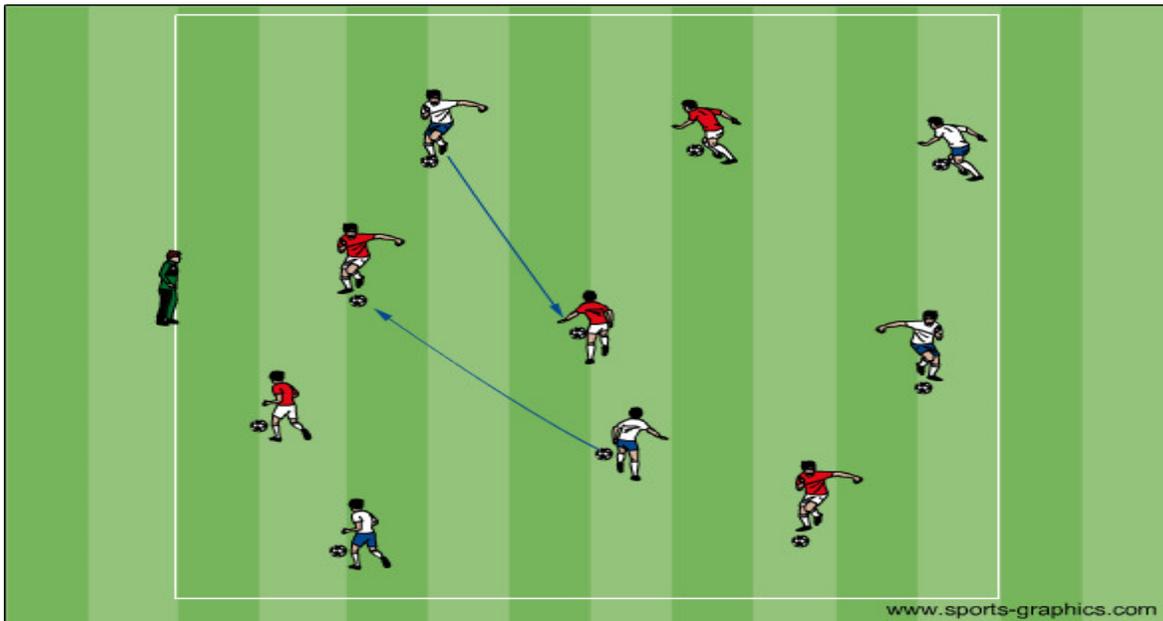


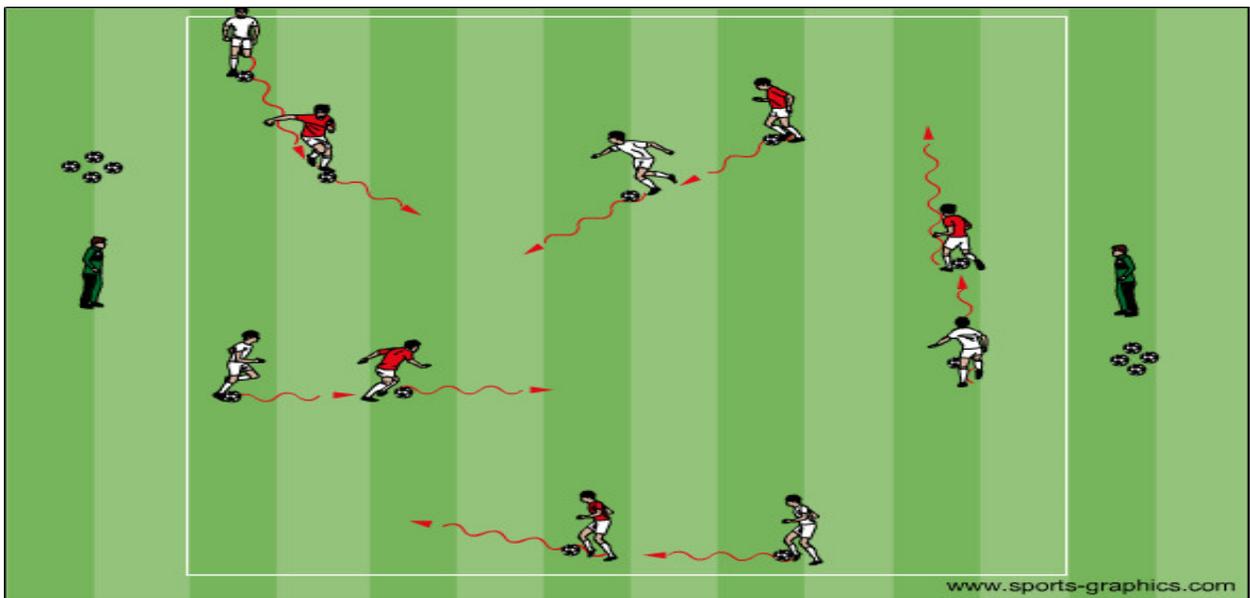
U8 SESSION#8

Hopefully you will see some of the skills taught in last seven weeks come out in the games today.

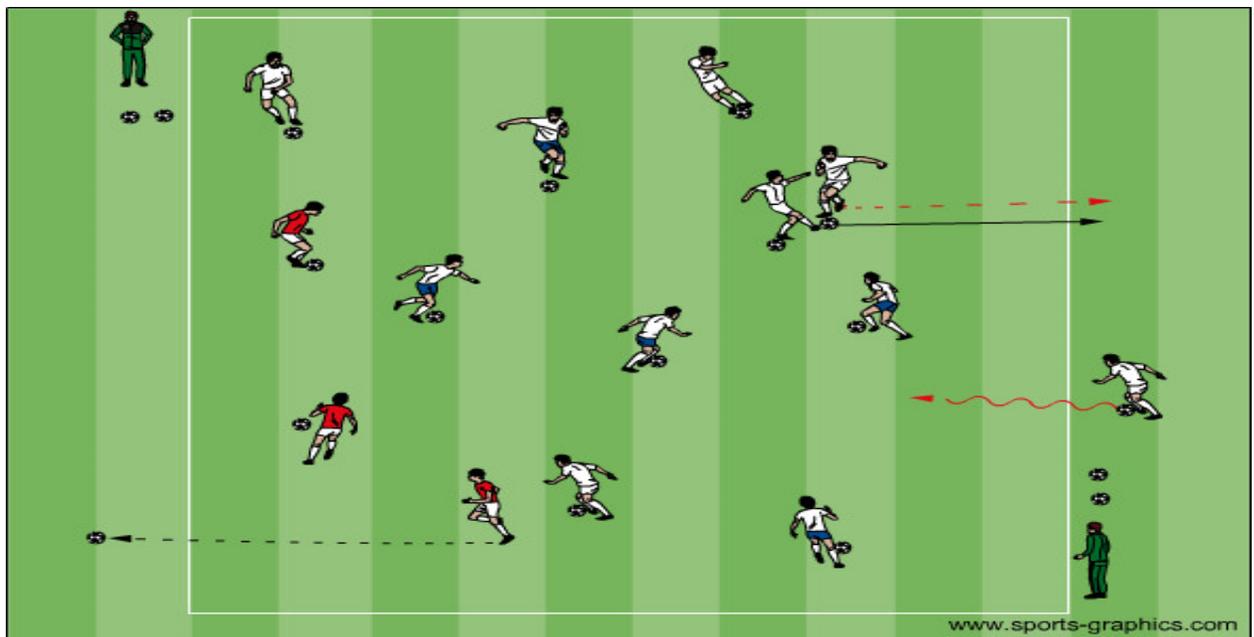
1. **Ball Tag**---In a space about 40yd X 30yd give every player a ball. Each player can pass (with the inside of their foot) their ball onto anyone else's ball for one point, and can hit the coach's ball for 3-5 points. **Version 2:** beat your score from last time by two points. **Version 3:** use 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 chassee 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. **Paired Tag**---Pair players up, each pair has 2 balls. One player starts and is given a 2 second lead to get away from his/her partner. The chaser ("it") dribbles after the first player and tries to tag him/her with his/her hand. If tagged, the roles reverse and the player who was previously "it" has two seconds to get away before their partner tries to tag them. Players must always dribble their soccer ball during this activity. (This is a back up activity that can be used if necessary) **(10 minutes)**

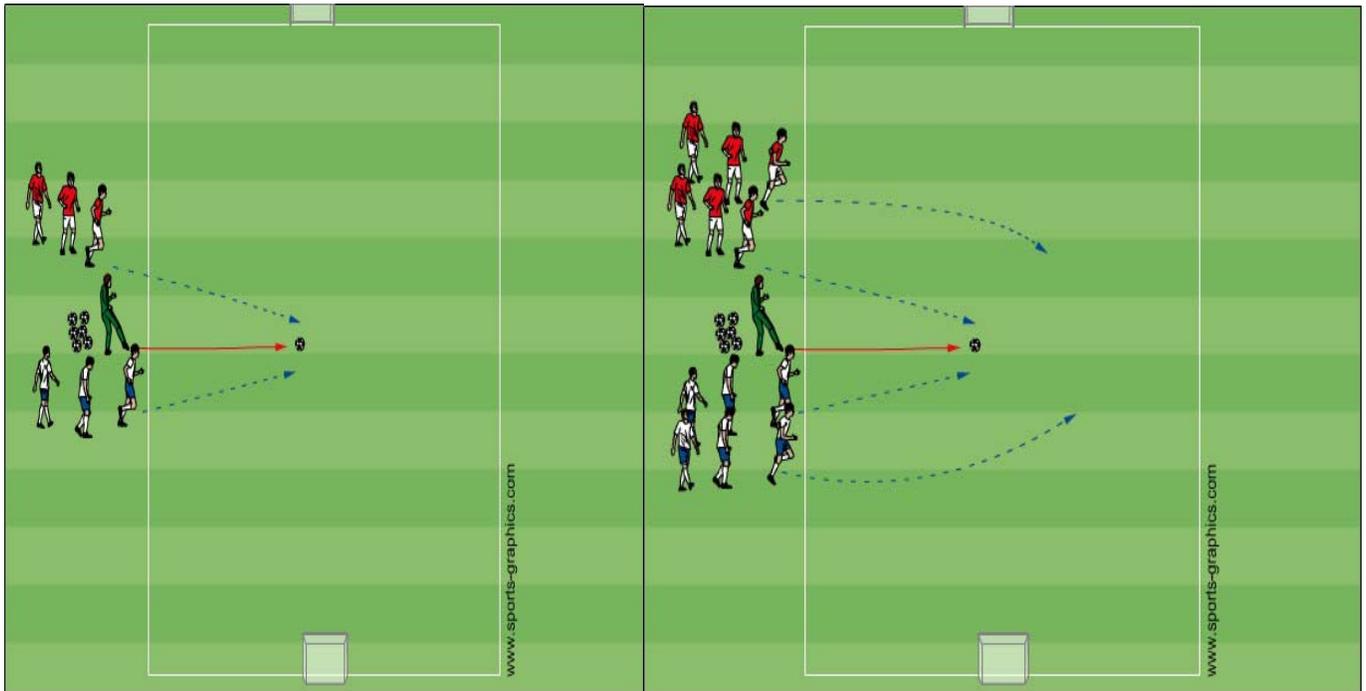


3. **Knock Out**---In same space as previous activity have players dribble balls while trying to knock other player's balls outside of the grid. Players can never leave their own ball. If their ball gets knocked out have them retrieve it quickly and get back into the game. (You may wish to have them perform a skills task before re-entering such as 10 toe touches or juggling 5 times). **(10 minutes)**



4. **Get Outta Here**---Place two small (2 yard) goals at the end of a field 15 x 10 yards. Place half of team behind each goal and coach stands at halfway line with all balls. When coach plays out a ball the first two players (one from each team) run out and try to score on each other's goal by dribbling through it. If the ball goes in the goal or out of bounds, the coach yells "get outta here" and plays in a new ball immediately for the next two players. **Version 2:** Coach can stop yelling "get outta here" after a while and see if players recognize when balls go out and are attentive. **Version 3:** Coach can vary service of ball. Sometimes play it to one player, sometimes toss the ball up in the air. **Version 4:** Have the first two players from each group come out each time a new ball is played

they play 2 vs. 2. **Version 5:** Numbers---Same set up as Get Outta Here, but teams assign numbers (1-6) to each player and when coach calls out a number, the players from each team with that number comes out to play 1 vs. 1. Coach can set up particular match-ups and can call out more than one number at a time for 2 vs. 2 or 3 vs. 3 etc. **(10 minutes)**



5. **Game : 4v4 to goals. --- Dual Field-- 4V4 with no goal keepers.**
(25 minutes)

