2011 - U8 - Lesson Play - Week Nine

Activity 1	Activity Description	Coaching Considerations
	Tag: All players dribbling a soccer ball will try to tag each other with their hands. Players cannot abandon their own ball to tag. **Coach:** 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.	• Dribbling with different surfaces of the foot • Ability to stop and go • Dribble with the head up • Sudden change of direction **Time:** *6 minutes*

Activity 2	Activity Description	Coaching Considerations
	Knock Out: All players are dibbling 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. **Coach:** Have your players perform a skill task before re-entering the grid. i.e.: juggling 3-5 times, ball taps.	• Protecting the ball • Dribbling with different surfaces of the foot **Time:** *8 minutes*

Activity 3	Activity Description	Coaching Considerations
	Steal-Shield: 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. **Coach:** Show proper shielding technique during the demonstration. Fix technical shielding errors throughout the activity to assure that the group is doing it properly.	• Body sideways on to opponent • Use arm to protect and know where defender is going • Knees bent • Turn as defender attacks or reaches for the ball **Time:** *8 minutes*

Activity 4	Activity Description	Coaching Considerations
	3v3 to End Zones: 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.	• Application of dribbling, and passing-receiving technique under pressure • 1v1 defending Decision making **Time:** *8 minutes*

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**