

Week 5 U8 Practice

- Field set up before they arrive – Set up a rectangular area in the middle of the field with cones.
- Have the kids play as they arrive. Have them spread out with their balls. Use activity 1
- Work on some of the other game skills – goalie practice, goal kicks, corner kicks, throw-ins, etc.
- Play activity 2
- Work on the skills and play a game at the end, asking questions to see if they are keeping their head up and using different parts of their feet.

Dribbling Drills

1. Four surface dribbling
 - Using different sides of the foot to maneuver the ball.
 - Teach them about the 4 surfaces of the foot that you can kick the ball with
 1. Outside of the foot (pinky-toe)
 2. Inside of the foot (big toe)
 3. Laces
 4. Bottom (for stopping)
 - Practice each skill 10-20 times. Have them try it with the other foot. As they roll it, say which part they are using over and over, “outside of foot”, “pinky toes”, “laces”, etc.

- Play a minute, in between surfaces, ask kids questions.
 - What is your favorite part of the foot to use? What's the easiest? How did you feel using your other foot?

2. Cross the Ocean (Game) - skills dribbling/controlling and stopping the ball

- Coaches set up in the middle of the rectangle on the field. They are sharks trying to kick the balls away. Kids are trying to swim (dribble their ball to the other side without the coaches kicking it away). Stop it with the bottom of their foot on the other side. Play for about 1 minute, rest, reset, & ask questions.
 - How do you know when to cross the ocean? By watching and waiting for the best time to cross & playing with my head up.
 - Can you trick the sharks? Dribble in one direction, then change.
 - What happens when you go too fast or too slow?
- Words to say – run with your ball, stop your ball.