

THURSDAY

Players: 34

8-9 yr olds (2015-2016 birth year)

Groups: 4 (8+)

6:00p

6:00-6:15 **Game: 3v3**

Setup: 20x30 yd field (no cones necessary), PUGG or 6'x10' goals, 3 teams of 3 (pinnies). 15 min

No GK, No boundaries

6:15-6:20

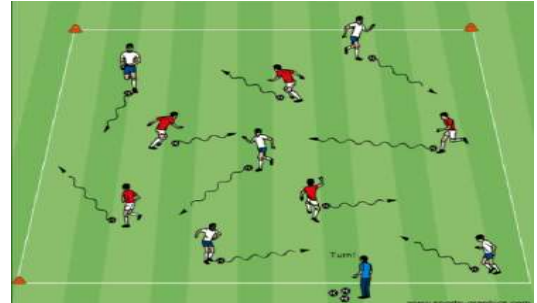
6:20-6:25 **Dribbling: Paint-the-Field**

Setup: 20x25yd grid, each player has a ball. 3-4 min

All players are dribbling a soccer ball using their inside, outside, and the sole of their foot. Have players change direction and accelerate away.

Progression2: Coach can put pressure on players dribbling.

Progression3: Players can dribble at each other and perform a move and accelerate away.



6:25

6:25-6:30 **Rock-Paper-Scissors**

Setup: Open area (no boundaries). Two players, One ball. Play for 5-10 minutes.

Players stand 2 ft apart with ball on ground between. Play Rock-Paper-Scissors game. Winner immediately tries to kick the ball at the loser below the knees. Loser tries to avoid getting hit. Both race to ball; repeat.

Progression 1 : Add shield after winner kicks the ball. Race to where the ball is, first player in shields the opponent for 4 seconds. Tips: bend the knees, wide and don't be too close. Opponent runs around to get ball.



6:30-6:35 **Technical: Toe Taps/Bells**

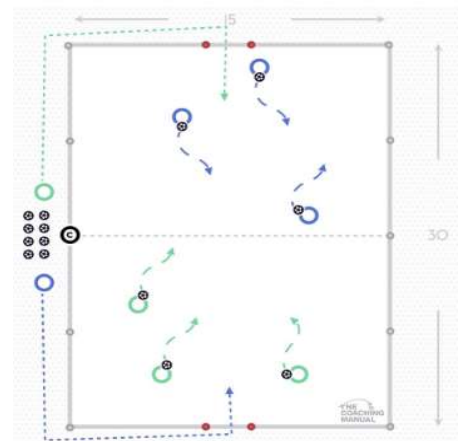
40 Toe Taps, 40 Bells (2 sets)

6:35

6:35-6:45 **Dribbling**

Setup: 5x30, 3 players with ball in two boxes and 2 Players from each team standing next to the coach.

On the coach's call, the players next to coach run around through red gates to try to take the ball off one of the 3 opposition players in their area. They have 30 seconds. If they take the ball off one of the players and dribble it through the red gate, they get one point for their team. If the 3 players keep the ball and not lose it, they get 1 point for their team. If the Attacker goes out of the area, they automatically give a point to the opposition team. After 30 seconds, swap one of the Defenders for one of the players on a ball so all players have the opportunity to Defend.



6:45-6:50

6:50-7:25 **Game: 5v5**

Setup: 20x40 yd field, 10' goals, 2 balanced teams (pinnies) w/ GK; Touch line (kick-ins); Goal Kicks, build out line

Keep Score: Losing Team does 5x (difference in score)

PUSH-UPS, Winning team does 1/2 of the Loser's number



7:25

Close / Cleanup / Lesson Learned?