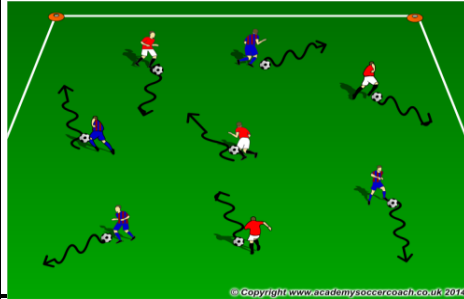
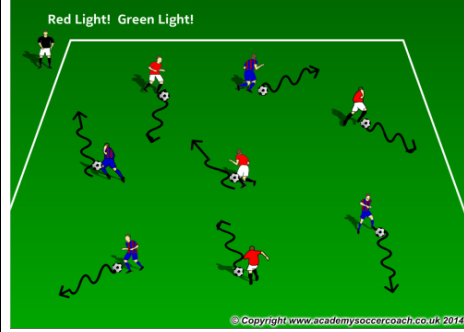


Season: Spring 2015

Age Group: U8

Week: 1

Let's learn the Rules - Let's play

Stage	Activity Description	Diagram	Checking for Understanding
Activity 1	<p>4 Surfaces: (8 Minutes) In a 15Wx20L grid. Each player has a ball. Have the players try to use the 4 surfaces of the foot in 1 fluid motion in this order: Inside, Outside, Laces and Bottom. Transfer the ball from the right to left foot after they stop the ball with the bottom (sole of the shoe) When the players display proficiency, challenge them to do it faster and in a smaller space.</p> <ul style="list-style-type: none"> • Play 6 rounds of 1 seconds each with 25 seconds rest between rounds; new information can be provided during rest period 		<p>Coach (C) – What are the surfaces of the foot that a player can use to dribble? Player (P) – The inside, outside, laces and bottom of the foot. C - Why is it important to keep the ball close during this activity? P - Because you can't get as many touches on the ball if you have to chase it first.</p>
Activity 2	<p>Red Light/Green Light: (8 Minutes) All players are dribbling freely in a 15Wx20L yard grid. When the coach says "red light" the players must stop and put their foot on the ball. When the coach says "yellow light" the players must dribble slowly, and when the coach says "green light" the players must dribble fast. Coach: Control the frequency of light changes. Variation: Now the colors are the surfaces: Yellow= outside of the foot, Blue= inside of the foot, Green= Laces push, Red= Stop.</p> <ul style="list-style-type: none"> • Play 6 rounds of 1 minute each with 25 seconds rest between rounds; new information can be provided during rest period 		<p>C – What parts of the foot do players use to stop the ball? P – The bottom or the inside of the foot. C – When the light turns green, where do players want to try to dribble? P – To empty space (where there are no other players) so you do not run into any other players.</p>

Let's Play the Game

Recommended Rules – Your local rules may differ



Possible Formations	3-1 (Diamond) or 2-2
Dimensions in Yards:	Wide: 30 max-20 min Long: 35 max-25 min
Ball	Size 3 or 4
Number of Players	4 Players per team on the field - No Goalkeepers needed
Referee	No Referee needed
Duration	Play 3 Games of 13 minutes each with 2 ½ minutes between games
Fouls and Misconduct	No cards (Yellow or Red) If a child misbehave you must sub him/her out of the game
Free Kicks	All free kicks shall be direct
Out of bounds - Side Line	1. When the ball goes out bounds, please say RED LIGHT (all the players shall stop) 2. Place the soccer ball on the side line and allow the player to kick it in or dribble it into the field
Out of Bounds – End Line	1. When the ball goes out of bound, please say RED LIGHT (opposite team will regroup by the mid line) 2. The Kicking team will place the soccer ball about 1-2 yards in front of the goal and kick it to a teammate
Corners (optional)	When the defending team kicks the ball over the end line the other team will place the ball on the corner and kick it in. the defending team must be at least 4-5 yards away from the ball