

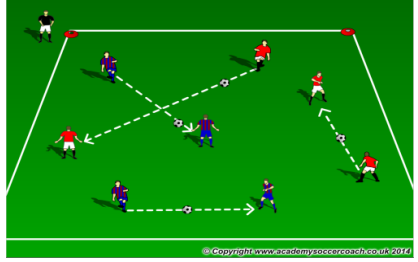

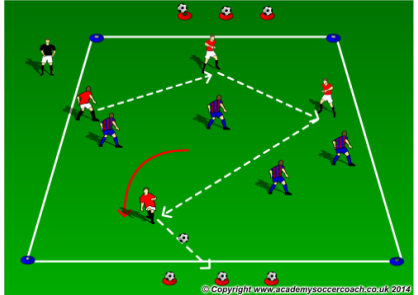



Season: Spring 2015

Age Group: U8

Week: 10

Fantastic Fours

Stage	Activity Description	Diagram	Checking for Understanding
<p><b>Warm Up</b></p>	<p><b>Paint the Field- Passing: (12 Minutes)</b>            In pairs, players will pass the soccer ball back and forth in a 20Wx30L yard grid. Explain to the players that their soccer ball is a paint brush and wherever it rolls it will paint a line in their favorite color. Their task to pass (kick) the soccer ball to paint as much of the grid as possible in the allotted time.            Variation: Tell the players to use their other foot  <b>• Play 5 rounds of 2 minutes with 30 seconds break between rounds.</b></p>		<p>Coach (C) – What surface of the foot should players use to receive the ball?            Player (P) – The inside, outside, or bottom of the foot.            C – What surface of the foot should you strike the ball to make a pass?            P – The Inside of the foot for a short pass the laces for a longer pass.</p>
<p><b>Game 1</b></p>	<p><b>4v4 to End Zones: (16 Minutes)</b>            In a 20Wx30L yard grid, place an End Zone of tow 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.  <b>• Play 2 rounds of 7 minutes with 2 minute break between rounds.</b></p>		<p>C – What surface of the foot should players use to dribble?            P – The inside, outside, and laces.            C – When should players run forward with the ball?            P – When there is space in front of them or only one defender to beat.</p>
<p><b>Activity 3</b></p>	<p><b>4v4 Hit the Ball Off the Cone: (16 Minutes)</b>            In a 20Wx30L yard grid with a 2 yard end zone, place 3 soccer balls on top of three cones. Place a soccer ball on each cone. Two teams of 4 players each will try to score by knocking the soccer ball off the cone.  <b>Scoring:</b> Hit the ball on the cone: 10 points - If the soccer ball goes between the cones: 1point            No players are allowed in the end zone.  <b>• Play 2 rounds of 7 minutes with 2 minute break between rounds.</b></p>		<p>C – Where should players redirect the ball when they receive it?            P – To open space away from defenders.            C – Why should players play the ball backward instead of forward?            P – They cannot score right away, and are looking to change the angle of attack</p>
<p><b>Activity 4</b></p>	<p><b>4v4 to 2 Goals: (16 Minutes)</b>            In a 20Wx30L 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.  <b>• Play 2 rounds of 7 minutes with 2 minute break between rounds</b></p>		<p>C - Where should teammates be when supporting the player with the ball?            P – On the right or the left of the player in possession            C – Why should players move away and then to the ball?            P – To create space to dribble and pass for both the player in possession and themselves.</p>
<p><b>Match</b></p>	<p><b>4v4 - Dual Field Scrimmage</b></p>	<p>If possible set up two fields of 20Wx30Lyards with a 5 yard space between them in order to keep the majority of your team playing.</p>	<p><b>25 minutes</b></p>