

◆ U8 Activities for Week 10 ◆

Coaches,

Here is the practice plan for week 10. We would like to **focus on showing our players how to Dribble Away and Around Pressure**,.....To often our players dribble at defenders and they run into them. We would like to show how to **cut and turn before they get to the defender** so they can dribble by them.

Staff Session – 15 min

Shadow – 8 min

Knock-out – 10 min

Keep Away – 10 min

Scrimmage – 17 min

Have players look to dribble into open space (away from pressure).

Also, show when it's time to pass or dribble on.

◆ U8 Activities for Week 10 ◆  
**Shadow**

**Age Appropriate: 6-18**  
**Function: Dribbling & Fitness**

**Equipment:**

- One ball per two players

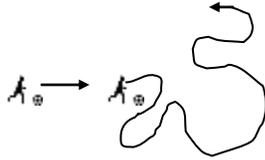
**Objective:** To stay with the person in front of you and tag them.

**Description:**

- Divide your team into pairs. In each pair both players have a ball. One player will lead and the other will follow. Both players must stay with their ball at all times. The leader can do anything to get away (turning, faking, change of speed, etc) from their opponent, the “shadow.” The shadow is trying to see how many times he can tag his partner. At the end of 20 seconds, ask for the score for the number of tags tagged. Then switch roles.
- Another version after successful play is to give the leader the only ball and let the shadow try to steal the ball. Whoever has possession of the ball after 20 seconds wins. Make sure both players get a chance to start with the ball.

**Some variations for the game:**

1. Limit the distance they can go
2. Keep score and rotate players



**Key Points for game success!**

- Do not go longer than 20 seconds before switching.
- Keep track of who can tag the most
- Switch pairs after a round or two.

**Coaching Points:**

- Turning away from pressure
- Making sharp turns and cuts
- Changing of speed

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### Knock-out

Age Appropriate 7-18

Function: Dribbling

#### Equipment:

- Entire team
- One ball per player
- 4 cones

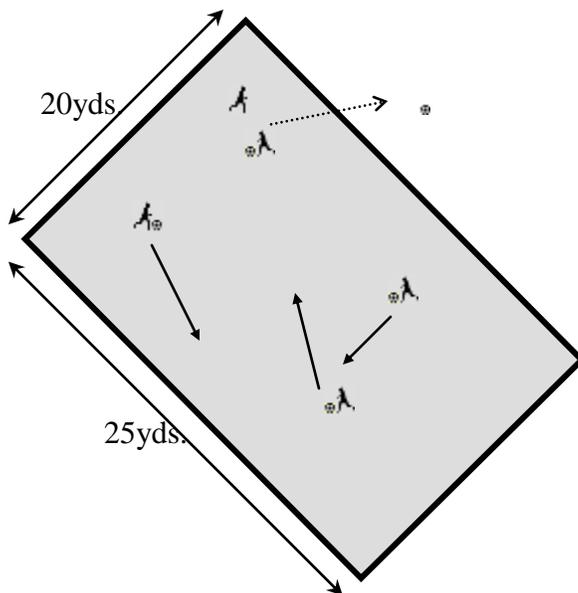
**Objective:** To be the last person in the grid with a ball.

#### Description:

- All players are to start dribbling in the grid. On the coach's command, the game starts. The objective is to control and maintain possession of your ball while trying to kick your opponent's ball out of the grid. (You must be moving and dribbling at all times). Once a player's ball goes out, he is out. Last player remaining with ball wins.

#### Some variations for the game:

1. Shrink or enlarge playing area depending upon success
2. Once the ball goes out of bounds player may retrieve it and get back in
3. Once out you must juggle 5 times before getting back in



#### Key Points for game success!

- Coach may perform in the activity.
- Players must be moving with the ball at all times.
- Coach uses an enthusiastic tone.

#### Coaching Points:

- Ball control by using all surfaces of the feet
- Make sure head is up and looking around
- Look for open space
- Good shielding technique or quick get away

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**Keep Away**

**Age Appropriate: 7-18**

**Function: Dribbling, Passing & Awareness**

**Equipment:**

- Entire team
- 1 ball
- Vest for half the team
- 4 cones

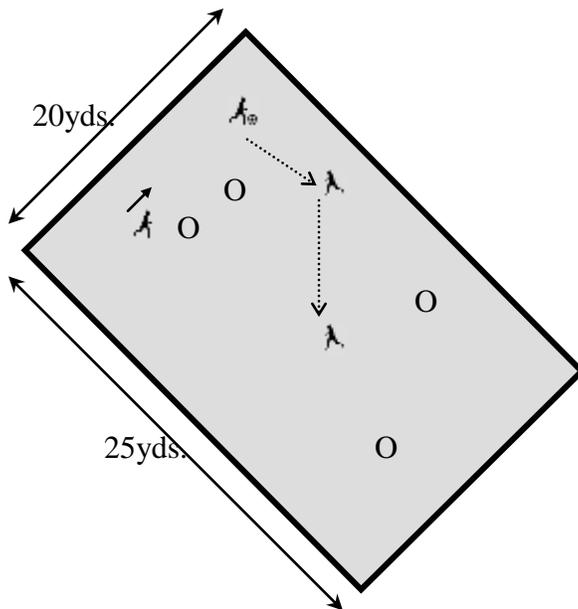
**Objective:** For each team to maintain possession of the ball for as long as possible.

**Description:**

- Divide your players into two teams. With one ball between both teams, they are to pass, dribble & work as a team to keep the ball away from the other team. When the ball is stolen the team must go and retrieve it back.

**Some variations for the game:**

1. Shrink or enlarge playing area depending upon success
2. Give a point for every 5, 4 or 3 consecutive passes without losing possession
3. All passes must be 5 or 10 yards apart
4. Limit the number of touches on the ball per player to 3, 2, or 1



**Key Points for game success!**

- Give players a way to earn points during the game.
- Even out the team's playing ability.
- Find easier ways to earn points if frustration sets in.
- Coach is performing in the activity.
- Coach uses an enthusiastic tone.

**Coaching Points:**

- Getting rid of the ball quickly before pressure
- Quality of passes
- Spreading out into open space