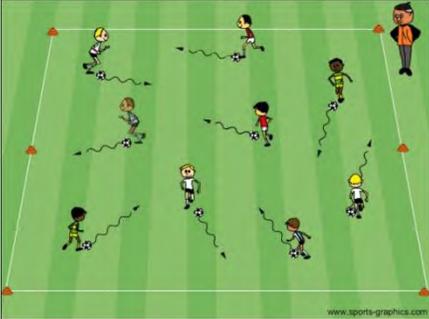
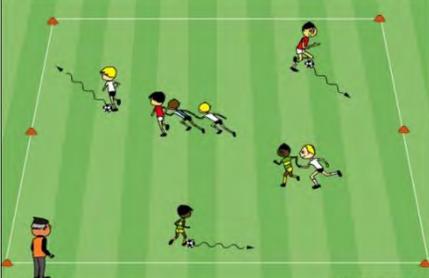
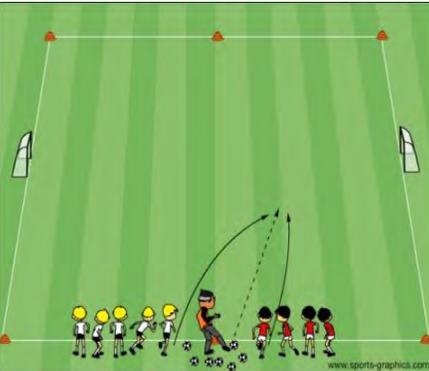
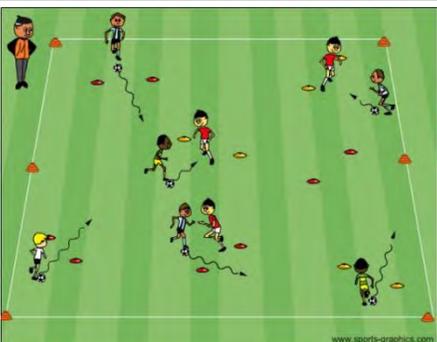
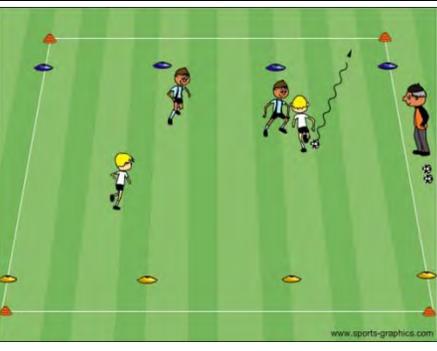


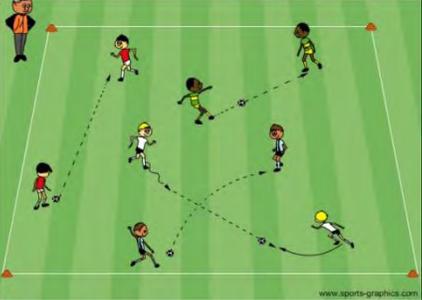
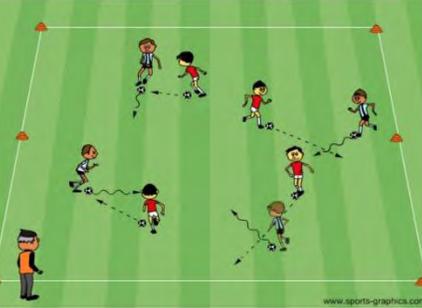
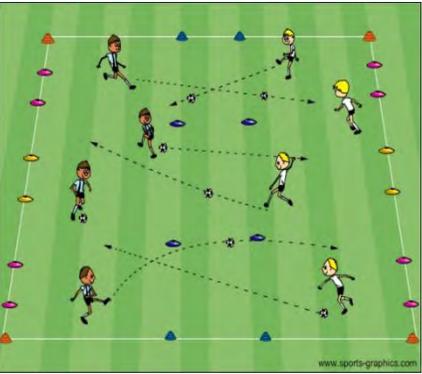
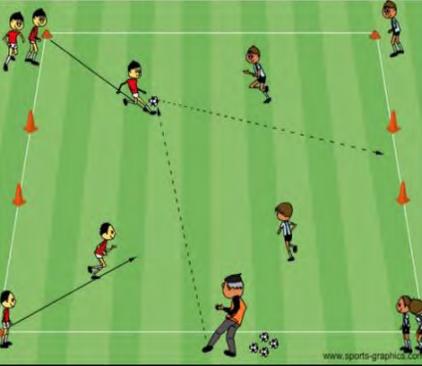
# U8 Activity Plan 1

Activity 1	Activity Description	Coaching Considerations
	<p><b>Free Dribble:</b> All players are dribbling a soccer ball in a 20x25 yard grid using their inside, outside, and the sole of their foot.</p> <p><b>Coach:</b> Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p><b>Version 2:</b> Coach can put pressure on players dribbling. <b>Version 3:</b> Players can dribble at each other and perform a move and accelerate away.</p>	<ul style="list-style-type: none"> <li>• Challenge players to use different surfaces of foot</li> <li>• Players must dribble with their head up</li> <li>• Encourage the players to try a new move</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b>Sharks and Minnows:</b> In a 20x25 yard grid have 3-4 players acting as the sharks. The minnows are in one end of the grid with their soccer balls. When the coach say “GO” the minnows try to dribble to the other end of the grid and the sharks are trying to kick the ball out. When the dribbler’s ball goes out, he/she becomes a shark. If the minnows reach the other end, they will wait for the coach’s command to play again. The game continues until all players turn into sharks.</p>	<ul style="list-style-type: none"> <li>• Keep ball close</li> <li>• Changing speed and direction</li> <li>• Running with the ball</li> <li>• Defending – 1v1</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b>Snake:</b> All players are dribbling a soccer ball in a 20x25 yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts.</p> <p><b>Coach:</b> Encourage the snake players to hiss.</p>	<ul style="list-style-type: none"> <li>• Keep ball close</li> <li>• Changing speed and direction</li> <li>• Running with the ball</li> <li>• Sudden stops and going</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b>Get “Outta” There with Numbers:</b> The players are divided into two teams, with each player given a number from 1-4 or 5 (depending on total amount of players). Players are positioned at either side of the coach, with multiple soccer balls, outside a 10x15 yard grid with two small goals on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells “Get outta there”.</p> <p><b>Coach:</b> Can make the games 1v1, 2v2, or 3v3. They should vary the service.</p>	<ul style="list-style-type: none"> <li>• 1v1 dribbling</li> <li>• 1v1 defending</li> <li>• Scheming and creativity</li> <li>• Decision making</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
<p style="text-align: center;"><b>Scrimmage</b></p>	<p style="text-align: center;"><b>Activity Description</b></p>	<p style="text-align: center;"><b>Time</b></p>
<p style="text-align: center;"><b>4v4 - Dual Field Scrimmage</b></p>	<p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p style="text-align: center;"><b>30 minutes</b></p>

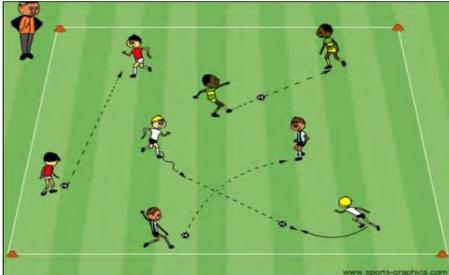
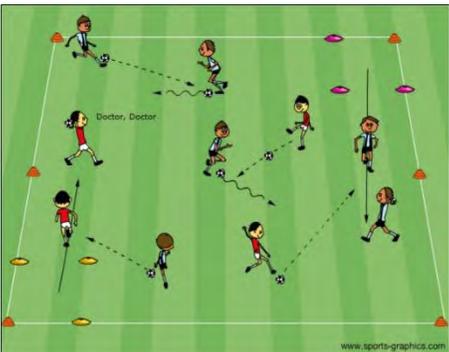
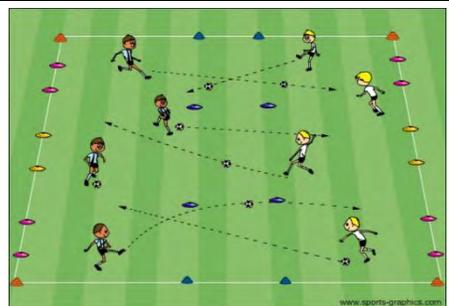
# U8 Activity Plan 2

Activity 1	Activity Description	Coaching Considerations
	<p><b>Shadow Dribble:</b> Two players (<b>Leader and Shadow</b>) both with a ball each and will dribble their soccer ball in a 20x25 yard grid. The leader will determine where they are going while the shadow will try to keep up with the leader.</p> <p><b>Coach:</b> Call the change from leader to shadow</p> <p><b>Version 2:</b> Use only favorite foot or other foot.</p> <p><b>Version 3:</b> Leader must make a move.</p>	<ul style="list-style-type: none"> <li>• Keep ball close</li> <li>• Changing directions</li> <li>• Dribbling using different surfaces of the foot</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b>Gate Dribbling:</b> In a 20x25 yard grid set up as many gates (two cones about 2 yards apart). All players with a ball must dribble through the gate in order to score a point.</p> <p><b>Coach:</b> Have players keep count of how many points they scored in 30 seconds or a minute. Repeat asking the players to beat the score by one or more points. You can also ask them to dribble with the left or right foot only.</p>	<ul style="list-style-type: none"> <li>• Keep ball close</li> <li>• Changing direction</li> <li>• Acceleration after going through a gate</li> <li>• Decision making</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b>Dribbling Gates With Bandits:</b> In a 20x25 yard grid, set up many gates (two cones about 2 yards apart). Select 2-3 players to be the “<b>Bandits</b>”; they will try to dispossess the players with trying to score points by dribbling through the gates. When the bandit steals the soccer ball, the player that lost the ball becomes the bandit.</p> <p><b>Coach:</b> Play multiple 1-2 minute games. Award a point to all players who have a soccer ball at the end of each game.</p>	<ul style="list-style-type: none"> <li>• Keep ball close</li> <li>• Changing direction</li> <li>• Acceleration after going through a gate</li> <li>• Decision making</li> <li>• 1v1 defending</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b>2v2 to End Zones:</b> Divide the 20x25 yard grid into two equal grids of 12x20 yards, with a one yard buffer zone in between. Make a one yard wide End Zone along each end line. Players will score by dribbling and stopping the soccer ball in the End Zone. Defenders can't defend in the End Zone.</p>	<ul style="list-style-type: none"> <li>• Application of dribbling, and passing-receiving technique under pressure</li> <li>• 1v1 defending</li> <li>Decision making</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
<p style="text-align: center;"><b>Scrimmage</b></p>	<p style="text-align: center;"><b>Activity Description</b></p>	<p style="text-align: center;"><b>Time</b></p>
<p style="text-align: center;"><b>4v4 - Dual Field Scrimmage</b></p>	<p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p style="text-align: center;"><b>30 minutes</b></p>

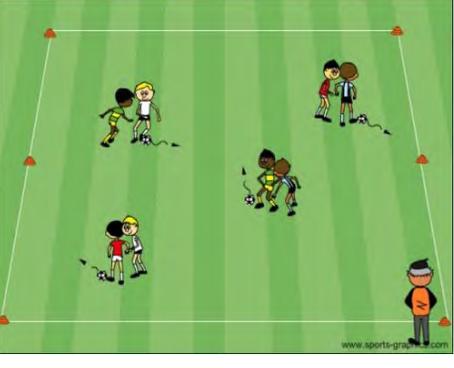
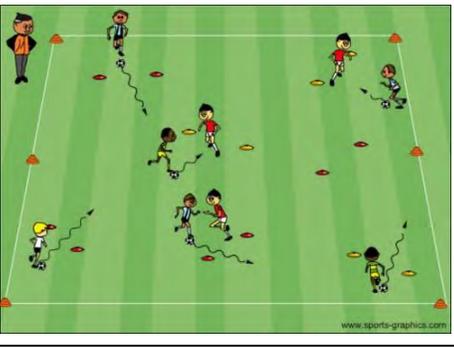
# U8 Activity Plan 3

<p><b>Activity 1</b></p> 	<p><b>Activity Description</b></p> <p><b>Paint the Field- Passing:</b> In pairs, players will pass the soccer ball back and forth in a 20x25 yard grid. Explain to the players that their soccer ball is a paint brush and wherever it rolls it will paint the area. Their task to pass (kick) the soccer ball to paint as much of the grid as possible in the allotted time.</p> <p><b>Version 2:</b> Tell the players to use the other foot</p>	<p><b>Coaching Considerations</b></p> <ul style="list-style-type: none"> <li>• Passing and receiving technique</li> <li>• Weight of the pass</li> <li>• Ability to pass through traffic</li> <li>• Communication and mobility of the players</li> </ul> <p><b>Time: 8 minutes</b></p>
<p><b>Activity 2</b></p> 	<p><b>Activity Description</b></p> <p><b>Team Tag:</b> Split the players into two teams (<b>Dribblers and Taggers</b>). The taggers are trying to tag the dribblers' feet or soccer ball with their soccer ball. The taggers need to keep track of their tags. The dribblers are trying to keep their ball from being tagged by shielding it. After a determine time, the teams switch roles.</p> <p><b>Coach:</b> Can help taggers adding their points.</p> <p><b>Version 2:</b> Taggers can only tag the dribblers' ball.</p>	<p><b>Coaching Considerations</b></p> <ul style="list-style-type: none"> <li>• Dribbling technique</li> <li>• Passing and receiving technique</li> <li>• Weight of the pass</li> <li>• Accuracy of the pass</li> <li>• Protecting the ball</li> </ul> <p><b>Time: 8 minutes</b></p>
<p><b>Activity 3</b></p> 	<p><b>Activity Description</b></p> <p><b>Clean Your Backyard:</b> Split the players into two teams to play in a 20x25 yard grid. With cones, divide the field into three portions. The central portion (<b>the buffer zone</b>) is 6yds wide and no one can enter it. Place three goals (3yds each) at the far ends of the grid. Players in each team will try to shoot/pass and score below knee height in any of the other team's goals.</p> <p><b>Coach:</b> Allow players to enter the buffer zone to retrieve any ball that has stopped in there.</p> <p><b>Version 2:</b> Allow teams to defend the goals using their hands.</p>	<p><b>Coaching Considerations</b></p> <ul style="list-style-type: none"> <li>• Basic Shooting technique</li> <li>• Simple decision making</li> </ul> <p><b>Time: 8 minutes</b></p>
<p><b>Activity 4</b></p> 	<p><b>Activity Description</b></p> <p><b>4 Corner Shooting Without Goalkeepers:</b> In 20x25 yard grid with cone goals at each end, players of the same team are placed by the corner cones of the goal they are defending. Half of the team is in a line at one cone and the other half at the other cone. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball into the field. The game is over when one team scores or the ball goes out of bounds. Players need to get out of the field quickly and get back in line.</p> <p><b>Version 2:</b> Add Goalkeepers</p>	<p><b>Coaching Considerations</b></p> <ul style="list-style-type: none"> <li>• Application of dribbling, passing-receiving and shooting technique under pressure</li> <li>• 1v1 defending</li> <li>• Decision making</li> </ul> <p><b>Time: 8 minutes</b></p>
<p><b>Scrimmage</b></p>	<p><b>Activity Description</b></p>	<p><b>Time</b></p>
<p><b>4v4 - Dual Field Scrimmage</b></p>	<p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p><b>30 minutes</b></p>

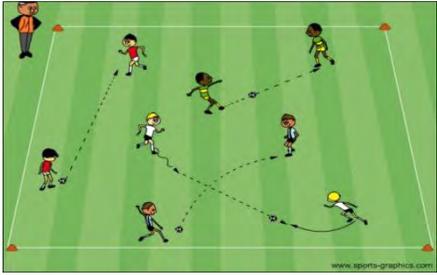
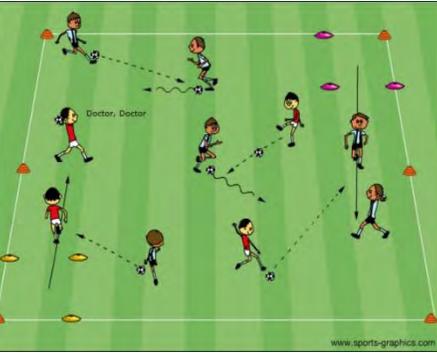
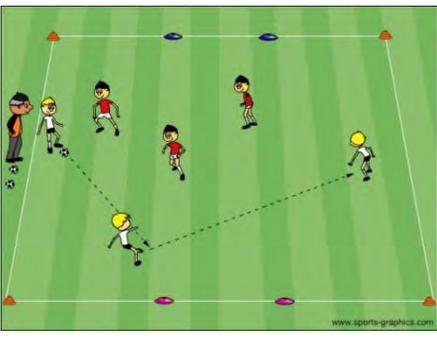
# U8 Activity Plan 4

Activity 1	Activity Description	Coaching Considerations
	<p><b>Paint the Field- Passing:</b> In pairs, players will pass the soccer ball back and forth in a 20x25 yard grid. Explain to the players that their soccer ball is a paint brush and wherever it rolls it will paint the area. Their task is to pass (kick) the soccer ball to paint as much of the grid as possible in the allotted time.</p> <p><b>Version 2:</b> Tell the players to use the other foot</p>	<ul style="list-style-type: none"> <li>• Passing and receiving technique</li> <li>• Weight of the pass</li> <li>• Ability to pass through traffic</li> <li>• Communication and mobility of the players</li> </ul> <p><b>Time: 8 minutes</b></p>
Activity 2	Activity Description	Coaching Considerations
	<p><b>Doctor, Doctor:</b> Divide the group into two teams. Send them to their hospital (corner boxes). Each team selects a doctor. He/she will cure (unfreeze) his/her team's players. Teams try to freeze each other by hitting the players with their soccer balls below knees or striking their balls. When frozen, players must put ball above head, remain in place, and yell "<b>Doctor, Doctor</b>". The Doctor is without a ball, and is safe in the hospital, but when he comes out, he can be frozen. When the doctor is frozen the game is over.</p>	<ul style="list-style-type: none"> <li>• Dribbling Technique</li> <li>• Protect the ball</li> <li>• Passing technique</li> <li>• Wight and accuracy of the pass</li> </ul> <p><b>Time: 8 minutes</b></p>
Activity 3	Activity Description	Coaching Considerations
	<p><b>Clean Your Backyard:</b> Split the players into two teams to play in a 20x25 yard grid. With cones, divide the field into three portions. The central portion (<b>the buffer zone</b>) is 6yds wide and no one can enter it. Place three goals (3yds each) at the far ends of the grid. Players on each team will try to shoot/pass and score below knee height in any of the other team's goals.</p> <p><b>Coach:</b> Allow players to enter the buffer zone to retrieve any ball that has stopped in there.</p> <p><b>Version 2:</b> Allow teams to defend the goals using their hands.</p>	<ul style="list-style-type: none"> <li>• Basic Shooting technique</li> <li>• Simple decision making</li> <li>• Shoot, Shoot, Shoot!</li> </ul> <p><b>Time: 8 minutes</b></p>
Activity 4	Activity Description	Coaching Considerations
	<p><b>2v2 to Small Goals:</b> Divide the 20x25 yard grid into two equal grids of 12x20 yards, with a one yard buffer zone in between. Place a 3yard goal with cones on each end line. Players will score by dribbling or passing through the goal they are attacking.</p> <p><b>Coach:</b> have two games going at the same time. If you have extra players, make sure you sub them in.</p>	<ul style="list-style-type: none"> <li>• Application of dribbling, passing-receiving and shooting technique under pressure</li> <li>• 1v1 defending</li> <li>• Decision making</li> </ul> <p><b>Time: 8 minutes</b></p>
Scrimmage	Activity Description	Time
4v4 - Dual Field Scrimmage	Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.	30 minutes

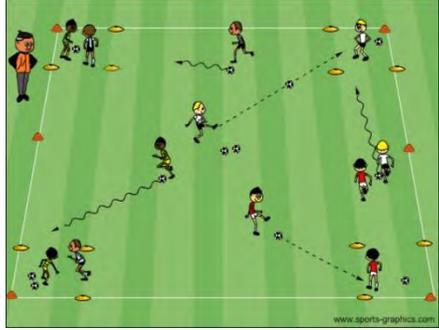
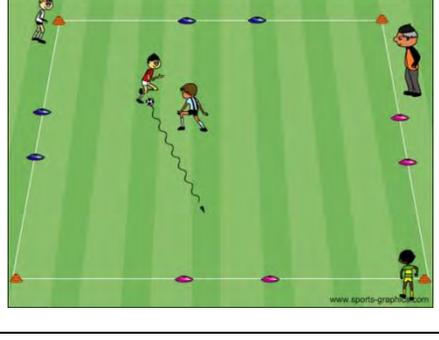
# U8 Activity Plan 5

Activity 1	Activity Description	Coaching Considerations
	<p><b>Juggling:</b> All players with a soccer ball in their hands drop the ball down and try to kick it back up to their hands. Players will try to use their thighs and feet to keep the ball in the air.</p> <p><b>Coach:</b> Have the players count how many times they touch the ball before it hits the ground.</p> <p><b>Version 2:</b> Controlled juggling - Thigh, foot, catch. Thigh, thigh, foot, catch. Thigh, thigh, foot, foot, catch.</p>	<ul style="list-style-type: none"> <li>• Hand, foot, eye coordination</li> <li>• Use foot and thigh</li> </ul> <p style="text-align: right;"><b>Time: 6 minutes</b></p>
Activity 2		<b>Coaching Considerations</b>
	<p><b>Steal-Shield:</b> Pair up the players with one ball. One player starts with the ball and at coach's command his/her partner tries to steal the ball away. Play 30-45 second matches. The player who ends with the ball gets a point. If the ball goes out of bounds, one of the players must get it back in play very quickly.</p> <p><b>Coach:</b> Show proper shielding technique during the demonstration. Fix technical shielding errors throughout the activity to assure that the group is doing it properly.</p>	<ul style="list-style-type: none"> <li>• Body sideways on to opponent</li> <li>• Use arm to protect and know where defender is going</li> <li>• Knees bent</li> <li>• Turn as defender attacks or reaches for the ball</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
Activity 3	<b>Activity Description</b>	<b>Coaching Considerations</b>
	<p><b>Dribbling Gates With Bandits:</b> In a 20x25 yard grid, set up many gates (two cones about 2 yards apart). Select two players to be the "Bandits". They will try to dispossess the players while trying to score points by dribbling through the gates. When the bandit steals the soccer ball, the player who lost the ball becomes the bandit.</p> <p><b>Coach:</b> Play multiple 1-2 minute games. Award a point to all players that have a soccer ball at the end of each game.</p>	<ul style="list-style-type: none"> <li>• Keep ball close</li> <li>• Changing direction</li> <li>• Acceleration after going through a gate</li> <li>• Decision making</li> <li>• 1v1 defending</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
Activity 4	<b>Activity Description</b>	<b>Coaching Considerations</b>
	<p><b>3v3 to End Zones:</b> In a 20x25 yard grid, place an End Zone of one yard wide along each end line. Players will score by dribbling and stopping the soccer ball in the End Zone. Defenders can't defend in the End zone.</p>	<ul style="list-style-type: none"> <li>• Application of dribbling, and passing-receiving technique under pressure</li> <li>• 1v1 defending</li> <li>• Decision making</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
<b>Scrimmage</b>	<b>Activity Description</b>	<b>Time</b>
<b>4v4 - Dual Field Scrimmage</b>	Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.	<b>30 minutes</b>

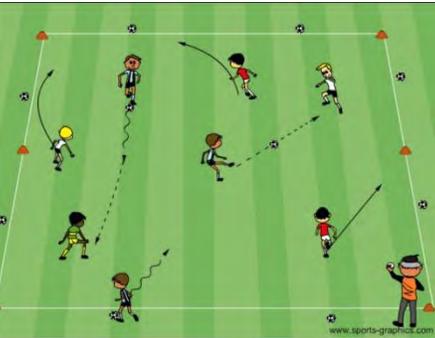
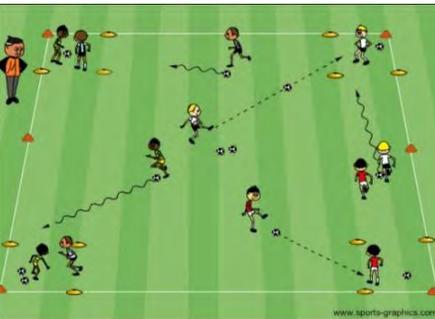
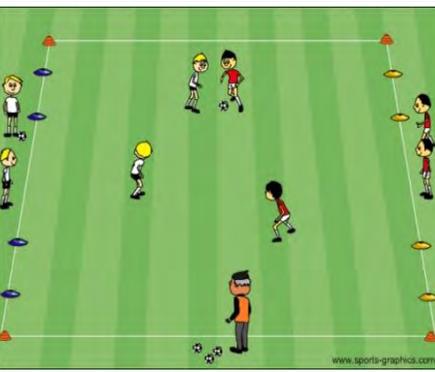
# U8 Activity Plan 6

Activity 1	Activity Description	Coaching Considerations
	<p><b>Paint the Field- Passing:</b> In pairs, players will pass the soccer ball back and forth in a 20x25 yard grid. Explain to the players that their soccer ball is a paint brush and wherever it rolls it will paint the area. Their task is to pass (kick) the soccer ball to paint as much of the grid as possible in the allotted time.</p> <p><b>Version 2:</b> Tell the players to use the other foot</p>	<ul style="list-style-type: none"> <li>• Passing and receiving technique</li> <li>• Weight of the pass</li> <li>• Ability to pass through traffic</li> <li>• Communication and mobility of the players</li> </ul> <p><b>Time: 6 minutes</b></p>
	<p><b>British Bulldog:</b> All players are dribbling a soccer ball from one end to the other end of a 20x25 yard grid. The coach begins as the "bulldog" and tries to kick the dribbling players' soccer balls out of the grid. Once a player's soccer ball is kicked out of the grid, he/she becomes a "bulldog". <b>Coach:</b> Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p><b>Version 2:</b> Players who dribble the soccer ball close to their feet do not get attacked by the bulldog.</p>	<ul style="list-style-type: none"> <li>• Changing speed and direction</li> <li>• Running with the ball</li> <li>• Keep the ball close</li> <li>• 1v1 defending</li> </ul> <p><b>Time: 8 minutes</b></p>
	<p><b>Doctor, Doctor:</b> Divide the group into two teams. Send them to their hospital (corner boxes). Each team selects a doctor. He/she will cure (unfreeze) his/her team's players. Teams try to freeze each other by hitting the players with their soccer balls below knees or striking their balls. When frozen, players must put ball above head, remain in place, and yell "<b>Doctor, Doctor</b>". The Doctor is without a ball, and is safe in the hospital, but when he comes out, he can be frozen. When the doctor is frozen the game is over.</p>	<ul style="list-style-type: none"> <li>• Dribbling Technique</li> <li>• Protect the ball</li> <li>• Passing technique</li> <li>• Weight and accuracy of the pass</li> </ul> <p><b>Time: 8 minutes</b></p>
	<p><b>3v3 to Small Goals:</b> Divide the 20x25 yard grid into to equal grids of 12x20 yards. Place a 3yard goal with cones on each end line. Players will score by dribbling or passing through the goal they are attacking.</p> <p><b>Coach:</b> If you have extra players, make sure you sub them in.</p>	<ul style="list-style-type: none"> <li>• Application of dribbling, passing-receiving and shooting technique under pressure</li> <li>• 1v1 defending</li> <li>• Decision making</li> </ul> <p><b>Time: 8 minutes</b></p>
<p><b>Scrimmage</b></p>	<p><b>Activity Description</b></p>	<p><b>Time</b></p>
<p><b>4v4 - Dual Field Scrimmage</b></p>	<p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p><b>30 minutes</b></p>

# U8 Activity Plan 7

Activity 1	Activity Description	Coaching Considerations
	<p><b><u>Steal-Shield:</u></b> Pair up the players with one ball. One player starts with the ball and at coach's command, his/her partner tries to steal the ball away. Play 30-45 second matches. The player that ends with the ball gets a point. If the ball goes out of bounds, one of the players must get it back in play very quickly.</p> <p><b>Coach:</b> Show proper shielding technique during the demonstration. Fix technical shielding errors throughout the activity to assure that the group is doing it properly.</p>	<ul style="list-style-type: none"> <li>• Body sideways on to opponent</li> <li>• Use arm to protect and know where defender is going</li> <li>• Knees bent</li> <li>• Turn as defender attacks or reaches for the ball</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
Activity 2	Activity Description	Coaching Considerations
	<p><b><u>Capture the Balls:</u></b> Players should be divided into equal teams to play in a grid with each team's home in the corners. Soccer balls are in the middle of the grid, with all players starting inside their home bases. On the coach's command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent's home bases.</p> <p><b>Coach:</b> Call time and each team counts the balls they have collected.</p>	<ul style="list-style-type: none"> <li>• How to get the balls from the center or other home bases</li> <li>• How to defend their home base</li> <li>• Decision making: pass or dribble</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
Activity 3	Activity Description	Coaching Considerations
	<p><b><u>1v1 to Cross Goals:</u></b> In a 12x12yd grid, set up a two yard goal (two red and blue goals) on each side of the grid. Divide the team into two groups. One attacker starts with a soccer ball, trying to score by dribbling through any of the two further goals. The defender is trying to defend the goals closest to them, If the defender gets the ball, he/she tries to score in the opponent's goal. The game ends when one player scores or the ball rolls out. Two new players go.</p>	<ul style="list-style-type: none"> <li>• Keep soccer ball close to feet</li> <li>• Sudden change of direction</li> <li>• Burst of speed</li> <li>• Defending – tackling</li> <li>• Shielding</li> <li>• Decision making</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
Activity 4	Activity Description	Coaching Considerations
	<p><b><u>2v2 to Cross Goals:</u></b> In a 12x12yd grid, set up a two yard goal (two red and blue goals) on each side of the grid. Divide the team into two groups. The attackers start with a soccer ball, trying to score by dribbling or passing through any of the two further goals. The defenders are trying to defend the goals closest to them. If a defender gets the ball, he/she tries to score in the opponent's goal.</p>	<ul style="list-style-type: none"> <li>• Application of dribbling, passing-receiving technique under pressure</li> <li>• 1v1 defending</li> <li>• Decision making</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
Scrimmage	Activity Description	Time
4v4 - Dual Field Scrimmage	Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.	<b>30 minutes</b>

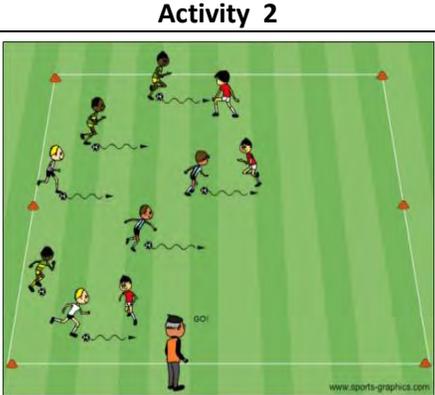
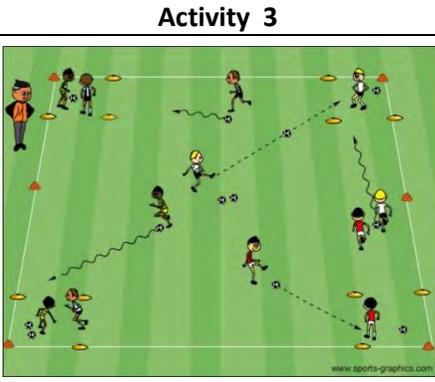
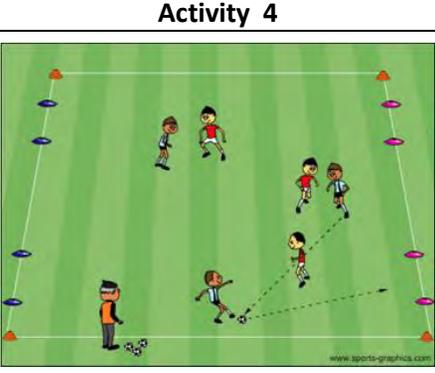
# U8 Activity Plan 8

Activity 1	Activity Description	Coaching Considerations
	<p><b>Gate Passing:</b> In a 20x25 yard grid, set up many gates (two cones about 2 yards apart). Players are now in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate in order to score a point. <b>Coach:</b> Players count how many points they score in a minute. Repeat asking the players to beat their score by one or more points. You can also ask them to pass with the inside or outside of the foot, and using their favorite foot or with the other foot.</p>	<ul style="list-style-type: none"> <li>• Passing and receiving technique</li> <li>• Dribbling Technique</li> <li>• Decision Making</li> <li>• Weight and accuracy of the pass</li> <li>• Communication and mobility</li> </ul> <p style="text-align: right;"><b>Time: 6 minutes</b></p>
	<p><b>Catching Robbers:</b> All players are spread around a 20x25 grid. Only two players (<b>the cops</b>) have soccer balls. When the coach says “let’s catch some robbers”, the cops attempt to catch the robbers who are running around the grid by striking their legs below knee height with their soccer balls. Once a robber is caught, he/she goes and gets any ball from the perimeter and becomes a cop. <b>Coach:</b> Place the balls that are not being used around the perimeter of the grid.</p>	<ul style="list-style-type: none"> <li>• Passing technique</li> <li>• Weight of the pass</li> <li>• Accuracy of the pass</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b>Capture the Balls:</b> Players should be divided into equal teams to play in a grid with each team’s home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach’s command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent’s home bases. <b>Coach:</b> Call time and each team counts the balls they have collected.</p>	<ul style="list-style-type: none"> <li>• How to get the balls from the center or other home bases</li> <li>• How to defend their home base</li> <li>• Decision making: pass or dribble</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b>2v2 to 4 Goals:</b> Divide the 20x25 yard grid into two equal grids of 12x20 yards with a one yard buffer zone in between. Place a two 2 yard goal with cones close to the each corners of each end line. Players will score by dribbling or passing through any of the two goals they are attacking. <b>Coach:</b> have two games going at the same time. If you have extra players, make sure you sub them in.</p>	<ul style="list-style-type: none"> <li>• Application of dribbling, passing-receiving and shooting technique under pressure</li> <li>• 1v1 defending</li> <li>• Decision making</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
Scrimmage	Activity Description	Time
4v4 - Dual Field Scrimmage	Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.	30 minutes

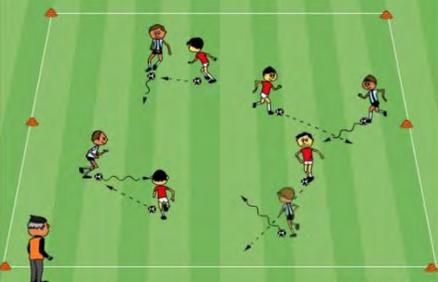
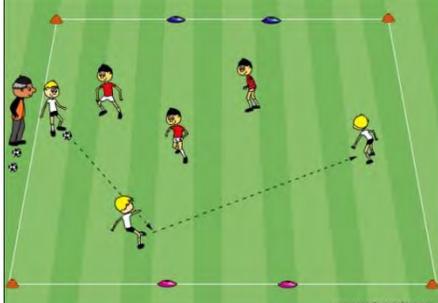
# U8 Activity Plan 9

Activity 1	Activity Description	Coaching Considerations
	<p><b>Tag:</b> All players dribbling a soccer ball will try to tag each other with their hands. Players cannot abandon their own ball to tag.</p> <p><b>Coach:</b> Have players keep count of their own tags. If playing more than one game, have players improve their tags by 1, 2 or 3 more than before.</p>	<ul style="list-style-type: none"> <li>• Dribbling with different surfaces of the foot</li> <li>• Ability to stop and go</li> <li>• Dribble with the head up</li> <li>• Sudden change of direction</li> </ul> <p style="text-align: right;"><b>Time: 6 minutes</b></p>
	<p><b>Knock Out:</b> All players are dribbling in a 20x25 yard grid and are trying to knock other dribblers' balls outside the grid. Players must retrieve the ball quickly and get back in the game.</p> <p><b>Coach:</b> Have your players perform a skill task before re-entering the grid. i.e.: juggling 3-5 times, ball taps.</p>	<ul style="list-style-type: none"> <li>• Protecting the ball</li> <li>• Dribbling with different surfaces of the foot</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b>Steal-Shield:</b> Pair up the players with one ball. One player starts with the ball and at coach's command, his/her partner tries to steal the ball away. Play 30-45 second matches. The player that ends with the ball gets a point. If the ball goes out of bounds, one of the players must get it back in play very quickly.</p> <p><b>Coach:</b> Show proper shielding technique during the demonstration. Fix technical shielding errors throughout the activity to assure that the group is doing it properly.</p>	<ul style="list-style-type: none"> <li>• Body sideways on to opponent</li> <li>• Use arm to protect and know where defender is going</li> <li>• Knees bent</li> <li>• Turn as defender attacks or reaches for the ball</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b>3v3 to End Zones:</b> In a 20x25 yard grid, place an End Zone of one yard wide along each end line. Players will score by dribbling and stopping the soccer ball in the End Zone. Defenders can't defend in the End zone.</p>	<ul style="list-style-type: none"> <li>• Application of dribbling, and passing-receiving technique under pressure</li> <li>• 1v1 defending Decision making</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
<p style="text-align: center;"><b>Scrimmage</b></p>	<p style="text-align: center;"><b>Activity Description</b></p>	<p style="text-align: center;"><b>Time</b></p>
<p style="text-align: center;"><b>4v4 - Dual Field Scrimmage</b></p>	<p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p style="text-align: center;"><b>30 minutes</b></p>

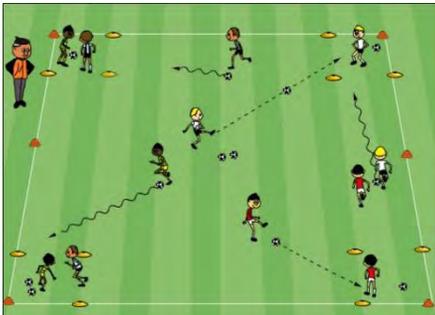
# U8 Activity Plan 10

Activity 1	Activity Description	Coaching Considerations
	<p><b>Shadow Dribble:</b> Two players (<b>Leader and Shadow</b>) each with a ball will dribble their soccer balls in a 20x25 yard grid. The leader will determine where they are going while the shadow will try to keep up with the leader.</p> <p><b>Coach:</b> Call the change from leader to shadow.</p> <p><b>Version 2:</b> Use only favorite foot or other foot.</p> <p><b>Version 3:</b> Leader must make a move.</p>	<ul style="list-style-type: none"> <li>• Dribbling with head up</li> <li>• Running with the ball</li> <li>• Using different foot surfaces</li> <li>• Changing direction</li> </ul> <p style="text-align: right;"><b>Time: 6 minutes</b></p>
	<p><b>Sharks and Minnows:</b> In a 20x25 yard grid, have 3-4 players acting as the sharks. The minnows are in one end of the grid with their soccer balls. When the coach says “GO”, the minnows try to dribble to the other end of the grid and the sharks are trying to kick the ball out. When the dribbler’s ball goes out, he/she becomes a shark. If the minnows reach the other end, they will wait for the coach’s command to play again. The game continues until all players turn into sharks.</p>	<ul style="list-style-type: none"> <li>• Changing speed and direction</li> <li>• Running with the ball</li> <li>• Keep the ball close</li> <li>• 1v1 defending</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b>Capture the Balls:</b> Players should be divided into equal teams to play in a grid with each team’s home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach’s command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent’s home bases.</p> <p><b>Coach:</b> Call time and each team counts the balls they have collected.</p>	<ul style="list-style-type: none"> <li>• How to get the balls from the center or other home bases</li> <li>• How to defend their home base</li> <li>• Decision making: pass or dribble</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b>3v3 to 4 Goals:</b> In a 20x25 yard grid, place a two yard goal with cones close to the corners of each end line. Players will score by dribbling or passing through any of the two goals they are attacking.</p>	<ul style="list-style-type: none"> <li>• Application of dribbling, passing-receiving and shooting technique under pressure</li> <li>• 1v1 defending</li> <li>• Decision making</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
<p style="text-align: center;"><b>Scrimmage</b></p>	<p style="text-align: center;"><b>Activity Description</b></p>	<p style="text-align: center;"><b>Time</b></p>
<p style="text-align: center;"><b>4v4 - Dual Field Scrimmage</b></p>	<p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p style="text-align: center;"><b>30 minutes</b></p>

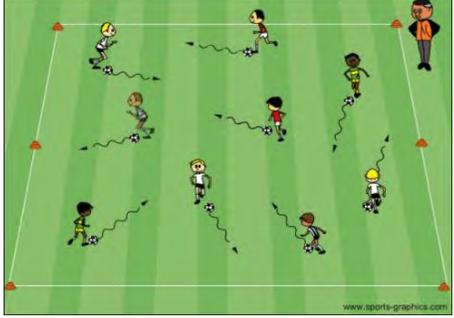
# U8 Activity Plan 11

Activity 1	Activity Description	Coaching Considerations
	<p><b>Ball Tag:</b> All players are dribbling a soccer ball in a 20x25 yard grid. The players try to hit another player's feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player.</p> <p><b>Version 2:</b> If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p>	<ul style="list-style-type: none"> <li>• Dribbling technique</li> <li>• Passing technique</li> <li>• Weight of the pass</li> <li>• Accuracy of the pass</li> </ul> <p style="text-align: right;"><b>Time: 6 minutes</b></p>
Activity 2	Activity Description	Coaching Considerations
	<p><b>Team Tag:</b> Split the players into two teams (<b>Dribblers and Taggers</b>). The taggers are trying to tag the dribblers' feet or soccer ball with their soccer ball. The taggers need to keep track of their tags. The dribblers are trying to keep their ball from being tagged by shielding it. After a determined time, the teams switch roles.</p> <p><b>Coach:</b> Can help taggers add their points.</p> <p><b>Version 2:</b> Taggers can only tag the dribblers' ball.</p>	<ul style="list-style-type: none"> <li>• Dribbling technique</li> <li>• Passing and receiving technique</li> <li>• Weight of the pass</li> <li>• Accuracy of the pass</li> <li>• Protecting the ball</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
Activity 3	Activity Description	Coaching Considerations
	<p><b>Cops and Robbers:</b> The coach sets up 8-10 stand up (tall) cones in a 20x25 yard grid. Robbers will strike the ball and try to knock the cone (the bank) down. The cops (2 or 3 players) are without soccer balls and are trying to stand all the cones back up before all the banks are robbed. Rotate the cops and the robbers.</p> <p><b>Variation 2:</b> If you do not have tall cones, divide the group into half cops and half robbers, and place the cops' balls on top of discs.</p>	<ul style="list-style-type: none"> <li>• Passing and receiving technique</li> <li>• Weight of the pass</li> <li>• Accuracy of the pass</li> <li>• Dribbling Technique</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
Activity 4	Activity Description	Coaching Considerations
	<p><b>3v3 to Small Goals:</b> Divide the 20x25 yard grid into two equal grids of 12x20 yards. Place a 3yard goal with cones on each end line. Players will score by dribbling or passing through the goal they are attacking.</p> <p><b>Coach:</b> If you have extra players, make sure you sub them in.</p>	<ul style="list-style-type: none"> <li>• Application of dribbling, passing-receiving and shooting technique under pressure</li> <li>• 1v1 defending</li> <li>• Decision making</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
Scrimmage	Activity Description	Time
4v4 - Dual Field Scrimmage	Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.	<b>30 minutes</b>

# U8 Activity Plan 12

<p><b>Activity 1</b></p> 	<p><b>Activity Description</b></p> <p><b>Gate Passing:</b> In a 20x25 yard grid, set up many gates (two cones about 2 yards apart). Players are now in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate in order to score a point. <b>Coach:</b> Players count how many points they score in a minute. Repeat asking the players to beat the score by one or more points. You can also ask them to pass with the inside or outside of the foot, and using their favorite foot or with their other foot.</p>	<p><b>Coaching Considerations</b></p> <ul style="list-style-type: none"> <li>• Passing and receiving technique</li> <li>• Dribbling technique</li> <li>• Decision making</li> <li>• Weight and accuracy of the pass</li> <li>• Communication and mobility</li> </ul> <p><b>Time: 8 minutes</b></p>
<p><b>Activity 2</b></p> 	<p><b>Activity Description</b></p> <p><b>Ball Tag:</b> All players are dribbling a soccer ball in a 15x20 yard grid. The players try to hit another player's feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player. <b>Version 2:</b> If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p>	<p><b>Coaching Considerations</b></p> <ul style="list-style-type: none"> <li>• Dribbling technique</li> <li>• Passing technique</li> <li>• Weight of the pass</li> <li>• Accuracy of the pass</li> </ul> <p><b>Time: 8 minutes</b></p>
<p><b>Activity 3</b></p> 	<p><b>Activity Description</b></p> <p><b>Capture the Balls:</b> Players should be divided into equal teams to play in a grid with each team's home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach's command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent's home bases. <b>Coach:</b> Call time and each team counts the balls they have collected.</p>	<p><b>Coaching Considerations</b></p> <ul style="list-style-type: none"> <li>• How to get the balls from the center or other home bases</li> <li>• How to defend their home base</li> <li>• Decision making: pass or dribble</li> </ul> <p><b>Time: 8 minutes</b></p>
<p><b>Activity 4</b></p> 	<p><b>Activity Description</b></p> <p><b>2v2 to 4 Goals:</b> Divide the 20x25 yard grid into two equal grids of 12x20 yards with a one yard buffer zone in between. Place a two 2 yard goal with cones close to the each corners of each end line. Players will score by dribbling or passing through any of the two goals they are attacking. <b>Coach:</b> have two games going at the same time. If you have extra players, make sure you sub them in.</p>	<p><b>Coaching Considerations</b></p> <ul style="list-style-type: none"> <li>• Application of dribbling, passing-receiving and shooting technique under pressure</li> <li>• 1v1 defending</li> <li>• Decision making</li> </ul> <p><b>Time: 8 minutes</b></p>
<p><b>Scrimmage</b></p>	<p><b>Activity Description</b></p>	<p><b>Time</b></p>
<p><b>4v4 - Dual Field Scrimmage</b></p>	<p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p><b>30 minutes</b></p>

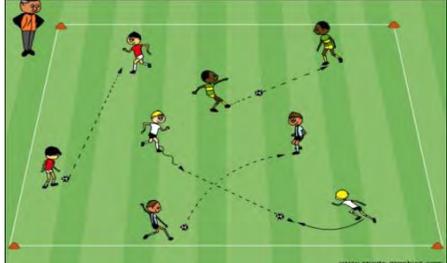
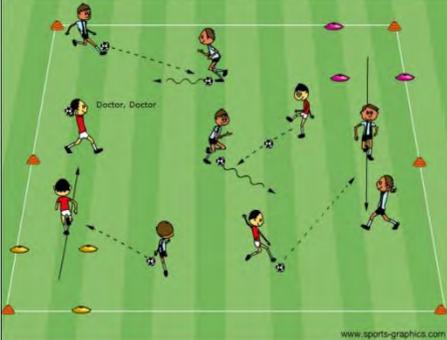
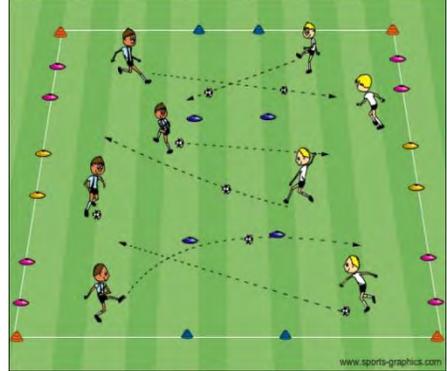
# U8 Activity Plan 13

Activity 1	Activity Description	Coaching Considerations
	<p><b>Juggling:</b> All players with a soccer ball in their hands drop the ball down and try to kick it back up to their hands. Players will try to use their thighs and feet to keep the ball in the air. <b>Coach:</b> Have the players count how many times they touch the ball before it hits the ground. <b>Version 2:</b> Controlled juggling - Thigh, foot, catch. Thigh, thigh, foot, catch. Thigh, thigh, foot, foot, catch.</p>	<ul style="list-style-type: none"> <li>• Hand, eye, foot coordination</li> <li>• Use foot and thigh</li> </ul> <p style="text-align: right;"><b>Time: 6 minutes</b></p>
Activity 2	Activity Description	Coaching Considerations
	<p><b>Free Dribble:</b> All players are dribbling a soccer ball in a 20x25 yard grid using the inside, outside, and sole of their foot. <b>Coach:</b> Have players change direction and accelerate away. Have players demonstrate a move and accelerate away. <b>Version 2:</b> Coach can put pressure on players dribbling. <b>Version 3:</b> Players can dribble at each other and perform a move and accelerate away.</p>	<ul style="list-style-type: none"> <li>• Challenge players to use different surfaces of foot</li> <li>• Players must dribble with their heads up</li> <li>• Encourage the players to try a new move</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
Activity 3	Activity Description	Coaching Considerations
	<p><b>1v1 to End-Lines:</b> Divide a 20x25 yard grid into two even grids. Make two groups, one with the balls and the other without the balls at opposite ends of the grid. At coach's command, the 1v1 game begins. The game ends when the player with the ball scores by dribbling under control over the opposing players' line. If the defender gets the ball, he/she tries to score. <b>Coaches:</b> After each 1v1 bout, players switch sides.</p>	<ul style="list-style-type: none"> <li>• Keep soccer ball close to feet</li> <li>• Sudden change of direction</li> <li>• Burst of speed</li> <li>• Defending – tackling</li> <li>• Shielding</li> <li>• Decision making</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
Activity 4	Activity Description	Coaching Considerations
	<p><b>2v2 to End Zones:</b> Divide the 20x25 yard grid into two equal grids of 12x20 yards, with a one yard buffer zone in between. Make a one yard wide End Zone along each end line. Players will score by dribbling and stopping the soccer ball in the End Zone. Defenders can't defend in the End Zone.</p>	<ul style="list-style-type: none"> <li>• Application of dribbling, and passing-receiving technique under pressure</li> <li>• 1v1 defending Decision making</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
Scrimmage	Activity Description	Time
4v4 - Dual Field Scrimmage	Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.	30 minutes

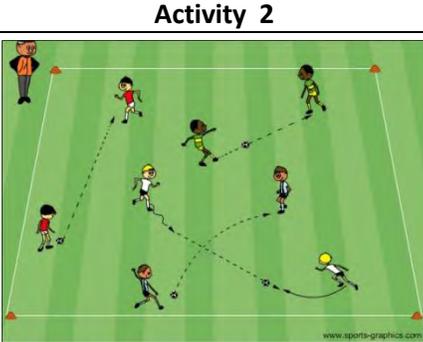
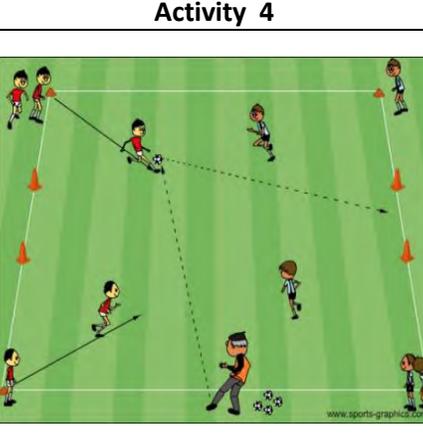
# U8 Activity Plan 14

Activity 1	Activity Description	Coaching Considerations
	<p><b>Shadow Dribble:</b> Two players (<b>Leader and Shadow</b>) each with a ball. They will dribble all over a 20x25 yard grid. The leader will determine where they are going, while the shadow will try to keep up with the leader.</p> <p><b>Coach:</b> Call the change from leader to shadow</p> <p><b>Version 2:</b> Use only favorite foot or other foot. <b>Version 3:</b> Leader must make a move.</p>	<ul style="list-style-type: none"> <li>• Keep ball close</li> <li>• Changing directions</li> <li>• Dribbling using different surfaces of the foot</li> </ul> <p style="text-align: right;"><b>Time: 6 minutes</b></p>
Activity 2	Activity Description	Coaching Considerations
	<p><b>Knock Out:</b> All players are dribbling in a 20x25 yard grid and are trying to knock other dribblers' balls outside the grid. Players must retrieve the ball quickly and get back in the game.</p> <p><b>Coach:</b> Have your players perform a skill task before re-entering the grid. i.e.: juggling 3-5 times, ball taps.</p>	<ul style="list-style-type: none"> <li>• Protecting the ball</li> <li>• Dribbling with different surfaces of the foot</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
Activity 3	Activity Description	Coaching Considerations
	<p><b>1v1 to Cross Goals:</b> In a 10x15yd grid, set up a two yard goal (two red and blue goals) in each side of the grid. Divide the team into two groups. The attacker starts with a soccer ball trying to score by dribbling through any of the two further goals. The defender is trying to defend the goals closest to him/her. If the defender gets the ball, he/she tries to score in the opponent's goal. The game ends when one player scores or the ball rolls out. Two new players go.</p>	<ul style="list-style-type: none"> <li>• Keep soccer ball close to feet</li> <li>• Sudden change of direction</li> <li>• Burst of speed</li> <li>• Defending – tackling</li> <li>• Shielding</li> <li>• Decision making</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
Activity 4	Activity Description	Coaching Considerations
	<p><b>2v2 to Cross Goals:</b> In a 12x12yd grid, set up a two yard goal (two red and blue goals) on each side of the grid. Divide the team into two groups. The attackers start with a soccer ball, trying to score by dribbling or passing through any of the two further goals. The defenders are trying to defend the goals closest to them. If a defender gets the ball, he/she tries to score in the opponent's goal.</p>	<ul style="list-style-type: none"> <li>• Application of dribbling, passing-receiving technique under pressure</li> <li>• 1v1 defending</li> <li>• Decision making</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
Scrimmage	Activity Description	Time
4v4 - Dual Field Scrimmage	Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.	<b>30 minutes</b>

# U8 Activity Plan 15

Activity 1	Activity Description	Coaching Considerations
	<p><b>Paint the Field- Passing:</b> In pairs, players will pass the soccer ball back and forth in a 20x25 yard grid. Explain to the players that their soccer ball is a paint brush and wherever it rolls it will paint the area. Their task to pass (kick) the soccer to paint as much of the grid as possible in the allotted time.</p> <p><b>Version 2:</b> Tell the players to use their other foot</p>	<ul style="list-style-type: none"> <li>• Passing and receiving technique</li> <li>• Weight of the pass</li> <li>• Ability to pass through traffic</li> <li>• Communication and mobility of the players</li> </ul> <p><b>Time: 6 minutes</b></p>
Activity 2	Activity Description	Coaching Considerations
	<p><b>Doctor, Doctor:</b> Divide the group into two teams. Send them to their hospital (corner boxes). Each team selects a doctor. He/she will cure (unfreeze) his/her team's players. Teams try to freeze each other by hitting the players with their soccer balls below knees or striking their balls. When frozen, players must put ball above head, remain in place, and yell "<b>Doctor, Doctor</b>". The Doctor is without a ball, and is safe in the hospital, but when he comes out, he can be frozen. When the doctor is frozen the game is over.</p>	<ul style="list-style-type: none"> <li>• Dribbling technique</li> <li>• Protect the ball</li> <li>• Passing technique</li> <li>• Weight and accuracy of the pass</li> </ul> <p><b>Time: 8 minutes</b></p>
Activity 3	Activity Description	Coaching Considerations
	<p><b>Clean Your Backyard:</b> Split the players into two teams to play in a 20x25 yard grid. With cones, divide the field into three portions. The central portion (<b>the buffer zone</b>) is 6yds wide and no one can enter it. Place three goals (3yds each) at the far ends of the grid. Players on each team will try to shoot/pass and score below knee height in any of the other team's goals.</p> <p><b>Coach:</b> Allow players to enter the buffer zone to retrieve any ball that has stopped in there.</p> <p><b>Version 2:</b> Allow teams to defend the goals using their hands</p>	<ul style="list-style-type: none"> <li>• How to get the balls from the center or other home bases</li> <li>• How to defend their home base</li> <li>• Decision making: pass or dribble</li> </ul> <p><b>Time: 8 minutes</b></p>
Activity 4	Activity Description	Coaching Considerations
	<p><b>3v3 to 4 Goals:</b> In a 20x25 yard grid, place a two yard goal with cones close to the corners of each end line. Players will score by dribbling or passing through any of the two goals they are attacking.</p>	<ul style="list-style-type: none"> <li>• Application of dribbling, passing-receiving and shooting technique under pressure</li> <li>• 1v1 defending</li> <li>• Decision making</li> </ul> <p><b>Time: 8 minutes</b></p>
Scrimmage	Activity Description	Time
4v4 - Dual Field Scrimmage	Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.	30 minutes

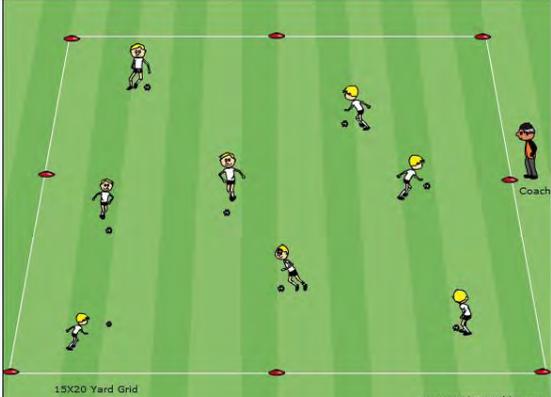
# U8 Activity Plan 16

Activity 1	Activity Description	Coaching Considerations
	<p><b>Paired Tag:</b> In a 20x25 yard grid, pair players up (<b>Tagger and Dribbler</b>) each with soccer balls. The Dribblers are given a 2 second start to get away from the taggers. The tagger dribbling his/her soccer ball tries to tag the dribbler. Once the dribbler is tagged, the roles reverse and the chase starts again.</p>	<ul style="list-style-type: none"> <li>• Keep ball close</li> <li>• Changing directions</li> <li>• Dribbling using different surfaces of the foot</li> </ul> <p style="text-align: right;"><b>Time: 6 minutes</b></p>
	<p><b>Paint the Field- Passing:</b> In pairs, players will pass the soccer ball back and forth in a 20x25 yard grid. Explain to the players that their soccer ball is a paint brush and wherever it rolls it will paint the area. Their task to pass (kick) the soccer ball to paint as much of the grid as possible in the allotted time.</p> <p><b>Version 2:</b> Tell the players to use their other foot</p>	<ul style="list-style-type: none"> <li>• Passing and receiving technique</li> <li>• Weight of the pass</li> <li>• Ability to pass through traffic</li> <li>• Communication and mobility of the players</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b>Cops and Robbers:</b> The coach sets up 8-10 stand up (tall) cones in a 20x25 yard grid. Robbers will strike the ball and try to knock the cone (the bank) down. The cops (2 or 3 players) are without soccer balls and are trying to stand all the cones back up before all the banks are robbed. Rotate the cops and the robbers.</p> <p><b>Variation 2:</b> If you do not have tall cones, divide the group into half cops and half robbers, and place the cops' balls on top of discs.</p>	<ul style="list-style-type: none"> <li>• Passing and receiving technique</li> <li>• Weight of the pass</li> <li>• Accuracy of the pass</li> <li>• Dribbling Technique</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
	<p><b>4 Corner Shooting Without Goalkeepers:</b> In 20x25 yard grid with cone goals at each end, players of the same team are placed by the corner cones of the goal they are defending. Half of the team is in a line at one cone and the other half at the other cone. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball into the field. The game is over when one team scores or the ball goes out of bounds. Players need to get out of the field quickly and get back in line.</p> <p><b>Version 2:</b> Add Goalkeepers</p>	<ul style="list-style-type: none"> <li>• Application of dribbling, passing-receiving and shooting technique under pressure</li> <li>• 1v1 defending</li> <li>• Decision making</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>
<p style="text-align: center;"><b>Scrimmage</b></p>	<p style="text-align: center;"><b>Activity Description</b></p>	<p style="text-align: center;"><b>Time</b></p>
<p style="text-align: center;"><b>4v4 - Dual Field Scrimmage</b></p>	<p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p style="text-align: center;"><b>30 minutes</b></p>

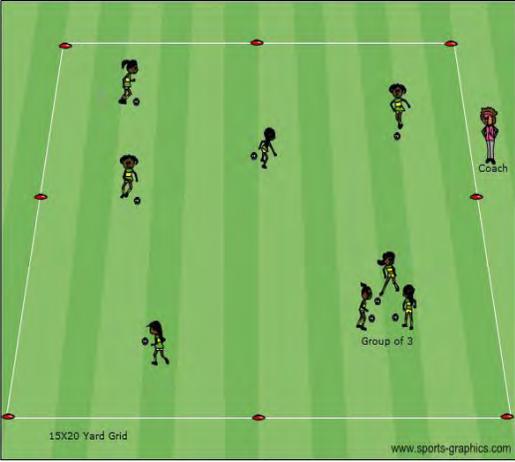
# U8 Dynamic Activities

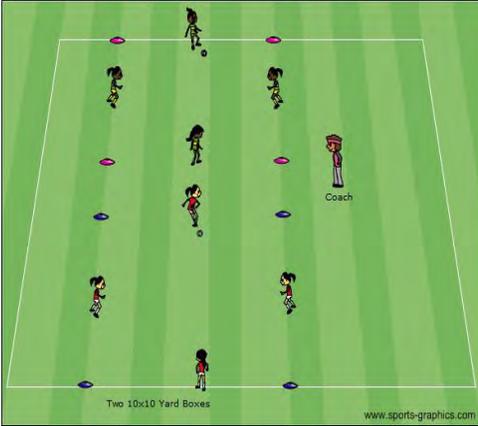
Free Dribble	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> <li>• Each player dribbles a soccer ball in a 15x20 yard grid.</li> <li>• Players should use as many surfaces of their feet as they can.</li> <li>• Coach will prompt players to work on change of speed, direction, quick feet and simple turns.</li> </ul>	<ul style="list-style-type: none"> <li>• Players can be challenged to use different surfaces of foot.</li> <li>• Players must dribble with their head up.</li> <li>• Encourage players to try something new.</li> </ul>

Gates Dribbling	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> <li>• Each player with a soccer ball in a 15x20 yard grid.</li> <li>• Coach sets up several gates. (different colored if possible and 1 gate per player) Players dribble through one gate then find another gate to dribble through.</li> <li>• How many gates can the players dribble through in 30 seconds?</li> <li>• During round two, players have to try to dribble through one more goal than previous round.</li> </ul>	<ul style="list-style-type: none"> <li>• Players go slow when close to gates and accelerate in open space.</li> <li>• Dribble with head up to find next gate.</li> </ul>

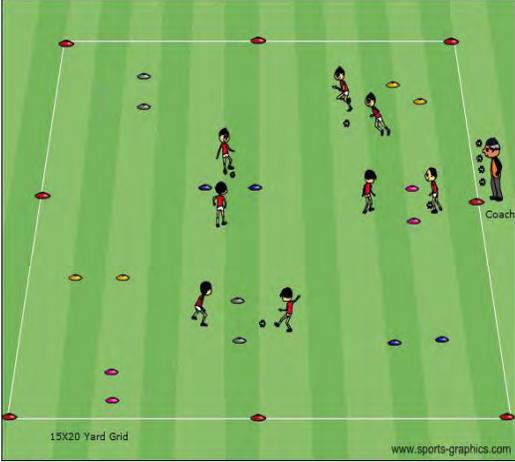
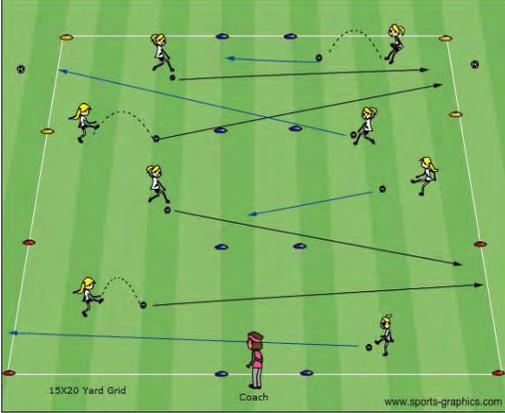
Hit the Dirt (low flying airplanes)	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> <li>• Each player dribbles a ball in a 15x20 yard grid.</li> <li>• When coach say, "Hit the Dirt," each player must touch his chest to the ground.</li> <li>• When the coach says "UP," all players get up quickly and resume dribbling.</li> </ul>	<ul style="list-style-type: none"> <li>• Agility and flexibility</li> <li>• Anticipation</li> <li>• Movement education</li> </ul> <p>*Variation: Players can go down to the ground and back to their feet as quickly as possible.</p>

# U8 Dynamic Activities

Math Dribbling	Activity Description	Coaching Objective
 <p>15x20 Yard Grid</p> <p>www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>• Each player dribbles their soccer ball in a 15x20 yard grid.</li> <li>• When the coach calls out a number, the players must get into a group with that number in it. (if the coach calls out “3”, the players must get into as many groups of 3 as possible)</li> <li>• If some of the players are not able to form a group of 3, they will have to do a goofy activity such as dance around their soccer ball.</li> <li>• The coach can also call out: 1+1, 4-1 or any other variation.</li> </ul>	<ul style="list-style-type: none"> <li>• Dribbling technique</li> <li>• Cooperation, listening, anticipation and math skills.</li> </ul>

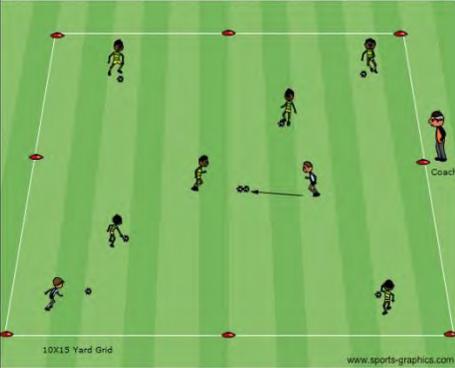
Pass or Dribble Between Boxes	Activity Description	Coaching Objective
 <p>Two 10x10 Yard Boxes</p> <p>www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>• Coach sets up two 10x10 yard boxes about 5 yards apart.</li> <li>• Coach divides the players into groups of 4.</li> <li>• 4 players start in each box with 1 soccer ball.</li> <li>• On the coach’s command, the players begin to pass the soccer ball to their team mates within their box.</li> <li>• Coach can have the 2 teams race to see who can get 10 passes the fastest.</li> <li>• Now, when the coach calls switch, the 2 groups of 4 must switch boxes with their soccer ball.</li> <li>• The teams continue to pass in their new space.</li> </ul>	<ul style="list-style-type: none"> <li>• Passing Technique</li> <li>• Speed and weight of passes</li> <li>• Player’s ability to pass or dribble through traffic</li> </ul> <p>*Variation-Players can dribble between boxes</p> <p>Players must pass between boxes</p>

# U8 Dynamic Activities

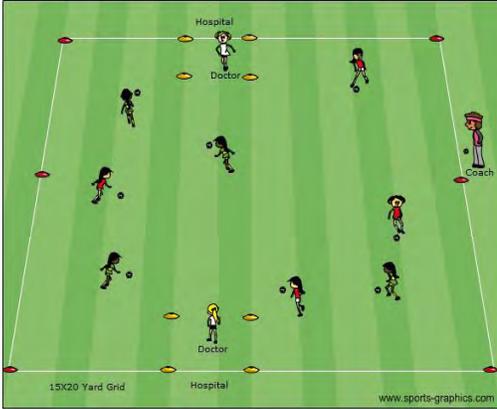
Gates with Partners	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> <li>• Same set up as Gates Dribbling</li> <li>• Coach divides players into groups of 2.</li> <li>• Each pair of players starts at 1 gate.</li> <li>• Players pass the soccer ball back and forth at the same gate. (no more than 2 minutes total)</li> <li>• Now players have to make 1 pass through a gate and to their partner for a point.</li> <li>• Players move to a different gate to repeat the same pass for another point.</li> <li>• How many goals (points) can you score in 30 seconds?</li> <li>• In the next round, each group of 2 tries to beat their score by at least 1.</li> </ul>	<ul style="list-style-type: none"> <li>• Sharing the ball with a teammate by passing.</li> <li>• Very brief passing technique, i.e. using the inside of their foot.</li> <li>• Working as a team to get to the next gate together.</li> </ul>
	<ul style="list-style-type: none"> <li>• Each player with their soccer ball in a 15x20 yard Grid with 2 big goals on each end line and a 4 yard neutral zone in the center.</li> <li>• Coach divides ½ the players on one side of the neutral zone and the other ½ on the other side of the neutral zone. (Coach can clear balls from neutral zone)</li> <li>• Both teams try to score on either of the other team's goals.</li> <li>• After a player shoots her soccer ball, she can get any other soccer ball in her ½ of the field and try to score again.</li> </ul>	<ul style="list-style-type: none"> <li>• Basic shooting technique, i.e. where to strike the ball and what part of the foot to use.</li> <li>• Simple decision making by looking for the open goal.</li> <li>• Lots of shooting repetition. Shoot every time they find a ball.</li> </ul>

# U8 Dynamic Activities

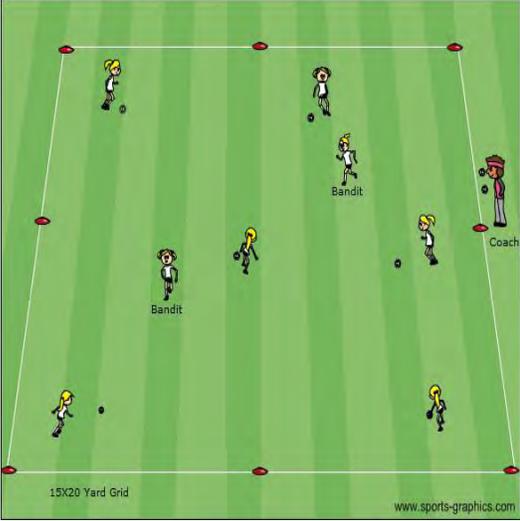
Cone Kicking (in 2's)	Activity Description	Coaching Objective
 <p>15X20 Yard Grid www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>• 15x20 yard grid. Opposing players are positioned across from each other about 5 yards from center cone.</li> <li>• The center cone has a soccer ball placed on top of it.</li> <li>• One player starts with the soccer ball and tries to knock the soccer ball off the center cone with a pass.</li> <li>• Player receives one point if she can knock the cone down.</li> <li>• Opponent must place the soccer ball back on the center cone before taking her turn.</li> <li>• Game is played to 3 then switch opponents.</li> </ul>	<ul style="list-style-type: none"> <li>• Kicking technique: eyes, body shape, foot surface, non-kicking foot and ball surface</li> <li>• Accuracy and weight of pass</li> </ul> <p>*Variation-coach can use tall cones in the center if extra soccer balls are not available.</p>

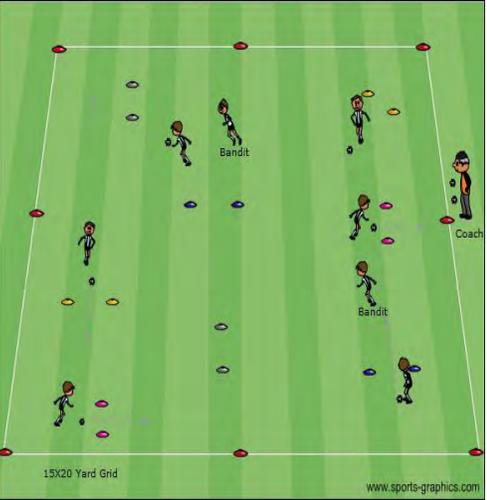
Ball Tag	Activity Description	Coaching Objective
 <p>10X15 Yard Grid www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>• Coach sets up a 10x15 yard grid.</li> <li>• All players have a soccer ball.</li> <li>• Coach selects 2 or 3 players to be taggers.</li> <li>• The taggers will have 30 seconds to hit as many soccer balls as they can with their soccer ball</li> <li>• All other players must dribble within the grid and protect their soccer ball from getting hit.</li> <li>• The coach selects 2 or 3 new taggers for the next round.</li> <li>• Play until all players have an opportunity to be a tagger.</li> </ul>	<ul style="list-style-type: none"> <li>• Dribbling Technique</li> <li>• Passing technique including accuracy and weight of pass</li> <li>• Deceptive passing</li> <li>• Shielding</li> </ul>

# U8 Dynamic Activities

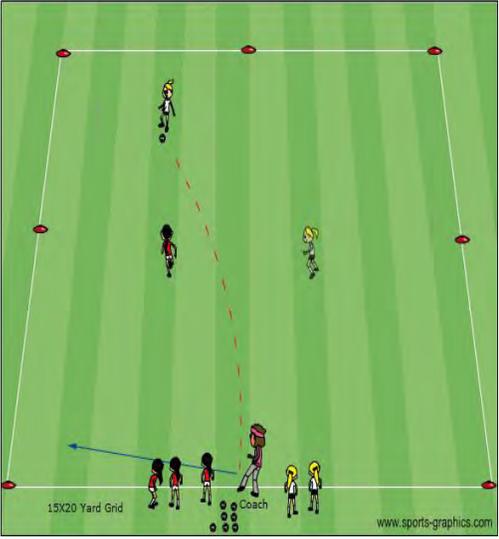
Team Doctor-Doctor	Activity Description	Coaching Objective
 <p>15X20 Yard Grid</p> <p>www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>• Coach sets up a 15x20 yard grid with 2 4x4 Hospital. 1 near each end.</li> <li>• All players except the Doctor have a soccer ball.</li> <li>• The coach divides the players into 2 teams (Doctors are neutral)</li> <li>• 1 team is tagging and the other team tries to get away.</li> <li>• The tagging team can hit a player with their soccer ball below the knees.</li> <li>• If a player get hit, they must hold their soccer ball over their head so the doctor knows to help them.</li> <li>• Any player who is hit can be saved by the Doctor's touch.</li> <li>• If either Doctor gets hit below the knees, game over.</li> <li>• Doctor is safe in either hospital but must come out to save their patients.</li> <li>• Each round last for 1 minute. Switch Doctors every 2 rounds.</li> </ul>	<ul style="list-style-type: none"> <li>• Agility</li> <li>• Dribbling and Kicking technique</li> <li>• Simple Decision making</li> </ul>

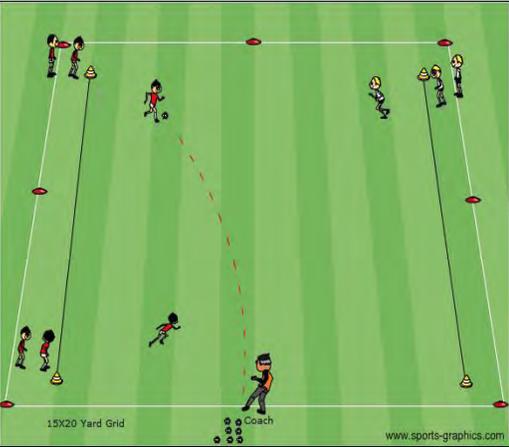
# U8 Competitive Activities

Bandit Ball	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> <li>• All but 2 players dribble their soccer ball in a 15x20 yard grid.</li> <li>• The 2 without soccer balls are bandits.</li> <li>• When the coach says, “Watch Out for Bandits”, the bandits try to steal someone’s soccer ball.</li> <li>• Once they steal a soccer ball, they try to keep it and are no longer a bandit.</li> <li>• If a player loses their soccer ball, she becomes a bandit and attempts to steal any soccer ball (doesn’t have to be their soccer ball).</li> <li>• If a soccer ball is kicked out of the grid, it cannot be brought back in.</li> <li>• At the end of each round, (30-45 seconds) each player with a soccer ball gets 1 point.</li> </ul>	<ul style="list-style-type: none"> <li>• Dribbling for individual possession and shielding.</li> <li>• Tackling (winning the ball)</li> </ul>

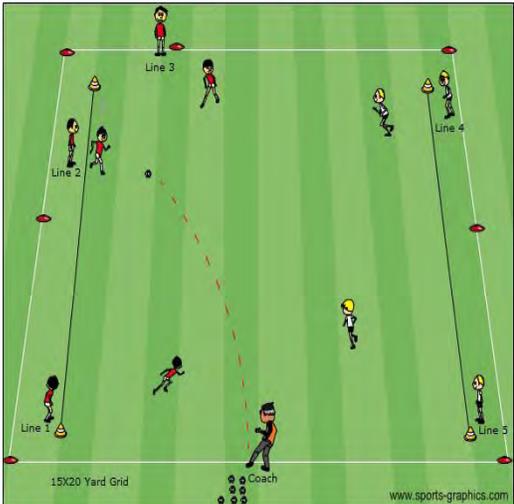
Gates with Bandits	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> <li>• Coach sets up a 15x20 yard grid with several gates (goals) inside.</li> <li>• All but 2 players dribble their soccer ball in the grid. The 2 without soccer balls are bandits.</li> <li>• The players try to dribble through as many goals as they can within the allotted time (60-90 seconds).</li> <li>• The bandits try to steal any soccer ball they can. Once they steal a soccer ball, they are no longer bandits and try to start scoring goals.</li> <li>• Players who lose their soccer balls are now bandits and must try to steal either their soccer ball back or any other soccer ball they can.</li> <li>• Players with a soccer ball at the end of the round get to keep their points to start the next round.</li> </ul>	<ul style="list-style-type: none"> <li>• Dribbling to attack</li> <li>• Changing directions</li> <li>• Tackling the ball</li> </ul>

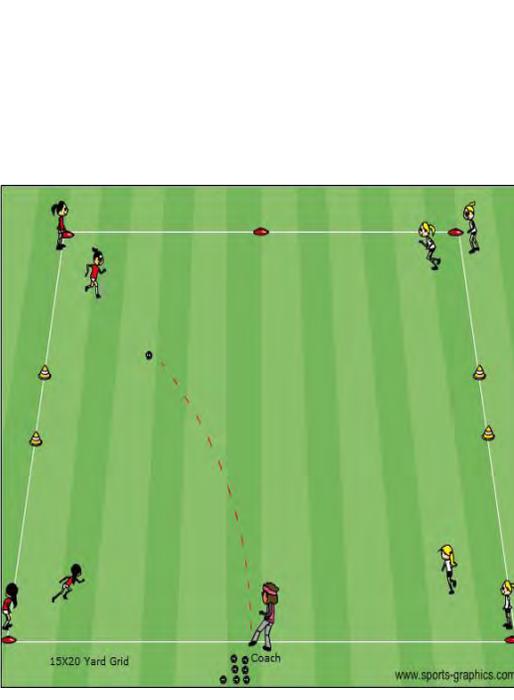
# U8 Competitive Activities

Combat	Activity Description	Coaching Objective
 <p>15X20 Yard Grid www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>• Coach set up a 15x20 yard grid. Coach has all the soccer balls on the sideline. Players are split into 2 color-coded teams. One team lines up on the coach's left and the other on the coach's right.</li> <li>• When the coach kicks the ball into play, the game begins.</li> <li>• If, before putting the soccer ball into play, the coach calls out, "White", then 2 white players from the white team and one from the red chase after the soccer ball and we have a 2v1 competition in favor of the white.</li> <li>• After putting the ball into play, the coach should move left or right to encourage the competing players to look back for their target and anticipate how to turn on their opponent.</li> <li>• A point is awarded to the team that gets the soccer ball back to the coach in the allotted time.</li> <li>• Once the coach gets the soccer ball back, she plays it back into the field and another game begins.</li> </ul>	<ul style="list-style-type: none"> <li>• Attacking and defending skills</li> <li>• Decision making with uneven numbers</li> <li>• Basic shape (the team with 2, along with the coach, form a triangle)</li> </ul> <p>*Coach can also increase the numbers to 3v2 or allow teams to play even numbers.</p>

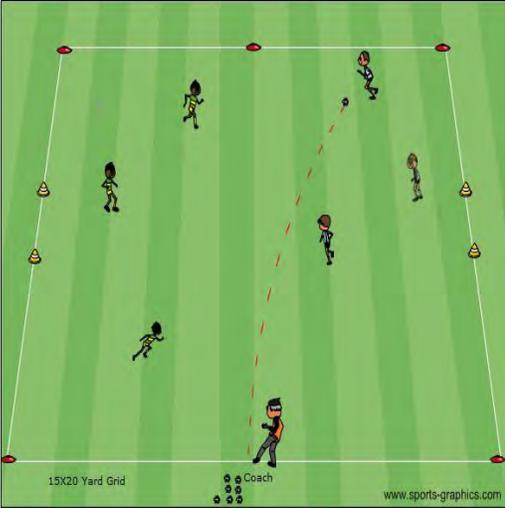
Directional 2v1	Activity Description	Coaching Objective
 <p>15X20 Yard Grid www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>• Coach set up a 15x20 yard grid. Coach has all the soccer balls on the sideline.</li> <li>• Coach divides the players into 3 groups; 2 attacking groups and 1 defending.</li> <li>• The coach passes a soccer ball to one of the lines. The first player in each of the 3 lines enters the field. (2v1)</li> <li>• The 2 attackers must get the ball over the opposite end-line under control.</li> <li>• If the attackers score, they are awarded 1 point. If the defender steals the ball and scores, he is awarded 2 points.</li> <li>• If the soccer ball goes out of bounds or a goal is scored the coach another soccer ball and new players enter the field.</li> </ul>	<ul style="list-style-type: none"> <li>• Dribbling, passing, receiving, combination play</li> <li>• defending (intercepting passes)</li> </ul> <p>*this game can be played to Zones or goals</p>

# U8 Competitive Activities

Directional 3v2	Activity Description	Coaching Objective
 <p>15x20 Yard Grid Coach www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>• Coach set up a 15x20 yard grid. Coach has all the soccer balls on the sideline.</li> <li>• Coach divides the players into 5 groups; 3 attacking groups and 2 defending.</li> <li>• The coach passes a soccer ball to one of the lines. The first player in each of the 5 lines enters the field. (3v2)</li> <li>• The 3 attackers must get the ball over the opposite end-line under control.</li> <li>• If the attackers score, they are awarded 1 point. If the defender steals the soccer ball and scores, he is awarded 2 points.</li> <li>• If the ball goes out of bounds or a goal is scored the coach another soccer ball and new players enter the field.</li> </ul>	<ul style="list-style-type: none"> <li>• Dribbling, passing, receiving, combination play</li> <li>• defending (intercepting passes)</li> </ul> <p>*this game can be played to Zones or goals</p>

4 Corner Shooting	Activity Description	Coaching Objective
 <p>15x20 Yard Grid Coach www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>• Coach sets up 15x20 yard Grid. Coach sets up on the side line with all the soccer balls.</li> <li>• Team is split in half with half the players split into 2 lines, one on each corner. The other team does the same on the other side.</li> <li>• The coach serves a soccer ball into play. At the moment the soccer ball is in play, the first player from each of the 4 lines comes out to play 2v2.</li> <li>• Play continues until a goal is scored or the soccer ball goes out of bounds.</li> <li>• When this happens, all players get off the field, the coach serves another soccer ball and 4 new players enter the field for a 2v2 match.</li> <li>• Game continues until the coach is out of soccer balls.</li> <li>• At this point the coach says he is out of soccer balls and asks the players to retrieve them for him. The players must dribble the soccer balls back to him.</li> <li>• Once the soccer balls are collected, a new game begins.</li> </ul>	<ul style="list-style-type: none"> <li>• Technique under pressure of a game</li> <li>• Decision making in the competitive game environment.</li> <li>• Dribbling, passing, receiving and shooting</li> </ul>

# U8 Competitive Activities

Boss of the Balls (3v3 or 4v4)	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> <li>• Coach sets up 15x20 yard grid. Coach sets up on the side line with all the soccer balls.</li> <li>• Goals are placed at either end of the field about 5 or 6 steps apart.</li> <li>• When the coach serves a soccer ball onto the field, the 3v3 or 4v4 game begins. (no subs)</li> <li>• When the soccer ball goes out of bounds or into the goal, the coach serves another ball into play and the game continues until all the soccer balls are gone.</li> <li>• At this point, the coach says he is out of soccer balls and asks the players to get a ball and dribble it back to him.</li> <li>• Once the coach has all the balls, a new round begins.</li> </ul>	<ul style="list-style-type: none"> <li>• Making a decision that only the game can present.</li> <li>• Dribbling, shooting and passing</li> <li>• Anticipation and excitement</li> </ul>
	<ul style="list-style-type: none"> <li>• Coach sets up a 15x20 yard grid with 2 or 3 goals on each end line.</li> <li>• Goals are about 2 steps wide (3 player steps)</li> <li>• Coach divides players into 2 teams. Players can play 2v2, 3v3 or 4v4. Start with low numbers and add a player each round. If players are waiting on the side, coach can switch them every minute and keep the game going.</li> <li>• Each team tries to score on any of the 2 or 3 goals across from them and have to defend the 2 or 3 goals on their side.</li> <li>• Coach can determine the duration of the round. It can be for time or number of goals.</li> </ul>	<ul style="list-style-type: none"> <li>• Small group attacking and defending</li> <li>• Anticipation</li> <li>• Locating the best goal to attack (switching to point of attack)</li> </ul> <p>*Same game can be played to end lines. Goals scored by dribbling over the end line.</p>

# U8 Competitive Activities

4v4 Game	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> <li>• Coach sets up a 15x20 yard grid with a goal at each end. (goal can be 2 to 4 steps wide)</li> <li>• Coach divides the players into teams of 4.</li> <li>• Teams play 4v4 with no goalies.</li> <li>• Multiple games can be played at the same time on similar grids.</li> <li>• No restrictions but incentives may be useful.</li> </ul>	<ul style="list-style-type: none"> <li>• Learn to use technical skills in a game environment.</li> <li>• All technical coaching objectives can be recognized</li> </ul>

6v6 Game	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> <li>• Coach sets up a 35x50 yard field with a goal at each end.</li> <li>• Coach divides the players into teams of 6.</li> <li>• Teams play 5 + a goalie v 5 + a goalie (6v6)</li> <li>• Game is played with throw-ins, corner kicks, goal kicks and free kicks for fouls.</li> <li>• No restrictions but incentives may be useful.</li> </ul>	<ul style="list-style-type: none"> <li>• Learn to use technical skills in a game environment.</li> <li>• All technical coaching objectives can be recognized</li> <li>• Coach can observe for future practice themes</li> </ul>