

◆ U8 Activities for Week 5 ◆

Coaches,

Here is the practice plan for this week. We want to introduce **Different types of Speeds in Dribbling. A slow speed and a faster sprint speed.**

**Week 5,.....**

Staff Session – 15 min

Coaches Says – 10 min

Monster – 8 min

Ice Man – 9 min

Scrimmage – 18 min U8 (Spreading out and dribble players on in the attack to go to goal). Also have the GK push up and stay in the play of the game.

◆ U8 Activities for Week 5 ◆  
Coach Says

Age Appropriate: 4-8  
Function: Dribbling, Coordination

**Equipment:**

- Entire team
- One ball per player

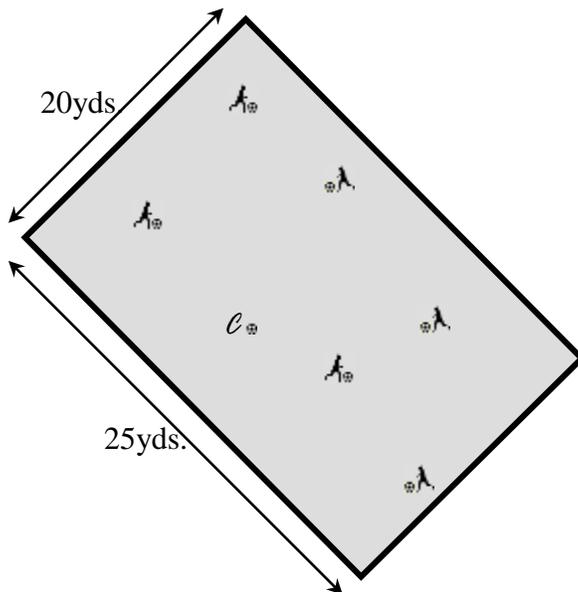
**Objective:** To work on the players' hand/eye coordination.

**Description:**

- Almost like the original Simon Says game, but now its "Coach Says." The coach uses a soccer ball and adds the phrase before each command "Can you..." This game will help work on the player's motor skills in a fun manner for all to enjoy. *For example:* Coach Says can you put your forehead on the ball; Coach Says can you stop the ball; Coach Says can you sit on the ball; Coach Says can you dribble the ball; Coach Says can you put your stomach on the ball...
- During the game the coach is also performing the activity to help give visual aid for the players.

**Some variations for the game:**

1. Shrink or enlarge playing area depending upon success
2. Let each player call out a "Coach Says"
3. See if you can trick them in doing something Coach didn't say



**Key Points for game success!**

- Coach is performing in the activity.
- Coach is creative with commands.
- Coach uses an enthusiastic tone.

**Coaching Points:**

- Mechanics on stopping ball
- Mechanics on dribbling ball
- Lots of movement and experimenting with the ball

◆ U8 Activities for Week 5 ◆  
**Monster**

**Age Appropriate: 4-8**  
**Function: Dribbling**

**Equipment:**

- Entire team
- One ball per player
- 4 cones

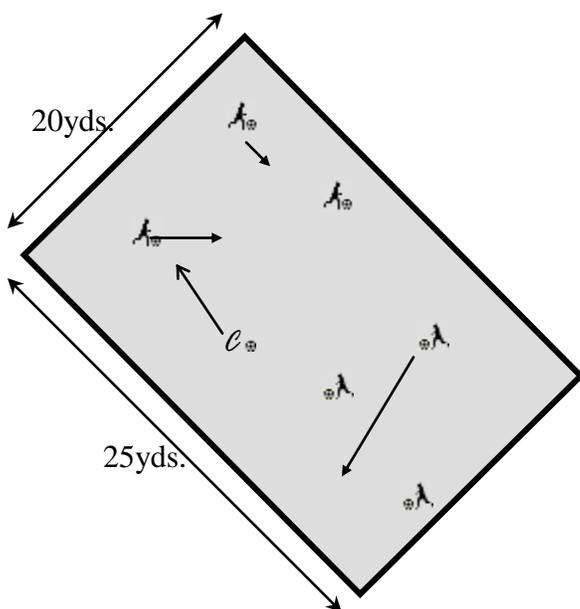
**Objective:** Not to get caught by the Monster (Coach).

**Description:**

- The coach pretends to be a big monster. Kids are to avoid the monster while staying in the cave (grid). If the monster gets a ball, he kicks it away from the player and the player must retrieve it before continued play.

**Some variations for the game:**

1. Shrink or enlarge playing area depending upon success
2. Monster dribbles ball till player takes the ball back
3. Have two monsters
4. Add a safe haven for players to go but must leave in 3 seconds



**Key Points for game success!**

- Coach, be easy and don't take everyone's ball too fast.
- Be careful not to scare players.
- Help instruct players as you chase.
- Coach is performing in the activity.
- Coaches use an enthusiastic tone.

**Coaching Points:**

- Dribbling with control
- Change of directions
- Speed of dribbling

◆ U8 Activities for Week 5 ◆  
Ice Man

Age Appropriate: 4-10  
Function: Dribbling

**Equipment:**

- Entire Team
- One ball per player
- 4 cones
- 1 or 2 vests

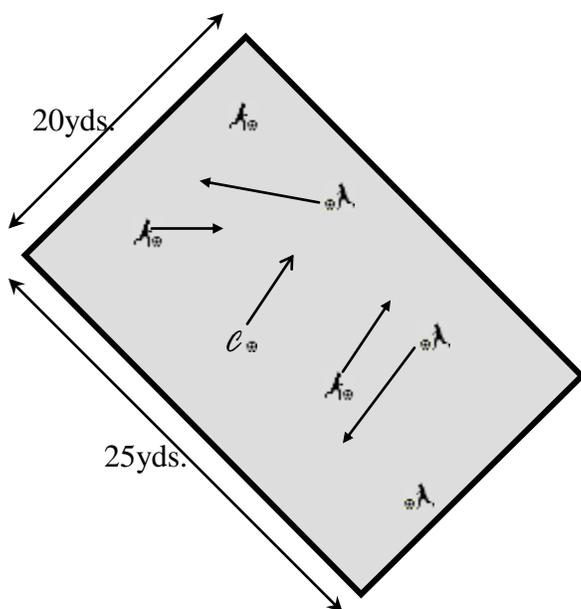
**Objective:** Not to get frozen by Mr. or Ms. Freeze.

**Description:**

- Players are to move around the playing area with a ball. Mr. or Ms. Freeze will also have a ball and will try to tag all of the other players. When a player is tagged, he is frozen where he is. The only way to get unfrozen is if a team member tags you.
- When all players are frozen the game is over. The last person to get frozen will become Mr. or Ms. Freeze.

**Some variations for the game:**

1. Shrink or enlarge playing area depending upon success
2. Have 2 freezers
3. Have players move around with ball and when coach commands “freeze” then all players freeze with their ball. Coach then says “go” to unfreeze them.



**Key Points for game success!**

- Keep players moving as fast as possible.
- Acknowledge different frozen positions and styles.
- Coach is performing in the activity.
- Coach uses an enthusiastic tone.

**Coaching Points:**

- Control & technique of dribbling
- Stopping ball
- Space awareness
- Quickness and touches and directional change
- Communication between players