



WHITELAND SOCCER CLUB

Name: Jack Hamilton Coaching Director

Age Group: U8

Theme: Dribbling/Working In Pairs

Date: 6/21/08

Activities

Coaching Points

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<p>1st Activity: Warm Up Ball Master</p> <ul style="list-style-type: none"> • Full field • One ball per group • Coach tosses ball for two players to bring back to place into coaches hands • Bring ball back to coach with passes, body parts 	<ul style="list-style-type: none"> • Listening skills - do not allow players to just kick the ball to coach but place ball into coaches hands • Problem solving - learning to solve the possible options in regards to bringing the ball back • Options for the Coach - four hands, one foot one hand, two elbows, two backs, any number of passes • Coach can move around a few times getting players to look up • Let the players sort out the problems and solve them • 10 minute activity water break
<p>2nd Activity: Alien Attack</p> <ul style="list-style-type: none"> • 20yd x 25yd for 6-8 players • Two players "Alien Catchers" work together to shoot at Aliens • Aliens get shot on below waist they are turned into humans and become "Alien Catchers" • Play until all have become "Alien Catchers" 	<ul style="list-style-type: none"> • Questions to Ask and answered without coach giving the answer. One question as a time • What changes do they need to make in trying to hit target. (work together) (getting into space) • What changes do they need to make so the ball does not go out of bounds. (player without the ball is behind target) • What do players need to do in order to see the "Alien" (look up) • After each question let players work out their answer • Repeat activity 2x no set time limit
<p>3rd Activity: M & M's</p> <ul style="list-style-type: none"> • Half field • Four small grids - one in each corner of the field • Groups of 2 - 3 in each grid • All balls in center to start • Coach yells "Go" each team works on getting as many balls "M & M's" to their grid. "M & M's" can be stolen from other grids. 	<ul style="list-style-type: none"> • First time use hands - 1 min. • 2nd time use dribbling only - 1 min. • Question - how can they move the ball faster to their grid? (passing) Then play again letting them work it out. • Progress to a 2 teams vs 2 teams • Question - before they start - We have more players so how can we move the balls faster to our grid • Play until done • Water break
<p>4th Activity: End Zone</p> <ul style="list-style-type: none"> • $\frac{3}{4}$ of field to full field • 3 v 3 , use all players if odd number then one team has 4 • Set up cones on each end to signify an end zone • A team scores by dribbling to end zone and must stop the ball with their foot (control) 	<ul style="list-style-type: none"> • Question - is it hard to play against many defenders - what can they do to beat all the defenders (space, movement, spread out) do not answer this for them, let them work it out then play • A team can score at any end zone but once scored must attack opposite end zone • Add a additional ball into second or third • Continue questions - are they moving the ball well, what changes can they make to move the ball well. • Do they know where their teammate is- what can change
<p>5th Activity: 3 v 3 To Target No Keepers</p> <ul style="list-style-type: none"> • Full field • Place a team player in goal that their team is shooting on to come in when when shot taken but not defended 	<ul style="list-style-type: none"> • Rotate target player 3 min. unless shot has been taken • What must they do to see target (look up) • Are players playing what they have learned prior • 15 minutes play - only a few questions - let them play