

ACTIVITY PLAN

Age Group: U8

Neek 5

Running with the ball

Warm up

Objective

To Improve
Running with
the ball.

Organization:

20 yard x 20 yard area

rocedure

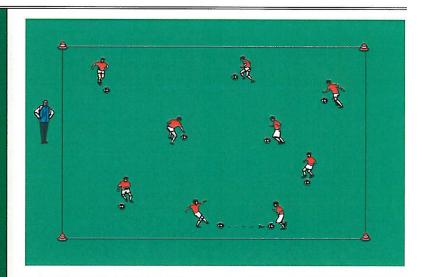
Each player has a ball. As they move around the grid they try to hit another players ball with their own ball. 1 point for each successful try. Who can get 5 points? 1 minute rounds – include

stretching movements.

Key Coachine

Point

- Accuracy of pass
- Weight of pass
- Timing of pass
 Disguise your pass
- Inside of foot- Use the inside part of the foot
- Push through the ball
- Outside of foot (Good for disguise)



Veek 5

Individual

Objective

To Improve Individual Skills.

Organizations

One ball per person. 20 yard x 20 yard area.

1 ball per player.

Procedu

n. Players move around the grid trying to tag each

get 1 point for every
successful tag. Every time
a player gets tagged they

other on the shin. Players

subtract a point.

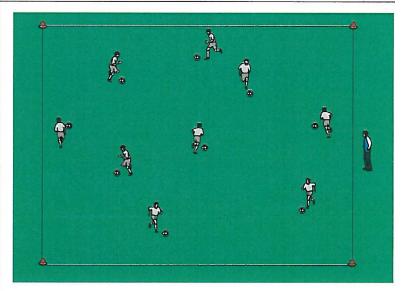
1 minute rounds, who can

get the most points?.

Key Coaching

Points

- -Keep the ball at a controllable distance
- -Eyes up seeing ball and man
- -Use the instep to push the ball into space
- -Avoid running into each





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Week 5 Small Group Activity Objective: To improve Individual Skills Under Pressure.	20 yard x 20 yard grid. Flags are placed to create a mini goal in each end of the grid. Players are divided into 2 teams.	Each player on each team is allocated a number 1-8 (dependant on number of players). Coach calls out a number. The relevant players run around a cone, then into the grid to compete for a ball being tossed by the coach. Both players play 1v1 and try to score in the opponents' mini goal. Who can score the most goals?	-Accelerate to get to the ball before opponent. -Quick changes of direction and speed are essential. -Use feints, deception to elude opponent	Grey Team Defends Ped Team Defends
Week 5 3 v 3 Small Sided Game Objective: To improve Individual & Small Group Game Understanding.	Organization: 20 x 30 yard area Play a 3 v 3 match 6ft x 6ft Goals Size 3 ball	Procedure: Free Play!	Summation of all challenges for the players. Stay out of their way and let them play.	