



ACTIVITY PLAN

Age Group: U8

<p>Week 5</p> <p>Running with the ball</p> <p>Warm up</p> <p><u>Objective:</u></p> <p>To Improve Running with the ball.</p>	<p><u>Organization:</u></p> <p>20 yard x 20 yard area</p>	<p><u>Procedure:</u></p> <p>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.</p> <p>Who can get 5 points?</p> <p>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 5</p> <p>Individual Activity</p> <p><u>Objective:</u></p> <p>To Improve Individual Skills.</p>	<p><u>Organization:</u></p> <p>One ball per person. 20 yard x 20 yard area.</p> <p>1 ball per player.</p>	<p><u>Procedure:</u></p> <p>Players move around the grid trying to tag each other on the shin. Players get 1 point for every successful tag. Every time a player gets tagged they subtract a point.</p> <p>1 minute rounds, who can get the most points?.</p>	<p><u>Key Coaching Points:</u></p> <ul style="list-style-type: none"> -Keep the ball at a controllable distance -Eyes up seeing ball and man -Use the instep to push the ball into space -Avoid running into each 	



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<p>Week 5 Small Group Activity Objective: To improve Individual Skills Under Pressure.</p>	<p>Organization: 20 yard x 20 yard grid. Flags are placed to create a mini goal in each end of the grid. Players are divided into 2 teams.</p>	<p>Procedure: Each player on each team is allocated a number 1- 8 (dependant on number of players). Coach calls out a number. The relevant players run around a cone, then into the grid to compete for a ball being tossed by the coach. Both players play 1v1 and try to score in the opponents' mini goal. Who can score the most goals?</p>	<p>Key Coaching Points: -Accelerate to get to the ball before opponent. -Quick changes of direction and speed are essential. -Use feints, deception to elude opponent</p>	
<p>Week 5 3 v 3 Small Sided Game Objective: To improve Individual & Small Group Game Understanding.</p>	<p>Organization: 20 x 30 yard area Play a 3 v 3 match 6ft x 6ft Goals Size 3 ball</p>	<p>Procedure: Free Play!</p>	<p>Key Coaching Points: Summation of all challenges for the players. Stay out of their way and let them play.</p>	