

THURSDAY Week #2

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

Players: 35, 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/Passing: Team Ball Tag

Setup: 20x25yd grid, 3 teams, each player has a ball. 1 min Play

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

P1: Pass at another ball to hit it (+1 point)

Coaching Points: Protect ball, pass in the grass, work as a team



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

P1 : Add shield after winner kicks the ball. Race to ball, first player in shields the opponent for 4 seconds.

P2 : shield then score in any goal except closest one

Tips: bend the knees, wide and don't be too close. Opponent runs around to get ball.



6:30

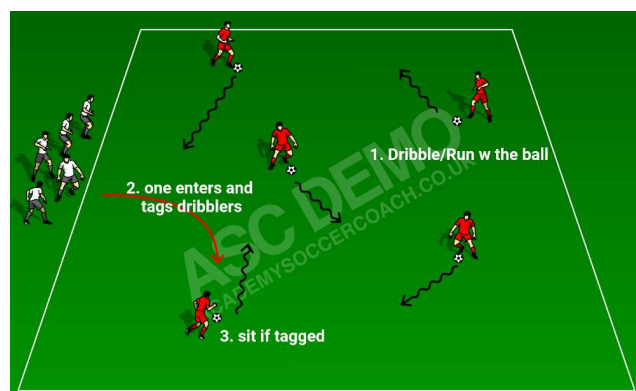
6:30-6:45 Dribbling: Catch Game 1

Setup: 20x30, 2 teams, team 1 players each have ball.

Team 1 dribbles around the field inside/outside cuts, change of direction and sole control. One player from Team 2 enters the field and tags any attacker. That attacking player sits. One new player enters the field to tag another. If tagger gets tired send another to assist. Reverse roles.

P1: count time it takes to tag everyone

P2: two players enter field but allow dribblers to unfreeze the sitting players



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?