



ACTIVITY PLAN

Age Group: U8

<p>Week 4 Passing Warm up Objective: To Improve Passing.</p>	<p>Organization: 20 yard x 20 yard area</p>	<p>Procedure: 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>Key Coaching Points:</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 4 Individual Activity Objective: To Improve Individual Passing Skills.</p>	<p>Organization: 20 yard x 20 yard area. Players get into pairs at opposite ends of the grid. Cones are randomly spread out in the middle of the grid</p>	<p>Procedure: Players try to knock down as many cones as they can. The ball must be moving at the time of the players pass. 1 point for each cone knocked down. Which pair can get the most points?</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Accuracy of pass - non kicking foot - Weight of pass - Part of foot? - Hit through the middle of the ball - Body position - Push through the ball <p>Progression: Variation- Ball must first be passed to you by your partner</p>	



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<p>Week 4 Small Group Activity <u>Objective:</u> To improve Individual Passing Skills</p>	<p><u>Organization:</u> The starting cone is 12 yards from the bowling pins.</p> <p>Players are split into 3 groups, with 1 ball per group.</p>	<p><u>Procedure:</u> Players take turns trying to knock down the bowling pins from behind the starting cone. The team that gets all the pins down first and is in a straight line wins the game. After every pass the player must retrieve the ball for their team mates.</p>	<p><u>Key Coaching Points:</u></p> <ul style="list-style-type: none"> - Accuracy of pass - Weight of pass - Speed & Mobility <p>Encourage passing with either foot</p>	
<p>Week 4 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>	