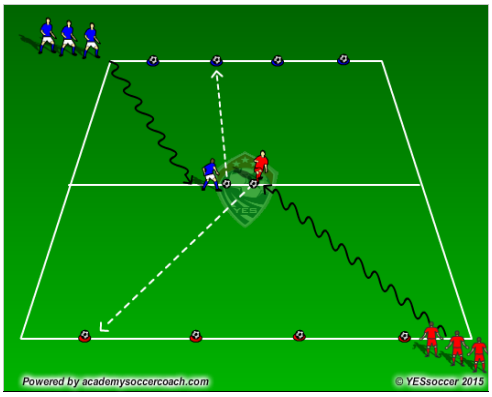
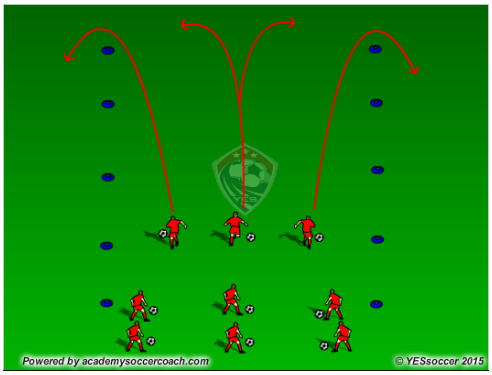
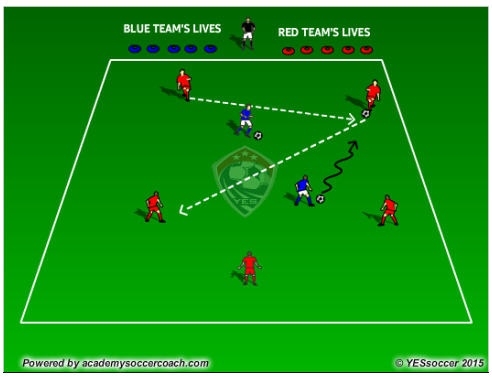
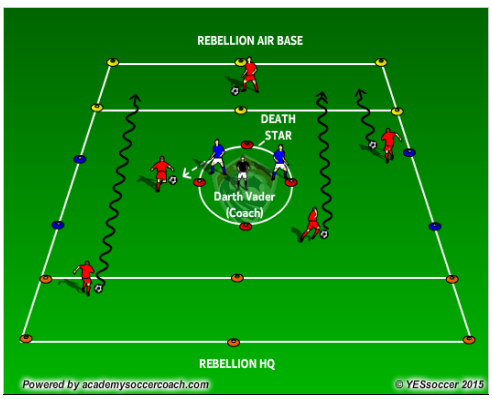
YESsoccer

Duration	1 Hour
Team/Age:	U8s
Organization	Baldwin Whitehall Soccer Association

Theme: WEEK TEN: Recap of Dribbling, Passing and Shooting

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
Coconuts Passing Game Progressions: -(Easier) Move coconuts closer (Harder) Move coconuts further away. - (Easier) the more coconuts knocked over the more balls there is to pass. - (Harder) Have players 2nd in line pass the ball to the 'Passer'. Progress to 1 or 2 touches maximum before can pass at a coconut.		-Divide players into two teams -Objective is for one team to knock over all "coconuts" before the opposition team. -Players dribble beyond the halfway turn and pass at the coconuts next to their teammates. (Must pass before the halfway line, see diagram). -Only one passing ball. Once a pass is made, the player who passed, passes to the person at the front of the line. -One player goes at a time.	-Head up (Looking for space and target ball) - Upper body over the ball (to keep it low) - None kicking foot (At the side of the ball and pointing towards the target) - Striking foot (Can use different parts of foot, most accurate=Inside) - Ball contact (Middle of the ball) -Follow through (Striking foot pointing at target) -Don't cross legs on follow through -Quality of Pass: Good weight to hit target with control.
Station Two			
Skill Corridor Progressions: -Dribble through changing from having lots of touches to only a few (in between each set of cones). - Rely Races - Put into 3 teams, add a tagger in the middle. Every-time a players is tagged, his/her team loses a life.		- Players dribble through the corridor and exit the corridor as show on the diagram. -Players than undergo challenges: *Dribble through having as many touches as possible. *Dribble through using as many parts of the foot as possible. *Dribble through forwards/ backwards/sideways * Dribble having as few touches as possible. * Dribble in a zig-zag rather than a straight line. Perform a turn at each side.	- 1 touch (out of feet and into space) - Head Up (Look for free space) - Light on toes (Like a boxer) - Use all different parts of foot (Mostly laces to keep a natural running position, BUT DONT USE TOE) - Keep ball close but out of feet (small touches) - Use both feet to dribble - Dribble into space - Change of Pace - Always be moving
Station Three			
Dribble or Pass Progression: -(Easier for Reds): Allow Reds to take the ball out of the area and be 'safe' from blues. - (Harder for Reds): Limited touches e.g. 2 or 3 before pass. - (Easier for Reds): Less blues. (Harder) More blues.		- Red team tries to pass the ball to each other while the blue players (who are dribbling a ball each) are trying to get in the way of the passers or force the ball out of play. - No tackling, no kicking the ball away. Motivation & Fun Progressions: -Team Lives: When a Red team makes 3 or 5 consecutive passes, Blue team loses a life. When Blues players interrupt the Red passes (Getting in the way or forcing ball out play) the Red team loses a life	-Head up (Looking for space and teammate) - Upper body over the ball (to keep it low) - None kicking foot (At the side of the ball and pointing towards the target) - Striking foot (Can use different parts of foot, most accurate=Inside) - Ball contact (Middle of the ball) -Follow through (Striking foot pointing at target) -Don't cross legs on follow through -Quality of Pass: Good weight for teammate to be able to control.
Station Four			
Star Wars Progressions: - Darth Vader and Tie Fighter Pilots can move outside the Death Star and into the Galaxy. -Split into 2x teams. Team who has most players left or last player wins.		Set up a grid, with a circle in the middle. Have all players' line up at one end prepared to dribble to the other end. The coach (Darth Vader) stands in the Circle (Death Star) in the middle with several soft soccer balls or bibs at the ready. On command the players attempt to dribble to the other side while evading pinneys being thrown at them by Darth Vader (Coach). Players hit by pinneys join the 'Dark Side' and additional shooters.	- 1 touch (out of feet and into space) - Head Up (Look for free space) - Light on toes (Like a boxer) - Use all different parts of foot (Mostly laces to keep a natural running position, BUT DONT USE TOE) - Keep ball close but out of feet (small touches) - Use both feet to dribble - Dribble into space - Change of Pace - Always be moving

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