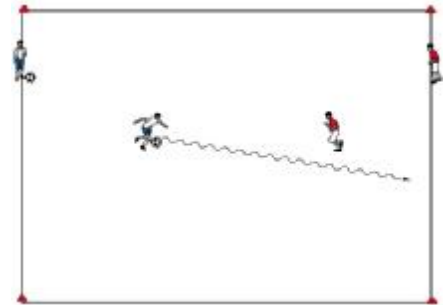


Youth Soccer --- U8 --- Week Five

1) Juggling---Everyone with a ball. Hold hands out with ball in between, drop ball directly down and kick back up to hands, etc. Players practice keeping the ball in the air with feet, thighs, and head. Players count how many times they touch the ball before it drops to the ground. *Variation 1:* Controlled juggling...juggle on one thigh, then add other thigh, then add one foot, then add the other foot...thigh-thigh-foot-foot (6 minutes)

2) Free Dribble---In a 20x25 yard space, everyone with a ball, use inside, outside, and sole of the foot. Have players dribble with speed (outside of foot), change direction, and perform moves. Coach calls out moves or changes in direction and sets the pace as the manipulator of the session, kids carry the ball towards someone and try a move. *Variation 1:* As players get comfortable, coach can walk around and put pressure on players as they are performing dribbling tasks. This adds fun and interaction. (8 minutes)

3) 1 vs. 1 to Endlines---In a space that is wider than long (15 x 20 yds) each player defends one endline and attacks the other. Players score by dribbling the ball in control over the opposing player's endline. *Note: Coaches should make multiple 1v1 fields and have 1 or 2 players on deck at each field.* (8 minutes)



4) Get "Outta" There---Place two small (2 yard) goals at the end of a field 15 x 10 yards. The coach stands at the halfway line with all of the soccer balls. Half of the players are lined up on his left side and half of the players are lined up on his right side in different colored bibs. When the coach kicks a ball onto the field, the first player in each line runs out and tries to score on their opponent's goal. If the ball goes in the goal or out of bounds, the coach yells "get outta there" and plays a new ball into the field immediately for the next two players. *Variation 1:* Coach can stop yelling "get outta there" and see if the 1st players in each line recognize that they should begin play when a new ball is kicked into the field. *Variation 2:* Coach can vary service of ball. Sometimes play it to one player, sometimes toss the ball up in the air. *Variation 3:* If the Coach calls out the number "TWO" before he/she kicks a ball on the field, the first 2 players in each line enter the field and play as a team of 2 against each other. (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)