
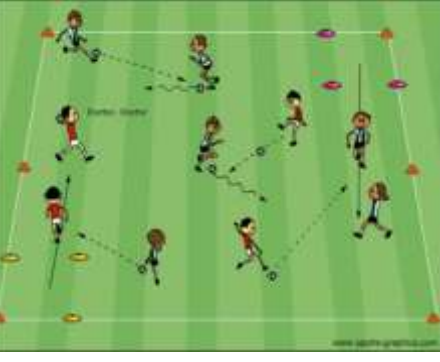




# Holden Youth Soccer --- U8 --- Week Four

| Activity 1   | Activity Description   | Coaching Considerations  |
|--|--|--|
|    | <p><b>Free Dribble:</b><br/>All players are dribbling a soccer ball in a 20x25 yard grid using their inside, outside, and the sole of their foot.</p> <p><b>Coach:</b> Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p><b>Version 2:</b> Coach can put pressure on players dribbling.<br/><b>Version 3:</b> Players can dribble at each other and perform a move and accelerate away.</p>   | <ul style="list-style-type: none"> <li>• Challenge players to use different surfaces of foot</li> <li>• Players must dribble with their head up</li> <li>• Encourage the players to try a new move</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p> |
| Activity 2   | Activity Description   | Coaching Considerations  |
|   | <p><b>Doctor, Doctor:</b><br/>Divide the group into two teams. Send them to their hospital (corner boxes). Each team selects a doctor. He/she will cure (unfreeze) his/her team's players. Teams try to freeze each other by hitting the players with their soccer balls below knees or striking their balls. When frozen, players must put ball above head, remain in place, and yell "<b>Doctor, Doctor</b>". The Doctor is without a ball, and is safe in the hospital, but when they come out, they can be frozen. When the doctor is frozen the game is over.</p> | <ul style="list-style-type: none"> <li>• Dribbling Technique</li> <li>• Protect the ball</li> <li>• Passing technique</li> <li>• Weight and accuracy of the pass</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>                                   |
| Activity 3   | Activity Description   | Coaching Considerations  |
|  | <p><b>2v2 to Cross Goals:</b><br/>In a 12x12yd grid, set up a two yard goal (two red and blue goals) on each side of the grid. Divide the team into two groups. The attackers start with a soccer ball, trying to score by dribbling or passing through any of the two further goals. The defenders are trying to defend the goals closest to them. If a defender gets the ball, he/she tries to score in the opponent's goal.</p>   | <ul style="list-style-type: none"> <li>• Application of dribbling, passing-receiving technique under pressure</li> <li>• 1v1 defending</li> <li>• Decision making</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>                                  |
| Activity 4   | Activity Description   | Coaching Considerations  |
|  | <p><b>3v3 to Small Goals:</b><br/>Divide the 20x25 yard grid into to equal grids of 12x20 yards. Place a 3yard goal with cones on each end line. Players will score by dribbling or passing through the goal they are attacking.</p> <p><b>Coach:</b> If you have extra players, make sure you sub them in.</p>  | <ul style="list-style-type: none"> <li>• Application of dribbling, passing-receiving and shooting technique under pressure</li> <li>• 1v1 defending</li> <li>• Decision making</li> </ul> <p style="text-align: right;"><b>Time: 8 minutes</b></p>                     |
| Scrimmage  | Activity Description   | Time   |
| 4v4 - Dual Field Scrimmage   | Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.   | <b>30 minutes</b>  |



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