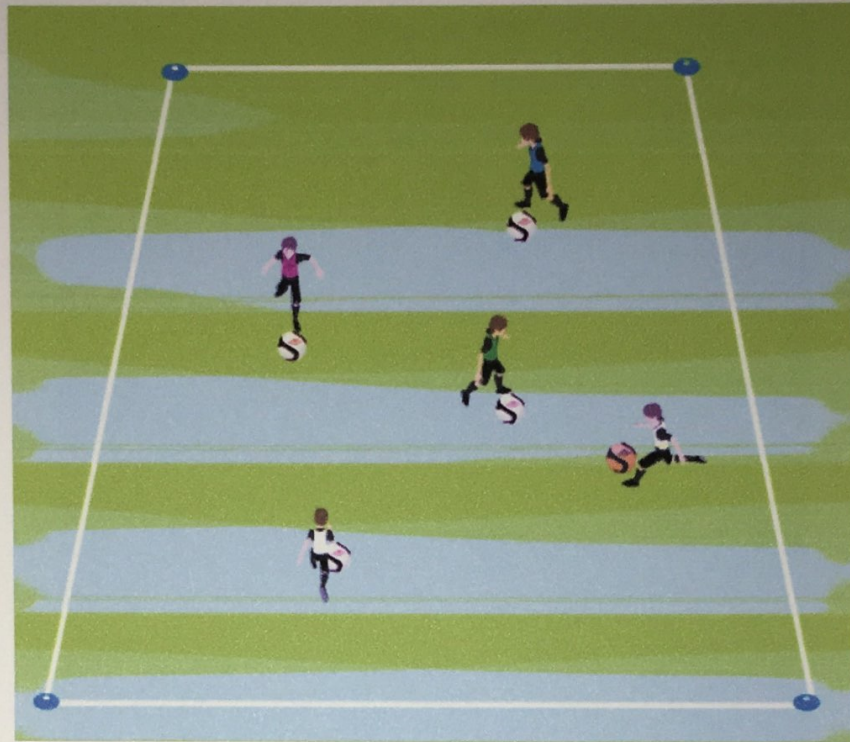



## Week Eight – Warm Up

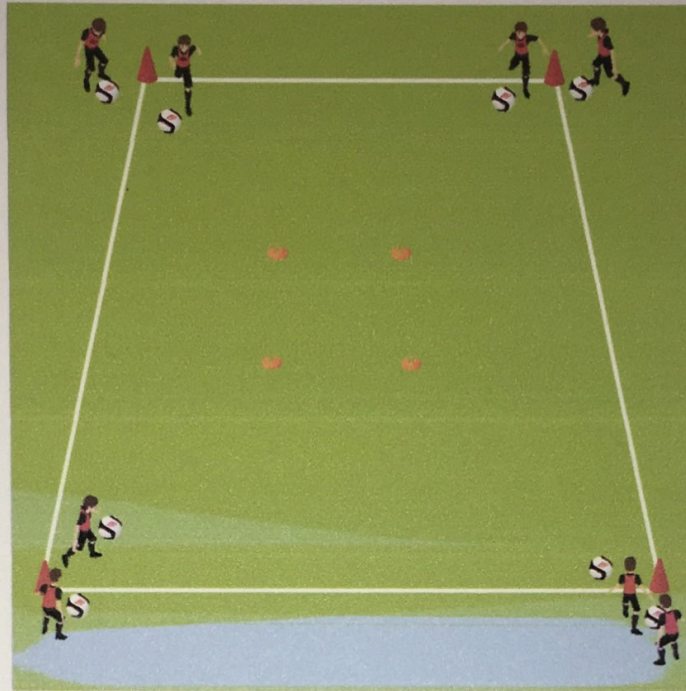
### Dribbling Marbles



- OBJECTIVE:** Learning to dribble in tight spaces
- TIME:** U5-U6 10 minutes, U7-U8 12 minutes
- GRID SIZE:** 20 yards (length) x 15 yards (width); vary size by age and ability
- EQUIPMENT:** 4 cones, one ball for each player
- ORGANIZATION:** Every player with a ball
- RULES:** Dribbling ball inside grid, maintain control of ball, do not run into other players (pretend they are the enemy)
- ACTIONS:**  
U5-U6 Dribbling Moves  
• Review 1 - 5  
U7-U8 Dribbling Moves  
• Review 1 - 8  
• # 9 Step Over (Shoulder Feint)
- COACHING POINTS:** Teach  Dribbling Sequence
- VARIATIONS** Players must use right foot only, left foot only, must perform specific moves or combination of moves

## Week Eight – Tech Game

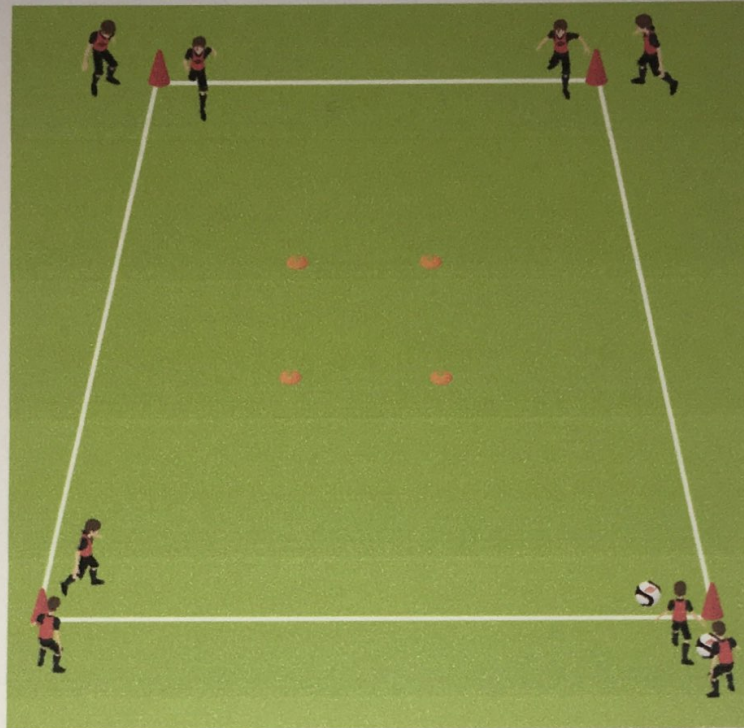
### Four Corners X 2 with ball



OBJECTIVE:	Improving Speed Dribbling
TIME:	U5-U6 10 minutes, U7-U8 12 minutes
GRID SIZE:	20 yards (length) x 15 yards (width)
EQUIPMENT:	Four large cones, four small cones, ball for each player
ORGANIZATION:	Team split between two opposite corners, each player with a ball Small rectangle in middle of grid 4 yards (length) x 3 yards (width)
RULES:	Dribble to opposite corner as quick as possible, next player dribbles when player in front reaches small rectangle
COACHING POINTS:	Dribbling with speed (instep/laces)
VARIATIONS	Dribble with right/left foot Dribble through rectangle (avoid opposing player) Dribble around one cone (two cones) Dribble around a cone and go to an open corner Dribble around cone and pass back to teammate (repeat)

## Week Eight - Fitness

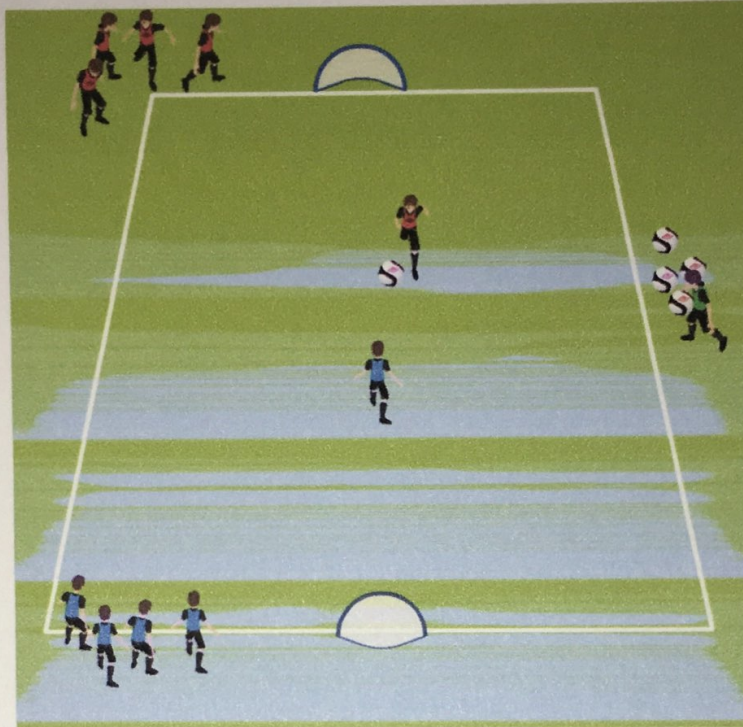
### Four Corners X 2



OBJECTIVE:	Improving coordination, speed and agility
TIME:	U5-U6 10 minutes, U7-U8 12 minutes
GRID SIZE:	20 yards (length) x 15 yards (width)
EQUIPMENT:	Four large cones, four small cones
ORGANIZATION:	Team split between two opposite corners. Small rectangle in middle of grid 4 yards (length) x 3 yards (width)
RULES:	1st player runs to opposite corner as quick as possible, next player starts when player in front reaches small rectangle
COACHING POINTS:	Strong Effort
VARIATIONS	Start on stomach Start sitting up, cannot use hands to get up Run through rectangle (avoid opposing player) Run around one cone (two cones) Run around a cone and go to an open corner Run to rectangle, somersault continue to opposite corner

## Week Eight – Technical/Tactical Game

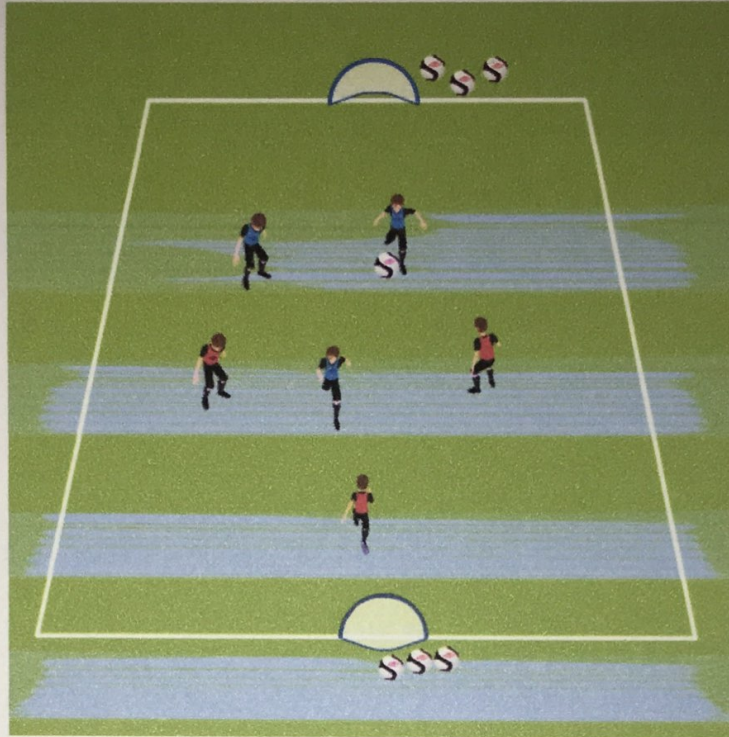
### 1 v 1 Steal the Bacon - to goal



<b>OBJECTIVE:</b>	Learning to play 1 v 1, Attack and Defense
<b>TIME:</b>	U5-U6 10 minutes, U7-U8 12 minutes
<b>GRID SIZE:</b>	20 yards (length) x 15 yards (width); vary size by age and ability
<b>EQUIPMENT:</b>	4 small cones, 4 large cones, supply of balls, pinnies for one team
<b>ORGANIZATION:</b>	Divide teams in two; assign each player on Team 1 a number. repeat with team 2.
<b>RULES:</b>	Coach starts game by rolling ball into field and calling a # corresponding numbered players play 1 v 1 until ball goes out of play or in the goal. Coach then restarts with another ball and another #. Maximum length of 1 game is 30 seconds.
<b>COACHING POINTS:</b>	Take on defender with speed Change direction and change speed When defender wins ball, make quick transtion from attack/ defense
<b>VARIATIONS</b>	Coach calls out multiple #'s.

## Week Eight – Final Game

### Small-Sided Games - to two goals



**OBJECTIVE:**

Playing the game

**TIME:**

U5-U6, 10 minutes, U7-U8 12 minutes

**GRID SIZE:**

U5 plays 3 v 3 in a 20 yard (length) x 15 yard (width) PICTURED  
U6 plays 4 v 4 in a 30 yard (length) x 15 yard (width)  
U7 and U8 play 3 v 3 in a 20 yard (length) x 15 yard (width) and 2 v 2 in a 15 yard (length) x 10 yard (width) Fields side-by-side

**EQUIPMENT:**

4 small cones, 4 large cones, supply of balls, 1 team in pinnies (to differentiate between teams)

**RULES:**

Goal is scored, when ball passes over goal line in between cones.  
Ball out of bounds is a dribble or pass-in.

**COACHING POINTS:**

Teach basic rules, otherwise let them play.

**VARIATIONS**

When ball goes out of play, coach can restart game by playing a new ball.