

ACTIVITY PLAN

Age Group: U8

							Age Group
Week 6 Turning. Warm up Objective: To Improve Turning.	Organization: 20 yard x 20 yard area	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.	- 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)		**************************************	\$	
Week 6 Individual Activity	Organization: 20 yard x 20 yard area.	Procedure: Players dribble randomly	- Improve vision and field awareness	Á		4.	0

To Improve Individual

Turning Skills.

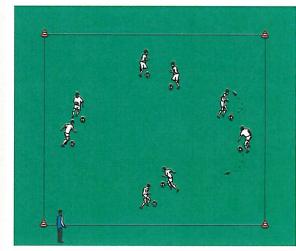
1 ball per player.

inside the area.

As players come within a yard of each other they must turn away from them into space.

Player must turn and explode away from the opposing player while in control of their ball.

- -Decision making with the ball
- -Cutting Moves Speed dribbling
- Body control
- Quick acceleration





ACTIVITY PLAN

Age Group: U8

Week 6	Organization:	Procedure:	Key Coaching Points:		
Small Group	20 x 20 yard area.	1 pair have 1 minute to	-Communication	A	4
Activity	Players are put into	score as many goals as	between teammates		-
Objective: To improve	pairs.	possible by passing the ball through any of the moving	-Field awareness is critical & turning to	₹	
Individual Skills Under Pressure.	Moving goals are made up of two player holding a training bib.	goals to each other. The rest of the players act as the moving goals. The moving goals must always be walking around.	-Support your teammate		**
Week 6 3 v 3 Small Sided	Organization: 20 x 30 yard area Play a 3 v 3 match	Procedure: Free Play!	Key Coaching Points Summation of all challenges for the		
Game Objective:	6ft x 6ft Goals		players.		1
To improve	Size 3 ball		Stay out of their way		
Individual &			and let them play.	₹	
Small Group			等 多类的主		
Game					
Understanding.			的复数形式多数		