



ACTIVITY PLAN

Age Group: U8

<p>Week 7 Passing. Warm up <u>Objective:</u> To Improve Passing.</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"> - Accuracy of pass - Weight of pass - Timing of pass - Disguise your pass - Inside of foot- Use the inside part of the foot - Push through the ball - Outside of foot (Good for disguise) 	
<p>Week 7 Individual Activity <u>Objective:</u> To Improve Individual Passing Skills.</p>	<p><u>Organization:</u> 20 yard x 20 yard area. Split into two teams, one team acts as servers. Switch roles every 1 minute.</p>	<p><u>Procedure:</u> Players on one team move around the grid to see how many successful volleys they can make in 1 minute. Teams continually switch roles Switch up the techniques: Ground Passes – Thigh etc</p>	<p><u>Key Coaching Points:</u></p> <ul style="list-style-type: none"> - Body Mechanics - Hit through the middle of the ball - Weight of pass - Balance & Co-ordination - Quick acceleration 	



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<p><i>Week 7</i> 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 two teams. Balls are randomly placed on discs inside the area.</p>	<p><u>Procedure:</u> One team has 2 minutes to knock as many off the balls off the discs as they can. The other team tries to prevent the balls being knocked off the discs.</p>	<p><u>Key Coaching Points:</u></p> <ul style="list-style-type: none"> - Accuracy of pass - Weight of pass - Part of foot? - Hit through the middle of the ball - Body position - Vision & Communication 	
<p><i>Week 7</i> 3 v 3 Small Sided Game <u>Objective:</u> To improve Individual & 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></p> <p>Summation of all challenges for the players.</p> <p>Stay out of their way and let them play.</p>	