

## U8 Week 1 - Dribbling

	Description	Coaching Points
Activity #1 (5 min)	Have players dribble their own ball in and around the other players, following coaches commands - i.e./ "Left Foot"; "Bottom of Foot"; "Outside of Foot"; "Speed Up"; etc.	<ul style="list-style-type: none"> <li>* following commands</li> <li>* looking up while dribbling</li> <li>* try new things</li> </ul>
Activity #2 (10 min)	<p>Various Footwork -- Have players line up on a touchline and set up a line of cones about 10 yards away from them:</p> <p>1- start with one foot on top of the ball and have them pull ball backwards then push forward with laces of the same foot; switch to the other foot and keep repeating moving forward to the line; keep repeating</p> <p>2- start with one foot on top of the ball and have them roll the ball across their body to the other foot; repeat with that foot while moving forward.</p> <p>3- Have players move up and down the grid alternately dribbling with the inside then outside of the same foot; repeat switching to the other foot</p>	<ul style="list-style-type: none"> <li>* discourage players from racing, it's better for them to move slowly and work on the technique</li> </ul>
Activity #3 (5 min)	In groups of three two players have a ball and a player in the middle has no ball. The middle player faces one of the players with a ball who serves it on the ground or in the air. The middle player receives the ball, controls it, then sends it back to the server. They then turn to face the other player and repeat. Give each player 6 turns in center then switch.	<ul style="list-style-type: none"> <li>* looking for players to make themselves "soft" when receiving ball so hat it stays near them when first touched</li> <li>* want them to pass back and turn quickly to receive the next ball -- progression could be counting the number of passes in 30 seconds vs. 6 times each</li> </ul>
Activity #4 (10 min)	<p>Dribble "Knock-Out" --</p> <p>Set up a grid using cones for borders (size depends on # of players)</p> <p>Players dribble their own ball randomly throughout the grid.</p> <p>Coach has one player outside the grid as "knockout player" at coaches command that player runs into grid and attempts to knock away as many balls as they can in 30 seconds. Coach then picks a new player to be the "knockout player". If a players ball is knocked out of the grid they retrieve it as fast as they can and dribble around perimeter of grid before they can re-enter.</p>	<ul style="list-style-type: none"> <li>* paying attention to where the knockout player is</li> <li>* Coach can demonstrate "shielding" the ball to players</li> </ul>
Activity #5 (10 min)	Get Outta' There! Set up a 15x20 grid w/ cone goals on each end. Coach in middle of one touchline with all of the balls; players split into two groups on opposite sides of coach. Coach calls out a # from 1 to 3 and that number of players from each team run out to play 1v1; 2v2 etc. When a goal is scored or ball goes out of bounds Coach yells "get outta' there" and those players leave the field; Coach calls out another number and throws out a ball to those players.	<ul style="list-style-type: none"> <li>* Should differentiate each team with pinnies.</li> <li>* Coach could also change up the game and call out for a 2v1 or 3v2 rather than even sides.</li> </ul>
Activity #6 (10 min)	<p>Scrimmage -- split them into two evenly matched teams and let them play!</p> <p>Use cones for goals; Can set up either 2 or 4 goals</p>	<ul style="list-style-type: none"> <li>* Do not use Goalkeepers and discourage kids from "hanging back", try to keep them all in or supporting the play</li> </ul>

## U8 Week 2 - Shooting

	Description	Coaching Points
<p>Activity #1 (5 min)</p>	<p>Ground juggling / toe taps -- Have players place ball directly in front of them. They alternately hop on each foot placing one foot on top of the ball, while trying to keep the ball in the same place. Next have them spread their feet just beyond shoulder width apart with the ball directly under them between their feet. They will then tap the ball lightly back and forth between their feet.</p>	<ul style="list-style-type: none"> <li>* The kids may tire quickly performing these so don't go for more than 30 sec.</li> <li>* Can do 2-3 sets w/ brief rest in between sets</li> <li>* If they seem to be getting the hang of it you can have them count how many taps they can do in 15 seconds</li> </ul>
<p>Activity #3 (5 min)</p>	<p>Copy the Coach - Can you do what Coach does? In unrestricted space show the kids the following and see if they can replicate- Step-Over Scissor</p>	<ul style="list-style-type: none"> <li>* They'll generally struggle with these but will have fun trying!</li> <li>* Step-Over: dribbling foot swings around ball and plants between other foot and ball then take away w/ outside of that foot.</li> <li>* Scissor: dribbling foot swings between other foot and ball around the front of the ball and plants on the other side of ball. Take away w/ outside of the other foot</li> </ul>
<p>Activity #3 (5 min)</p>	<p>Divide players into pairs; have them stand 8-10 yards apart and place a 2 cones between them forming a "goal"; the cones should be about 5-6 feet apart. Have the players kick the ball back and forth trying to get it between the cones. Progression -- see who can score the most goals in 30 seconds.</p>	
<p>Activity #4 (5 min)</p>	<p>Volley Kicks -- Have the players bounce the ball on the ground and strike it before it hits the ground again. Try to have them kick in the same direction or on net to avoid getting hit!</p>	
<p>Activity #5 (10 min)</p>	<p>Shooter v Keeper -- divide players into two groups and have each group stand at one of the goal posts. Place a cone about 10 yards in front of the goal. On your command ("go") 1st player from one line will run out around the cone while you roll a ball into play and will try to shoot and score. At that same "go" command the 1st player from the other line moves from the post into the goal as the keeper and tries to make a save on the shooter. Keep score. Once every player has had a turn to shoot you can switch sides. Repeat several times.</p>	<ul style="list-style-type: none"> <li>* Keep the play moving quickly so no one is standing in line too long</li> <li>* Get the Goalkeepers into the right position, with hands waist high or just above with palms facing the shooter</li> </ul>
<p>Activity #6 (10 min)</p>	<p>Shooting &amp; Defending -- set up a triangle in the middle of the field. This will act as a 3 sided goal and should be defended by 3 goalkeepers. The outside players are trying to shoot the ball past the keepers through the triangle. Rotate players after a few minutes.</p>	<ul style="list-style-type: none"> <li>* Good shooting practice as well as goalkeeper practice; the goalkeepers can use their hands to stop the balls</li> </ul>
<p>Activity #7 (10 min)</p>	<p>Modified Scrimmage -- Divide team into 2 equals; use large goal as one goal and set up two cone goals near midfield, near the touchlines. One team will play to the big goal (no goalkeeper but player closest to the goal can act as GK); the other team will be trying to dribble through either of the cone goals; switch sides halfway through</p>	

## U8 Week 3 - Dribbling

	Description	Coaching Points
Activity #1 (5 min)	Juggling -- start by having the players bounce the ball off their knee and catching it. Have them try bouncing it off of their foot and catching it	<ul style="list-style-type: none"> <li>* Have them be persistent and keep trying to catch the ball</li> <li>* Be sure to continually demonstrate how it's done</li> </ul>
Activity #2 (5 min)	Have players dribble their own ball in and around the other players, following coaches commands - i.e./ "Left Foot"; "Bottom of Foot"; "Outside of Foot"; "Speed Up"; etc.	<ul style="list-style-type: none"> <li>* following commands</li> <li>* looking up while dribbling</li> <li>* try new things</li> </ul>
Activity #3 (10 min)	<p>Various Footwork -- Have players line up on a touchline and set up a line of cones about 10 yards away from them:</p> <p>1- start with one foot on top of the ball and have them pull ball backwards then push forward with laces of the same foot; switch to the other foot and keep repeating moving forward to the line; keep repeating</p> <p>2- start with one foot on top of the ball and have them roll the ball across their body to the other foot; repeat with that foot while moving forward.</p> <p>3- Have players move up and down the grid alternately dribbling with the inside then outside of the same foot; repeat switching to the other foot</p>	<ul style="list-style-type: none"> <li>* discourage players from racing, it's better for them to move slowly and work on the technique</li> </ul>
Activity #4 (5 min)	Dribble Tag -- In pairs, play tag; One player dribbles until the other player (with no ball) catches them. Ball possession changes at this point.	<ul style="list-style-type: none"> <li>* Repeat and change partners regularly. Give rest time when needed.</li> </ul>
Activity #5 (10 min)	1v1 -- In pairs, have one player try to keep possession from the other by dribbling & shielding; give the players breaks every minute or so; switch partners	<ul style="list-style-type: none"> <li>* Demonstrate "shielding" (using foot furthest away from defender and putting body between them and ball) if needed</li> </ul>
Activity #6 (15 min)	<p>Small Sided Scrimmages --</p> <p>Set up two separate fields w/ two cone goals on each and split your players into four small teams of fairly equal ability. Have them play 2v2; 3v3; 2v3; etc depending on numbers. Rotate the teams every few minutes. Goals can be scored from either side of the goal to encourage constant attacking &amp; defending.</p>	<ul style="list-style-type: none"> <li>* With two games going at the same time the coach should be positioned in between at one end so they can see both games.</li> <li>* Encourage all of the players to get into the action.</li> </ul>

## U8 Week 4 - Passing

	Description	Coaching Points
Activity #1 (5 min)	<p>Ground juggling / toe taps -- Have players place ball directly in front of them. They alternately hop on each foot placing one foot on top of the ball, while trying to keep the ball in the same place.</p> <p>Next have them spread their feet just beyond shoulder width apart with the ball directly under them between their feet. They will then tap the ball lightly back and forth between their feet.</p>	<ul style="list-style-type: none"> <li>* The kids may tire quickly performing these so don't go for more than 30 sec.</li> <li>* Can do 2-3 sets w/ brief rest in between sets</li> <li>* If they seem to be getting the hang of it you can have them count how many taps they can do in 15 seconds</li> </ul>
Activity #2 (5 min)	<p>Form groups of 3; have 2 players together about 5 yards from the other player. The 1st player in the group of 2 will start with the ball and pass it across to the lone player; they will follow their pass and take the position of the player they are passing to; the receiving player passes across and follows their pass moving to the other spot; the players continue to pass and move replacing the player they passed to.</p>	<ul style="list-style-type: none"> <li>* Encourage accuracy in the passes and keeping the passes on the ground</li> <li>* look at the receiving "touch" of the players; demonstrate raising foot off of the ground slightly and having a "soft" foot (pulling it back slightly) when receiving the ball so it stays softly in front of them</li> </ul>
Activity #3 (5 min)	<p>Have players form pairs and in unrestricted space have them pass back and forth between each other.</p>	<ul style="list-style-type: none"> <li>* Encourage them to pass and move</li> </ul>
Activity #4 (5 min)	<p>Set up a 20x20 grid using cones; Split team into two with half of the team spread out on the outside of the grid, each with a ball. The other players will move around the inside of the grid. They will come up to ("check to") one of the outside players who will pass them the ball and the inside player will pass it immediately back to them and move on to another outside player. Keep repeating then switch inside and outside players. Outside players can do "toe taps" or "step ups" while waiting to pass.</p>	<ul style="list-style-type: none"> <li>* encourage the inside players to not just circle the grid</li> <li>* encourage the inside players to make eye contact or verbal contact with the outside passer before they check to them</li> </ul>
Activity #5 (10 min)	<p>Using the same grid, place 6 - 8 cone goals randomly throughout the grid. Form pairs of players and have the players move through the grid passing to each other through the gates. They can't pass through the same gate twice in a row.</p> <p>Progression -- have them count the number of passes in 30 seconds</p> <p>Progression -- have one of the pairs become defenders trying to intercept passes (not challenge dribblers)</p>	<ul style="list-style-type: none"> <li>* the players will have to communicate with each other as to which gate they're going to next -- encourage verbal but then have them try non-verbal</li> </ul>
Activity #6 (15 min)	<p>Scrimmage--</p> <p>Set up 4 cone goals, 2 on each end of grid. Divide the players into two teams. The teams can score in ANY of the goals, but they must make a connecting pass to a teammate through the goal for the goal to count</p>	<ul style="list-style-type: none"> <li>* Encourage all players to be in the action</li> <li>* If you see "ball hogging" set a rule that the same two players can't score back to back goals to get more participation</li> <li>* Point out opportunities to make a long pass to an open player near an open goal</li> </ul>

## U8 Week 5 - Dribbling

	Description	Coaching Points
Activity #1 (5 min)	Juggling -- start by having the players bounce the ball off their knee and catching it. Have them try bouncing it off of their foot and catching it	<ul style="list-style-type: none"> <li>* Have them be persistent and keep trying to catch the ball</li> <li>* Be sure to continually demonstrate how it's done</li> </ul>
Activity #2 (5 min)	Have players dribble their own ball in and around the other players, following coaches commands - i.e./ "Left Foot"; "Bottom of Foot"; "Outside of Foot"; "Speed Up"; etc.	<ul style="list-style-type: none"> <li>* following commands</li> <li>* looking up while dribbling</li> <li>* try new things</li> </ul>
Activity #3 (10 min)	<p>Various Footwork -- Have players line up on a touchline and set up a line of cones about 10 yards away from them:</p> <p>1- start with one foot on top of the ball and have them pull ball backwards then push forward with laces of the same foot; switch to the other foot and keep repeating moving forward to the line; keep repeating</p> <p>2- start with one foot on top of the ball and have them roll the ball across their body to the other foot; repeat with that foot while moving forward.</p> <p>3- Have players move up and down the grid alternately dribbling with the inside then outside of the same foot; repeat switching to the other foot</p>	<ul style="list-style-type: none"> <li>* discourage players from racing, it's better for them to move slowly and work on the technique</li> </ul>
Activity #5 (12 min)	<p>Randomly set up "gates" made w/ 2 cones; try to set up 6-8 gates.</p> <p>Players will then dribble around the area trying to go through the gates.</p> <p>Time them for 30 seconds to see how many gates they can get through</p> <p>Have them dribble through a gate and then either "step on" the ball or "pull it back" and go back out of the same gate.</p> <p>Take the ball away from one of the dribblers and have them act as a defender trying to knock balls away from the dribblers (rotate players as defenders)</p>	
Activity #6 (10 min)	<p>Slalom Dribbling -- Set up two lines of cones in a staggered fashion and divide the team into two groups, one behind each line of cones. On your command they dribble around the cones and return to the start. Have 2nd players start once the 1st player rounds the 1st cone. Keep repeating.</p> <p>Progression -- set up a relay race between the two teams, dribbling through the course</p>	<ul style="list-style-type: none"> <li>* Encourage the players to use the inside and the outside of their feet to get around the cones.</li> <li>* If you see them only using one foot, encourage them to use their other foot on their next pass through.</li> </ul>
Activity #7 (10 min)	<p>Scrimmage -- split them into two evenly matched teams and let them play!</p> <p>Use cones for goals; Can set up either 2 or 4 goals</p>	<ul style="list-style-type: none"> <li>* Do not use Goalkeepers and discourage kids from "hanging back", try to keep them all in or supporting the play</li> </ul>

## U8 Week 6 - Shooting

	Description	Coaching Points
Activity #1 (10 min)	Ask all players to execute a variety of skills, one after another. 1. Dribble quickly 2. Strike the ball, chase it, strike it again with their other foot 3. Throw their ball up and control it (make it stop) in front of them 4. Head the ball out of their own hands , chase it down and repeat 5. Dribble in slow motion, freeze on command & change direction or feet on command	* following commands * looking up while dribbling * try new things
Activity #2 (5 min)	Shooting on Goal w/ Instep ("Laces") -- Allow players to dribble into the goal area and strike a ball with their laces on the open goal. No keeper but you'll need to help retrieve balls from the net so no one gets hurt	* looking for the correct striking technique of off of the laces as opposed to toe * the kids love to shoot just watch for kids getting hit in front of net
Activity #3 (8 min)	Divide the players into pairs; use 4 cones to create a channel 5 yds long and 2 yds wide ) create a channel for each pair); the players will pass the ball back and forth trying to get the ball by the other player while keeping it in the channel; keep track of points scored	* Trying to encourage accuracy so players should be using the inside of their foot
Activity #4 (10 min)	Coach stands at top of penalty box (in the "D") w/ all of the balls; players split into 2 lines on either side of Coach; the Coach will roll balls out in front of the players and they can run onto the ball and strike it into the net; players on the Right strike with their Right foot, players on Left strike with their Left foot. Vary the angle and the pace of the ball rolled in front of them.	* Players switch lines after each shot on goal * See how few touches they can take to gain control of ball and strike it on net
Activity #5 (10 min)	Put 2-3 players in a 4-5 yard circle designated by cones. All other players should surround the circle and have a ball at their feet. The job of the outside players is to pass balls into the the circle and collect them as the inside players kick them out of the circle. Inside players must constantly clear all balls out of the circle. Progression -- place a short cone in the center of the circle with a ball balanced on it. Same game as above but now the outside players are trying to knock the ball off of the cone and the inside players are trying to defend as well as clear.	* rotate players so they are both inside & outside the circle
Activity #6 (10 min)	Scrimmage -- split them into two evenly matched teams and let them play! Use cones for goals; Can set up either 2 or 4 goals	* Do not use Goalkeepers and discourage kids from "hanging back", try to keep them all in or supporting the play

## U8 Week 7 - Dribbling

	Description	Coaching Points
Activity #1 (5 min)	Juggling -- start by having the players bounce the ball off their knee and catching it. Have them try bouncing it off of their foot and catching it	<ul style="list-style-type: none"> <li>* Have them be persistent and keep trying to catch the ball</li> <li>* Be sure to continually demonstrate how it's done</li> </ul>
Activity #2 (5 min)	Have players dribble their own ball in and around the other players, following coaches commands - i.e./ "Left Foot"; "Bottom of Foot"; "Outside of Foot"; "Speed Up"; etc.	<ul style="list-style-type: none"> <li>* following commands</li> <li>* looking up while dribbling</li> <li>* try new things</li> </ul>
Activity #3 (10 min)	<p>Various Footwork -- Have players line up on a touchline and set up a line of cones about 10 yards away from them:</p> <p>1- start with one foot on top of the ball and have them pull ball backwards then push forward with laces of the same foot; switch to the other foot and keep repeating moving forward to the line; keep repeating</p> <p>2- start with one foot on top of the ball and have them roll the ball across their body to the other foot; repeat with that foot while moving forward.</p> <p>3- Have players move up and down the grid alternately dribbling with the inside then outside of the same foot; repeat switching to the other foot</p>	<ul style="list-style-type: none"> <li>* discourage players from racing, it's better for them to move slowly and work on the technique</li> </ul>
Activity #4 (5 min)	Copy the Coach - Can you do what Coach does? In unrestricted space show the kids the following and see if they can replicate- Step-Over Scissor	<ul style="list-style-type: none"> <li>* They'll generally struggle with these but will have fun trying!</li> <li>* Step-Over: dribbling foot swings around ball and plants between other foot and ball then take away w/ outside of that foot.</li> <li>* Scissor: dribbling foot swings between other foot and ball around the front of the ball and plants on the other side of ball. Take away w/ outside of the other foot</li> </ul>
Activity #5 (3 min)	Dribble across the square -- Using cones set up a square grid. Spread the players out fairly evenly on each side of the grid. Each player will have a ball. At coaches command the players dribble directly across the grid, turning when they get to the opposite line. They continue dribbling back and forth.	<ul style="list-style-type: none"> <li>* Players will need to look up while dribbling to avoid bumping into others</li> <li>* Players will need to keep their ball close to themselves to keep it under control.</li> <li>* Encourage them to change their pace as they see free space ahead of them.</li> </ul>
Activity #6 (8 min)	Expand the grid used in the prior activity. Have all players dribbling inside of the grid for a minute then pull two players outside the grid. Their objective is to "shoot" their ball and try to hit the players inside the grid (below the waist!) The players inside are trying to avoid being hit. If a player is hit they join the players on the outside. Continue until all players have been hit.	<ul style="list-style-type: none"> <li>* Once a player "shoots" they must retrieve their ball and return to outside of the grid. They can only shoot from outside the grid.</li> <li>* Inside dribblers need to keep their heads up to keep track of where the outside shooter are.</li> <li>* Encourage the dribblers to change pace</li> </ul>
Activity #7 (10 min)	Speed Dribble Relay -- Divide team into two & set up two sets of cones about 20-25 yards apart (long) and 5 yards apart (wide). Each group starts at one of the cones. On your command they'll do a dribble relay race, dribbling out around the cone and back. Give each player two turns and then give the losing team a re-match!	<ul style="list-style-type: none"> <li>* Demonstrate that speed dribbling is different from control dribbling. Speed dribbling should be done with laces and toe pointing down, more like a normal running motion as opposed to the inside of the foot (that would be awkward at speed and slow them down)</li> <li>* Ball should be kicked a little farther ahead of them but not to far that they can't regain control quickly</li> </ul>
Activity #8 (10 min)	Modified Scrimmage -- Set up 4-6 cone goals around an area. Divide the players into two teams. The teams can score in ANY of the goals, but they must DRIBBLE through the goal.	<ul style="list-style-type: none"> <li>* Watch for "ball hogging" by your best dribblers. Suggest that the same player can't score two goals in a row.</li> <li>* Place the goals at different angles on the field.</li> </ul>

## U8 Week 8 - Passing

	Description	Coaching Points
Activity #1 (5 min)	<p>Ground juggling / toe taps -- Have players place ball directly in front of them. They alternately hop on each foot placing one foot on top of the ball, while trying to keep the ball in the same place.</p> <p>Next have them spread their feet just beyond shoulder width apart with the ball directly under them between their feet. They will then tap the ball lightly back and forth between their feet.</p>	<ul style="list-style-type: none"> <li>* The kids may tire quickly performing these so don't go for more than 30 sec.</li> <li>* Can do 2-3 sets w/ brief rest in between sets</li> <li>* If they seem to be getting the hang of it you can have them count how many taps they can do in 15 seconds</li> </ul>
Activity #2 (3 min)	<p>Have players form pairs and in unrestricted space have them pass back and forth between each other.</p>	<ul style="list-style-type: none"> <li>* Encourage them to pass and move</li> </ul>
Activity #4 (5 min)	<p>Divide players into 2 groups and set up 2 different random distributions of cones with 1 more cone than player in each group. Separate the two groupings of cones so the groups are not running into each other. On your command each player starts on one of the cones and they begin passing one ball within their group. After a player passes the ball they must move to the open cone. The players continually pass and move.</p>	<ul style="list-style-type: none"> <li>* It may take them a few minutes to get the hang of this so be patient</li> <li>* Watch for proper technique and the weight of the passes (too hard / too soft)</li> <li>* Be sure all players are involved</li> </ul>
Activity #5 (12-15 min)	<p>Keep the players divided into two groups but set up a 15x15 grid and have both groups in the same grid - have each group wear a different color pinnie (or one w/ pinnies &amp; one without). Each group will have one ball and must move around the grid passing to their own team</p> <p>Progression-- Add a 2nd ball for each team</p> <p>Next Progression -- Allow each team to kick away the ball from the other team</p>	<ul style="list-style-type: none"> <li>* All players will need to keep their heads up to keep track of where the ball, their teammates and the other team are</li> </ul>
Activity #6 (10 min)	<p>Defend the Castle -- divide your team into 3's (could use four if you need #'s); Using short and randomly place one for each group so there is a fair amount of distance between each of them; place a ball on top of each cone. In the teams of 3 two of the players will be attackers with a ball; they try to dribble and pass their ball so that they can knock the ball off of the cone. The 3rd player is the "defender of the castle" trying to keep the attackers ball away from the castle; rotate players each minute or so.</p>	<ul style="list-style-type: none"> <li>* encourage spacing between the attackers - tell them it makes it harder for one player to defend them if they are spaced farther apart.</li> <li>* attackers must be in good position to receive a pass, they can't keep the defender between themselves</li> </ul>
Activity #7 (10-15 min)	<p>Small Sided Scrimmages --</p> <p>Set up two separate fields w/ two cone goals on each and split your players into four small teams of fairly equal ability. Have them play 2v2; 3v3; 2v3; etc depending on numbers. Rotate the teams every few minutes. Goals can be scored from either side of the goal to encourage constant attacking &amp; defending.</p>	<ul style="list-style-type: none"> <li>* With two games going at the same time the coach should be positioned in between at one end so they can see both games.</li> <li>* Encourage all of the players to get into the action.</li> </ul>