

THURSDAY Week #3

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.

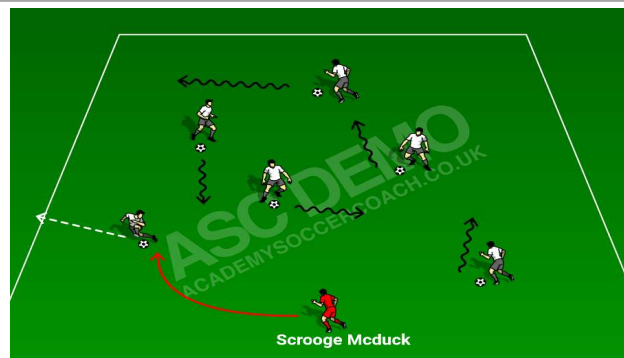
6:15-6:20

6:20-6:30 **Movement/Motor Skills/Dribbling: Duck Tales**

Setup: 20x30 area; No Balls, pinnies for all except 1 'Scrooge Mcduck'; pinnies tucked into shorts creating their duck tail.

All players in the grid, 'Scrooge Mcduck' outside of grid. Coach calls in 'Scrooge' who enters the grid and tries to steal the players' duck tail. If scrooge steals a tail, the player is out. Play until one player has their tail. They are the winner, they can be 'scrooge mcduck' next.

P1: give each player, including scrooge Mcduck a soccer ball to dribble



6:30

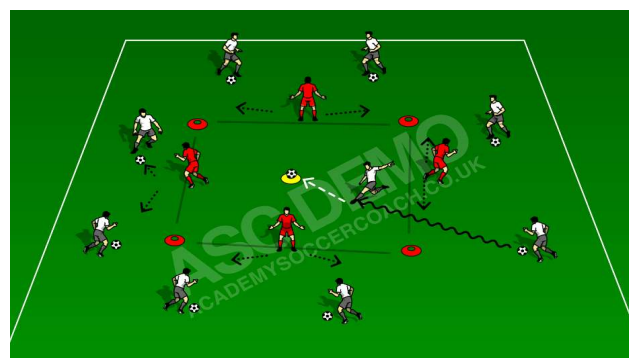
6:30-6:40 **Protect the Castle**

Setup: Cones 5-6 yds apart in square (the castle). 4-8 attackers each has ball vs 4 defenders on each side of the castle.

The line between two cones is a "castle wall". Inside the square on the cone is a ball (or tall cone).

The defender protects the "castle wall" against two attackers who try to dribble through the wall and hit cone with a shot.

P1: How long does it take to hit the cone.



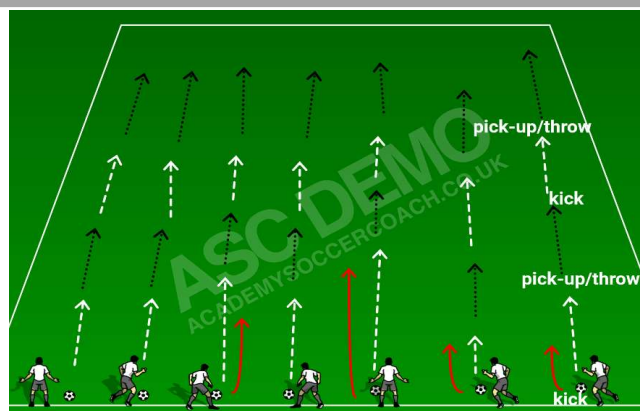
6:30

6:40-6:50 **Kick-Pick Up-Throw**

Setup: 20x30

Players move across field and back by kicking ball - running and picking it up - then throwing the ball (throw-in style, 'behind head then whip it'). Rinse and repeat, down and back.

P1: Make a game of it. Have players count how many throws they have. (Winner's count - your count) * 1 push-up.



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

Tournament-Ladder Style : winner moves up, loser moves down



7:25

Close / Cleanup / Lesson Learned?