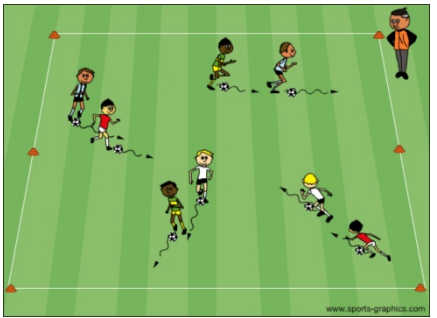
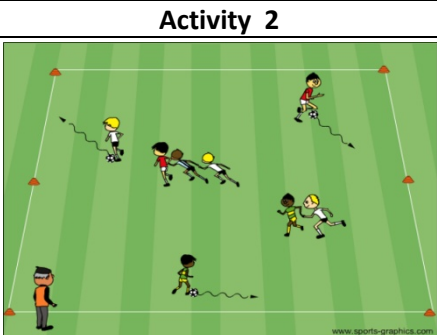

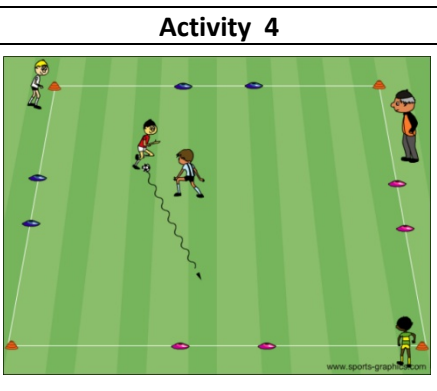




(8U) --- Week 14

Activity 1	Activity Description	Coaching Considerations
	<p>Shadow Dribble: Two players (Leader and Shadow) 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>Coach: Call the change from leader to shadow</p> <p>Version 2: Use only favorite foot or other foot. Version 3: Leader must make a move.</p>	<ul style="list-style-type: none"> • Keep ball close • Changing directions • Dribbling using different surfaces of the foot <p style="text-align: right;">Time: 6 minutes</p>
	<p>Snake: 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>Coach: Encourage the snake players to hiss.</p>	<ul style="list-style-type: none"> • Changing speed and direction • Running with the ball • Look for open space • Keep ball close <p style="text-align: right;">Time: 8 minutes</p>
	<p>Knock Out: 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>Coach: 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"> • Protecting the ball • Dribbling with different surfaces of the foot <p style="text-align: right;">Time: 8 minutes</p>
	<p>1v1 to Cross Goals: 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"> • Keep soccer ball close to feet • Sudden change of direction • Burst of speed • Defending – tackling • Shielding • Decision making <p style="text-align: right;">Time: 8 minutes</p>
<p style="text-align: center;">Scrimmage</p>	<p style="text-align: center;">Activity Description</p>	<p style="text-align: center;">Time</p>
<p style="text-align: center;">4v4 - Dual Field Scrimmage</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;">30 minutes</p>