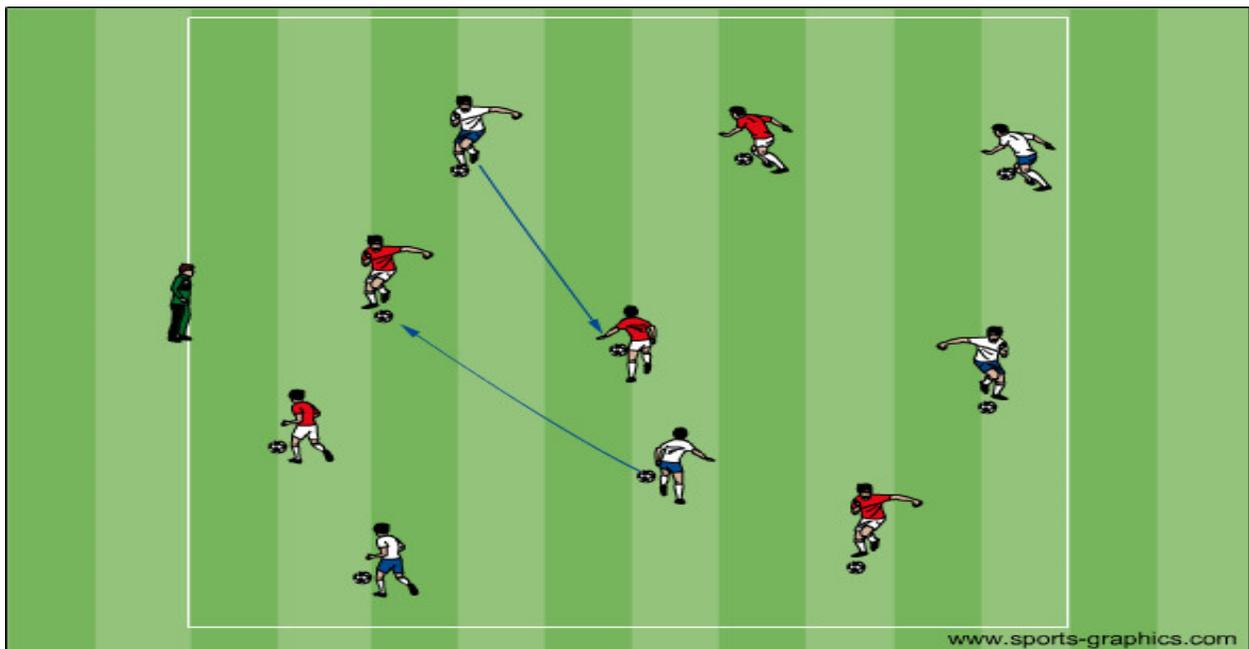


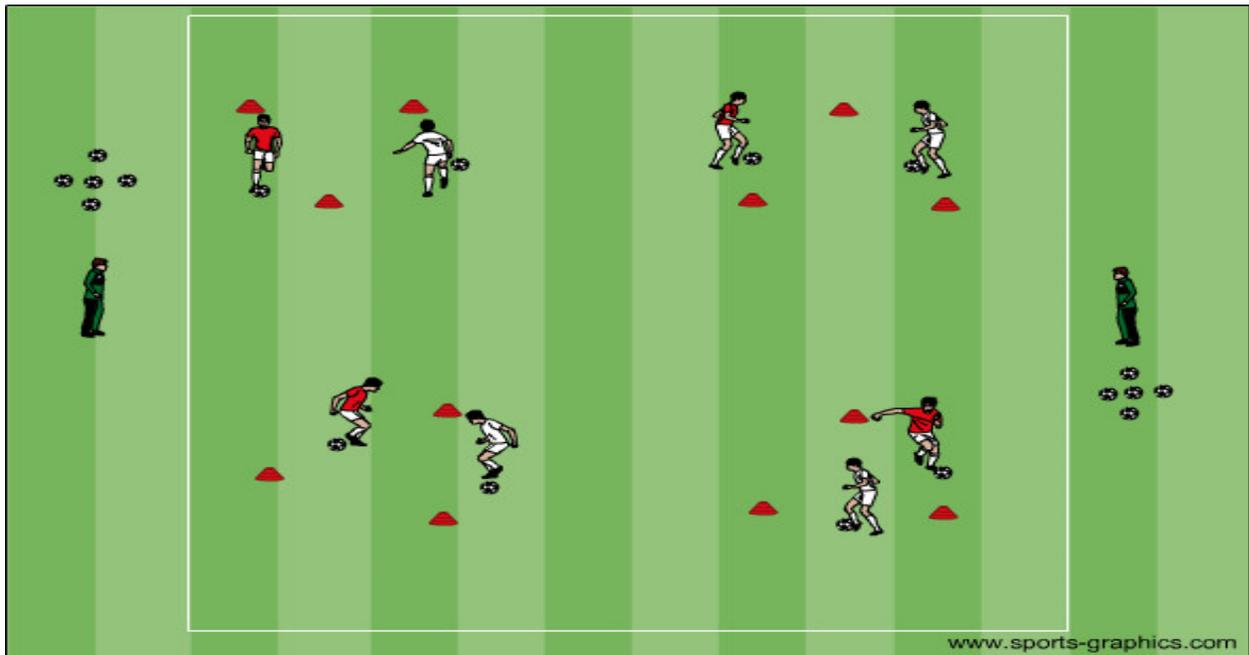
U8 SESSION#4

Week four concentrates on passing. Ball Tag gets the kids having fun, while touching the ball a lot. By requiring them to pass onto the other players ball using the inside of their foot, they are (without standing passing to a partner) working on passing, while having fun. Coaches, when explaining the rules of each game can have the players point to the inside of their foot. Additionally, in between each version of each game the coach can point out and demonstrate the basic technique they are looking for; ankle locked, knee bent, non-kicking foot pointing in the direction of the pass etc.

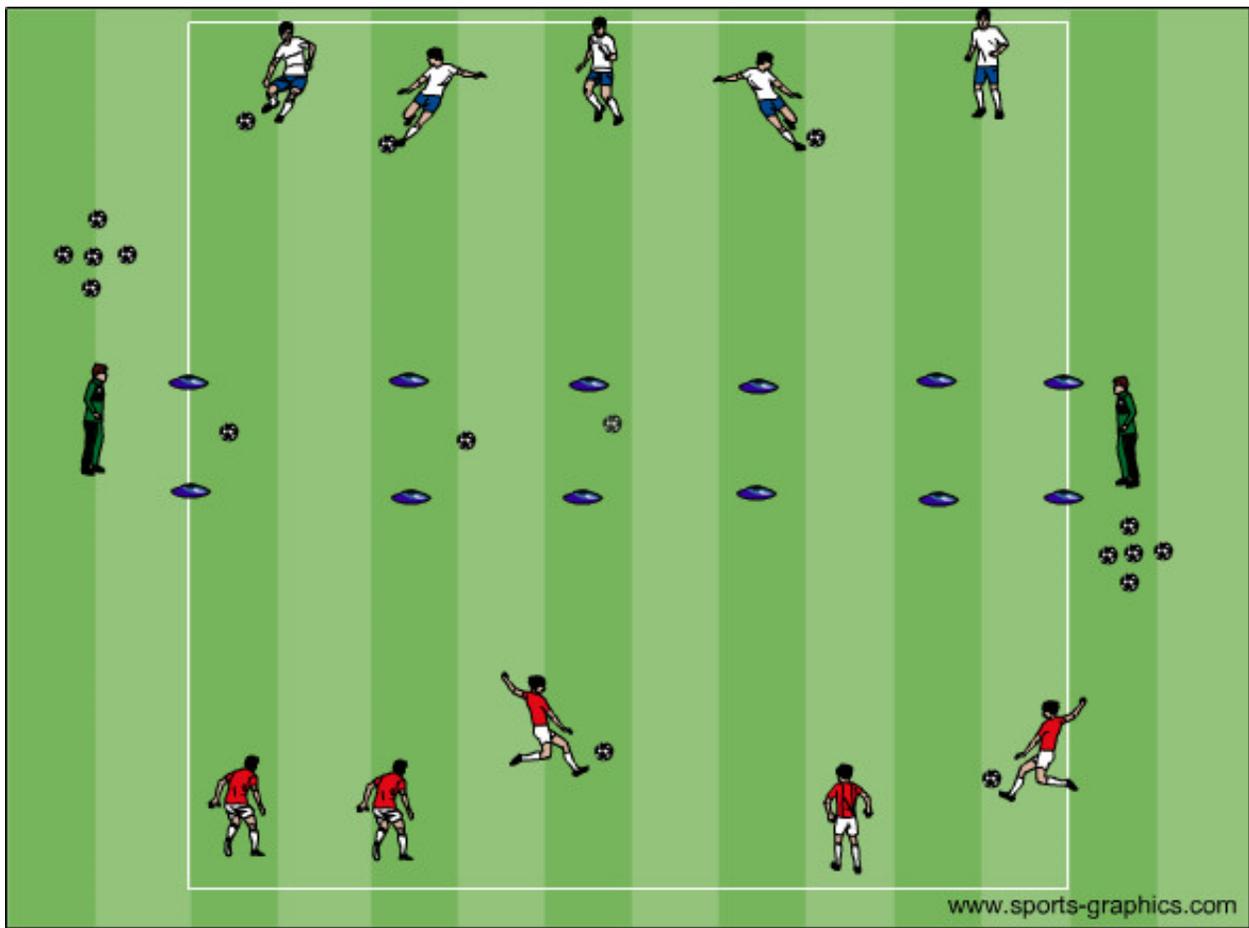
- 1. Ball Tag**---In a space about 40yd X 30yd give every player a ball. Each player can pass (with the inside of their foot) their ball onto anyone else's ball for one point, and can hit the coach's ball for 3-5 points. **Version 2:** beat your score from last time by two points. **Version 3:** use your weaker foot. **Version 4:** Put people in pairs. One person is being chased while other does the chasing. Once the chaser hits the ball of the chasee with their ball, the roles reverse. **Version 5:** make two teams to make more dynamic and see which team has the least chasers at the end. **(10 minutes)**



2. **Triangle Tag**---Set up cones in a triangle formation with each side of the triangle being roughly 1 yard long. Every triangle has a pair of players, each with a ball. Similar to the game tag, one player is being chased and one is “it”. However the player who is “it” tags the player by kicking her ball (using only the inside of the foot) and hitting the other player’s ball or hitting the player below the knee. Players can dribble in either direction around the triangle and must stay close to their own triangle. Neither player can go through the triangle. **Version 2:** Allow the player being chased to go through the triangle. When in the triangle she is safe. However, after going through triangle, player must go completely around triangle before she can go through triangle again. She cannot stop inside the triangle. **Version 3:** Allow pairs to move from triangle to triangle (incorporates speed dribbling and traffic). If two pairs are at the same triangle at the same time that its fine, but players only compete with their partner still. Note: To increase difficulty, do not count hitting a player below the knee as a tag. **(15 minutes)**



3. **Keep Your Yard Clean**---Break group into two teams and have each team stay only on their half of the field. Place a 4 yard buffer zone between halves that no one can enter or cross. Each player needs a ball. Both teams pass with the inside of their feet into the other team’s half in an attempt to have the ball stop in the other team’s half (not go out of bounds). Players cannot cross the buffer zone or go into the other half. Balls get recycled naturally in the game. This is a competition and the team with the least number of balls in their half at the end of each 1 minute game is the winner. Play 2 or 3 games and have teams re-strategize between each game. **(10 minutes)**



4. Game: 4 v 4 to goals --- Dual Field 4V4 with no goal keepers. (25/30 minutes)

