

THURSDAY Week #4

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 **Shooting: Minions**

<https://youtu.be/zoYtwkme5HI?t=262>

Setup: 15x15 area; 1 ball for the minion, other balls with coach; 1 min intervals

The minion dribbles around trying to recruit more minions by hitting them with the ball below the knees. New minions grab a ball while teammates dodge getting hit.

Tips: get in close before shooting, keep head up, accuracy not power



6:30

6:30-6:40 **Dribbling/Change of Direction: Freeze Tag**

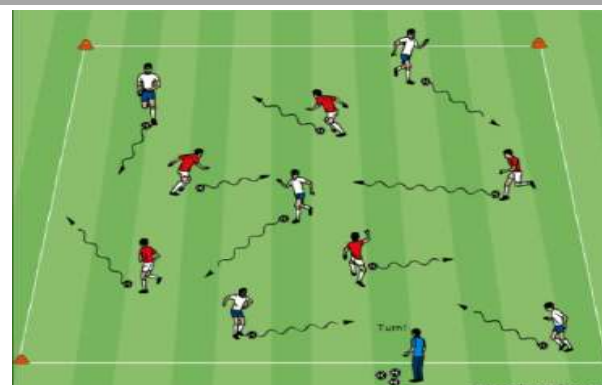
<https://youtu.be/zoYtwkme5HI?t=330>

Setup: 30x20, everyone has a ball except 2 players

Players dribble around space trying to avoid getting tagged. If they are tagged, they're frozen. 5 toe taps melts the frozen so they can continue playing.

P1: To be melted, pick up your ball until a teammate nutmegs you

Tips: keep head up, gentle tags, keep the ball close with short touches when almost getting tagged...then big touch to get away



6:30

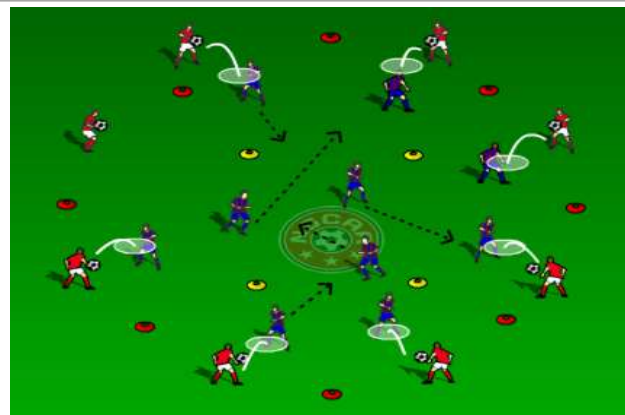
6:40-6:50 **Dancing Ball**

<https://youtu.be/zoYtwkme5HI?t=405>

Setup: Circle of cones at least 6' apart, up to 20' in diameter

Each player starts at their own cone with a ball. Coach calls a skill and players practice that skill (or dance) then dribble to next cone and coach calls another skill.

Skills: 4-square, toe taps, bells, inside touches, outside touches, crazy dance, scissors, step overs, etc



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?