



## ACTIVITY PLAN

Age Group: U8

<p><b>Week 8</b> Shooting. Warm up <u>Objective:</u> To Improve Shooting.</p>	<p><u>Organization:</u> 20 yard x 20 yard area</p>	<p><u>Procedure:</u> Each player has a ball. As they move around the grid they try to hit another players ball with their own ball. 1 point for each successful try.  Who can get 5 points?  1 minute rounds – include stretching movements.</p>	<p><u>Key Coaching Points:</u></p> <ul style="list-style-type: none"> <li>- Accuracy of pass</li> <li>- Weight of pass</li> <li>- Timing of pass</li> <li>- Disguise your pass</li> <li>- Inside of foot</li> <li>- Use the inside part of the foot</li> <li>- Push through the ball</li> <li>- Outside of foot (Good for disguise)</li> </ul>	
<p><b>Week 8</b> Individual Activity <u>Objective:</u> To Improve Individual Shooting Skills.</p>	<p><u>Organization:</u> 20 yard x 30 yard area.  Split into 2 teams.  Each team has the same amount of balls to start with.</p>	<p><u>Procedure:</u> The coach shouts go &amp; each team try's to kick as many balls into their opponents half as they can. After 1 minute the coach counts how many balls are in each half. The team with the least balls wins. The ball must land in the other end to count.</p>	<p><u>Key Coaching Points:</u></p> <ul style="list-style-type: none"> <li>- Positioning of the non-kicking foot</li> <li>- Part of the kicking foot</li> <li>- Angle of Approach</li> <li>- Body &amp; Head over the ball</li> <li>- Toe pointed down (instep) &amp; Follow through</li> </ul>	





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Age Group: U8

<p><b>Week 8</b> Small Group Activity <u>Objective:</u> To improve Individual Skills Under Pressure.</p>	<p><u>Organization:</u> 30 x 30 yard area. Players are put into pairs.  Moving goals are made up of two player holding a training bib.</p>	<p><u>Procedure:</u> 1 pair have 1 minute to score as many goals as possible by shooting the ball through any of the moving goals. The rest of the players act as the moving goals. The moving goals must always be walking around.</p>	<p><u>Key Coaching Points:</u> Positioning of the non- kicking foot - Part of the kicking foot - Angle of Approach - Body &amp; Head over the ball - Toe pointed down (instep) &amp; Follow through</p>	
<p><b>Week 8</b> 3 v 3 Small Sided Game <u>Objective:</u> To improve Individual &amp; Small Group Game Understanding.</p>	<p><u>Organization:</u> 20 x 30 yard area Play a 3 v 3 match  6ft x 6ft Goals  Size 3 ball</p>	<p><u>Procedure:</u> Free Play!</p>	<p><u>Key Coaching Points:</u> Summation of all challenges for the players.  Stay out of their way and let them play.</p>	