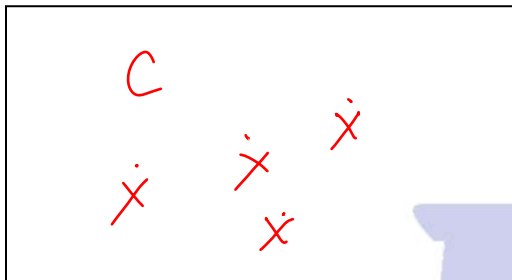


ALABAMA YOUTH SOCCER ASSOCIATION

U8 - Week 1

Warm-up: Ball Ballistics



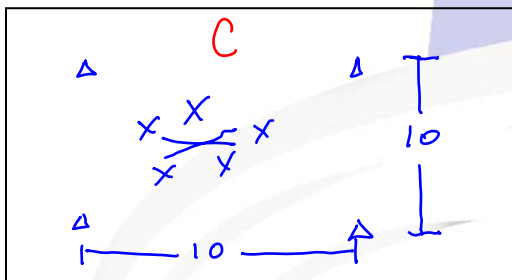
Description:

- ›Ball pickups – how many times can they get the ball from their feet to their hands in time
- ›Ball stretching – Legs apart figure 8; One foot frwd, one back roll ball around front foot, switch feet; Sitting with legs straight out in front roll ball around feet; Sitting with legs in a V, roll ball around each foot and around back
- ›Do everything in each direction, clockwise and counter clockwise

Coaching Points:

- Pause in some parts of the stretch
- Do it with the players
- Take your time doing stretch 20-30 seconds for each one

Activity #1: Snake in the Grass



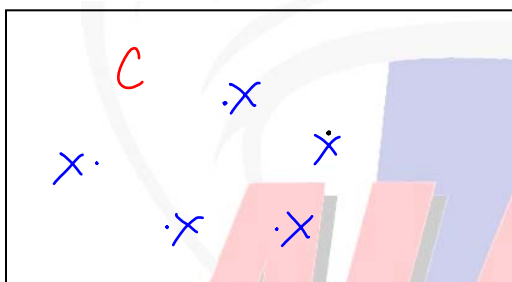
Description:

- ›One player volunteers to be snake other players must have one hand on snake
- ›Snake is on their stomach
- ›Coach yells "Snake in the grass" players run away while snake tries to tag them
- ›If snake tags you, you become snake to

Coaching Points:

- Improves running, jumping, agility, and balance

Activity #2: Lightening Fast



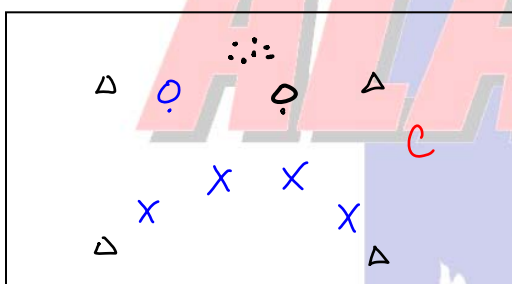
Description:

- ›Each player is dribbling around space
- ›When coach yells out number players must touch their ball with that many different body parts as quickly as possible

Coaching Points:

- Improves agility, reaction time, and control of ball
- Develops creativity

Activity #3: Pac Boy/Girl



Description:

- ›One player has a ball
- ›Player with ball dribbles and tries to hit other players with ball below waist
- ›Once player is hit below waist they go get ball and become another Pacman
- ›Play continues until everyone has ball

Coaching Points:

- Trying to hit a moving target
- Agility & jumping
- Emphasizes making choices

Match Conditions:

- ›Play to goals
- ›No games bigger than 4v4
- ›No subs if possible
- ›Play short games and mix teams after each H₂O break

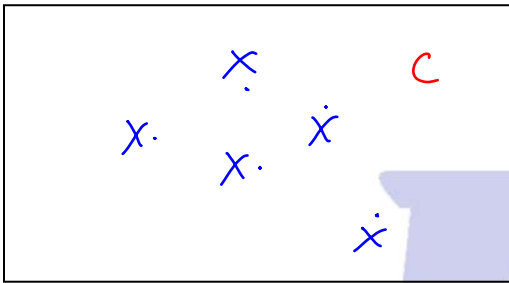
Cool-Down:

- ›Body Motion Activities
 - Kart Wheels
 - Tumbles
 - Skipping
 - Duck walk
 - Frankenstein Walk

ALABAMA YOUTH SOCCER ASSOCIATION

U8 - Week 2

Warm-up: *Everybody is it*



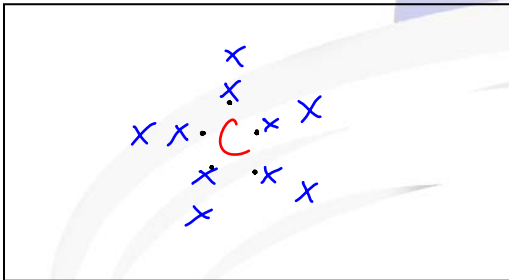
Description:

- ›Everybody has a ball
- ›Everybody tries to touch as many other players as possible
- ›Keep track of how many times you touch people
- ›Each round try to beat your own score – stress self improvement not group winner
- ›Can't touch same person two times in a row

Coaching Points:

- Works on players mentality
- Players will have to use all surfaces of their feet to attack and escape

Activity #1: *Partner Fishing*



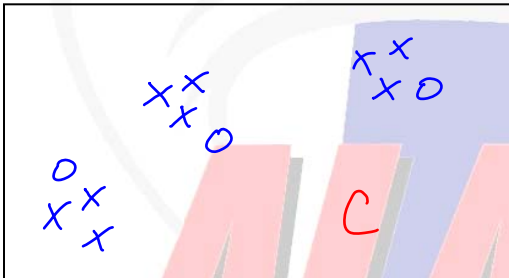
Description:

- ›One player volunteers to be snake other players must have one hand on snake
- ›Snake is on their stomach
- ›Coach yells "Snake in the grass" players run away while snake tries to tag them
- ›If snake tags you, you become snake to

Coaching Points:

- Improves running, jumping, agility, and balance

Activity #2: *Triangle Tag*



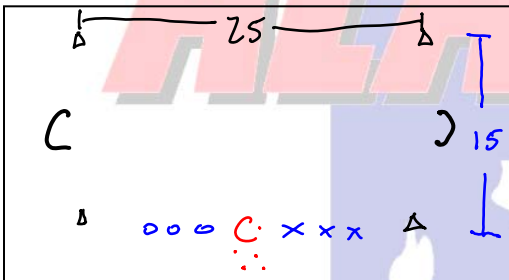
Description:

- ›4 players in a group, 3 form a triangle
- ›The 3 select a target and the fourth has to try to tag the target while being on the outside of the triangle
- ›Triangle moves to protect the target but keep space restricted
- ›Everyone should get a chance to be the target and the chaser

Coaching Points:

- Improves lateral movements
- Develops quick deceptive movements

Activity #3: *See ya!*



Description:

- ›All balls in a pile near coach
- ›Two teams
- ›Have players line-up on edge of the field
- ›Count players off 1, 2, 3, 4...
- ›Call out a number and that number from each team play with the ball you play out increase numbers you call out to create 2v2 and 3v3
- ›Leave balls where they go collect them when coach runs out

Coaching Points:

- Keep pace of game moving
- Don't be afraid to start another group before one group is done
- Cheer loudly

Match Conditions:

- ›Play to goals
- ›No games bigger than 4v4
- ›No subs if possible
- ›Play short games and mix teams after each H₂O break

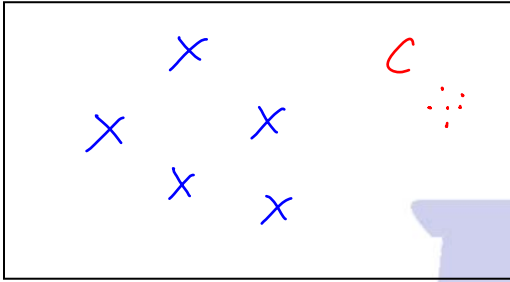
Cool-Down:

- ›Can you do this – demonstrate – use your imagination
 - Shoulder taps
 - Balance ball on head
 - Juggle with feet (2 touch max)
 - Etc.

ALABAMA YOUTH SOCCER ASSOCIATION

U8 - Week 3

Warm-up: *Off to the Zoo*



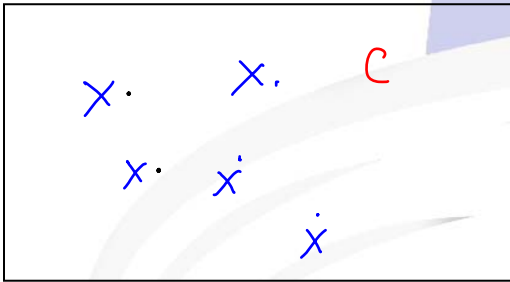
Description:

- › Players are in a small space
- › Coach calls out animals and players imitate animals
- › Add balls to players and see how they deal with it
- › Possible animals – elephant, monkey, mouse, frog, alligator, lion, manatee, flying fish

Coaching Points:

- Improves body control and balance
- Works on creativity

Activity #1: *Knee Tag*



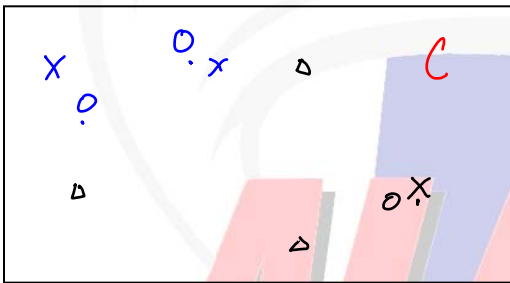
Description:

- › Every player has a ball
- › Get points by touching other players on the knees
- › Improve your score don't worry about high score make your score better

Coaching Points:

- Forces players to keep control of ball
- Lowers center of gravity
- Players can shield players by not making their knees available to touch
- Make body big

Activity #2: *Spin'em*



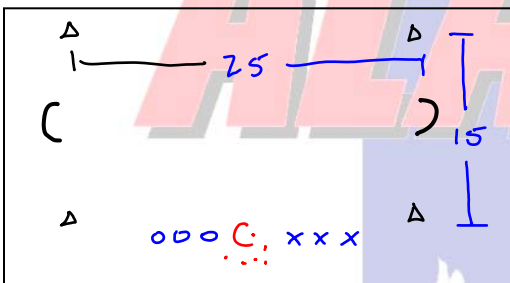
Description:

- › Have players partner up, one ball per pair
- › Players should put a cone on the ground upside down
- › Players start 10yds away from cone and play 1v1 to cone
- › If cone moves it's a goal, ball goes to other player
- › Play short rounds with winners and not so goods getting together at the end of each round

Coaching Points:

- Improves decision making
- Develops attacking mentality
- Increases value of having the ball

Activity #3: *See ya!*



Description:

- › All balls in a pile near coach
- › Have multiple goals on field
- › Two teams
- › Have players line-up on edge of the field
- › Count players off 1, 2, 3, 4...
- › Call out a number and that number from each team play with the ball you play
- › Leave balls where they go collect them when coach runs out

Coaching Points:

- Keep pace of game moving
- Don't be afraid to start another group before one group is done
- Cheer loudly

Match Conditions:

- › Play to goals
- › No subs if possible
- › No games bigger than 4v4
- › Play short games and mix teams after each H₂O break

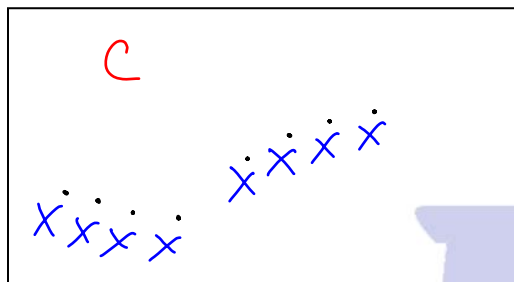
Cool-Down:

- › Can you do this – demonstrate – use your imagination
 - Shoulder taps
 - Balance ball on head
 - Juggle with feet (2 touch max)
 - Etc.

ALABAMA YOUTH SOCCER ASSOCIATION

U8 - Week 4

Warm-up: *Math Dribbling*



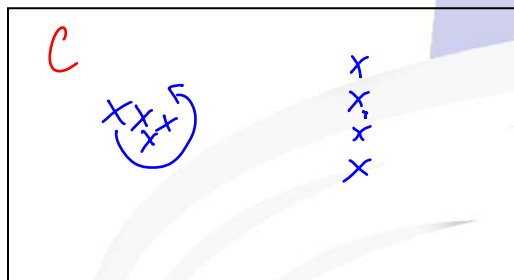
Description:

- ›Each player has a ball
- ›Players dribble around space
- ›Coach gives a math problem and players from groups to solve problem
- ›For example “2+2” groups of 4 get formed

Coaching Points:

- Players need to listen
- Need to quickly solve problem and work with others to solve problem
- Improves players ability to dribble in traffic

Activity #1: *Hurricanes and Ladders*



Description:

- ›Two groups
- ›One group is hurricane other is ladder
- ›Ball Starts with coach
- ›Ladder has to pass ball overhead and between legs alternating
- › Hurricane group has to get tight together and one player tries to see how many times the can run around them
- ›Keep score alternate which team is which

Coaching Points:

- Improves group cooperation
- Challenges eye hand cooperation
- Works on flexibility

Activity #2: *Crossover*



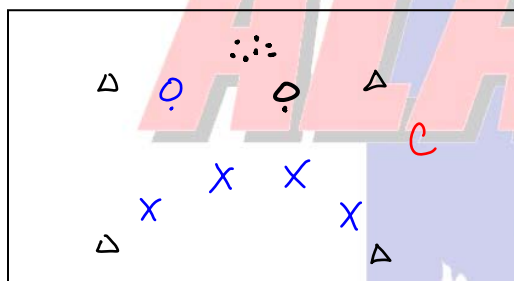
Description:

- ›Every player has a ball
- ›Each player dribbles around the circle in the same direction
- ›On command the players dribble thru the circle without colliding
- ›Progress to making a move in the circle

Coaching Points:

- Improves dribbling skills
- Forces players to deal with traffic

Activity #3: *Pac Man/Woman*



Description:

- ›One player has a ball
- ›Player with ball dribbles and tries to hit other players with ball below waist
- ›Once player is hit below waist they go get ball and become another Pacman
- ›Play continues until everyone has ball

Coaching Points:

- Trying to hit a moving target
- Agility & jumping
- Emphasizes making choices

Match Conditions:

- ›Play to goals
- ›No games bigger then 4v4
- ›No subs if possible
- ›Play short games and mix teams after each H₂O break

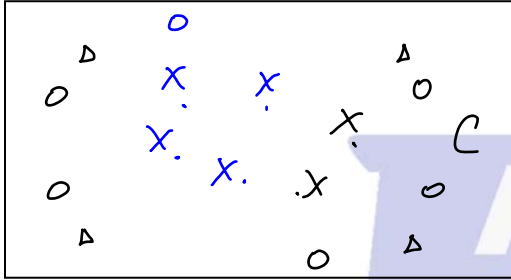
Cool-Down:

- ›Sitting Soles
 - Players in groups of 3 or 4
 - Players are sitting on their butt trying to keep the ball moving with the bottom of their soles
 - If ball gets knocked astray whole group has to move to where the ball is like crabs
 - Progress to players juggling while on butts then keeping the ball moving with soles until group has to move

ALABAMA YOUTH SOCCER ASSOCIATION

U8 – Week 6

Warm-up: *Team Knockout*



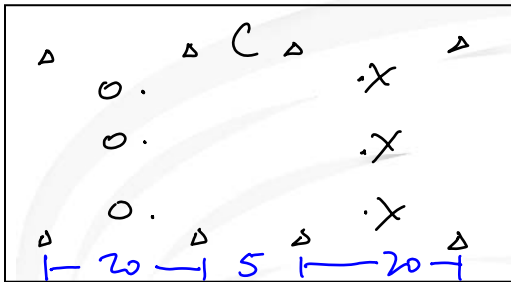
Description:

- ›Two teams
- ›One team has the balls inside the space
- ›Other team is spread out around the space
- ›On command the team on the outside tries to knock the other teams balls out of the space
- ›As players lose their balls they can help their teammates try to keep theirs
- ›Play until all balls are gone and switch roles

Coaching Points:

- Helps players deal with differing pressures as game moves from 1v1, 2v2, 3v3 etc.
- Fun fitness game
- Improves dribbling and working with others

Activity #1: *Junkyard Soccer*



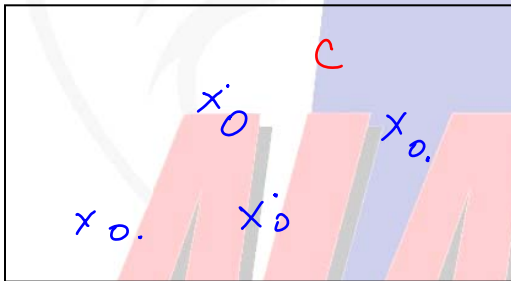
Description:

- ›Two teams
- ›Every player has a ball
- ›Each team is in their own zone ready to pass the ball into the other zone
- ›No one is allowed in Neutral Zone
- ›Teams try to get all balls into the other teams half
- ›Play timed games

Coaching Points:

- Encourages firmly striking the ball
- Develops leg strength and power
- Builds teamwork skills

Activity #2: *1v1 Shielding*



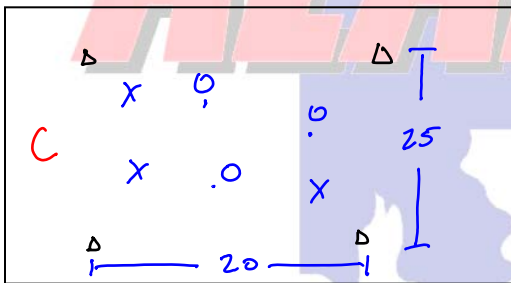
Description:

- ›Players partner up
- ›Partners need a ball
- ›Play short duration games
- ›One player begins with the ball and tries to keep it from the other player

Coaching Points:

- Players need to make their body as big as possible
- Don't stand on ball but keep it so you can easily move it
- Feel defender and role off them the other way

Activity #3: *Defrost Tag*



Description:

- ›Two teams
- ›One team has the ball
- ›Team with the balls tries to pass and hit the team without below the waist
- ›Players hit are frozen
- ›Players can be unfrozen by having their teammates crawl through their legs
- ›Switch roles

Coaching Points:

- Develops quickness
- Improves players deception skills
- Works on team cooperation
- Improves agility, balance, endurance

Match Conditions:

- ›Play to goals
- ›No games bigger than 4v4
- ›No subs if possible
- ›Play short games and mix teams after each H₂O break

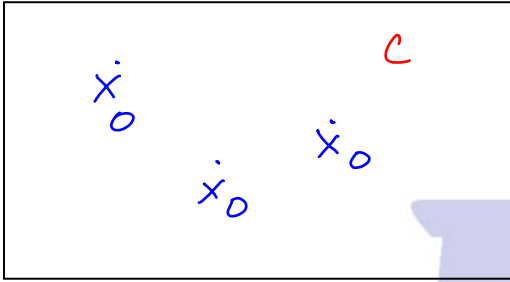
Cool-Down:

- ›Marbles
 - Players partner up
 - Each player has a ball
 - One player passes ball out and the other player tries to pass to hit it
 - As soon as the ball is a miss the partner should quickly get to their ball and try to hit miss
 - Player's ball that gets hit starts round

ALABAMA YOUTH SOCCER ASSOCIATION

U8 - Week 7

Warm-up: *Shadow Dribbling*



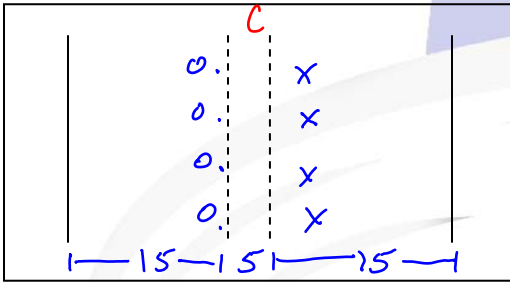
Description:

- › Players partner up
- › Play very short rounds
- › Player with the ball tries to lose their shadow
- › Stretch with ball in between short rounds

Coaching Points:

- Improves dribbling while changing directions and pace
- Encourage making up new moves, use of fakes
- Increases field of vision

Activity #1: *Crows and Cranes*



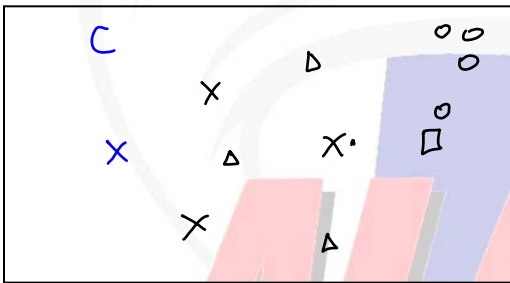
Description:

- › Two lines of players facing one another
- › One line is crows the other line are cranes
- › The team that the coach calls out tries to pass and hit the other player below the waist
- › Player gets hit they join the team with the ball
- › Play until all players are on one team
- › If player reaches line without getting hit they go back to start

Coaching Points:

- Passing to hit a moving target
- Improves quick turning and sprinting

Activity #2: *Cooperative Kickball*



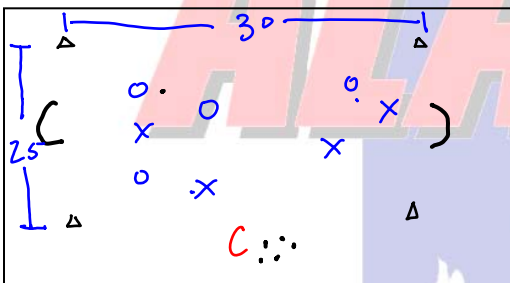
Description:

- › Two teams
- › Same as regular kickball except
 - No outs everybody kicks
 - Everyone lines up for an over/under behind person that receives the ball if team completes before player gets across home plate they are out
- › Start with players receiving with their hands out of the air and feet on the ground progress to no hands

Coaching Points:

- Improves kicking with a variety of surface
- Increases running speed
- Promotes teamwork

Activity #3: *Balls Galore*



Description:

- › Split team in two (It is okay to have bigger numbers)
- › Play normal game except have three to five balls on the field at once
- › As players bunch up release another ball
- › Keep players on the ball small
- › Game ends when balls run out
- › Goals and balls out of bounds restart with coach

Coaching Points:

- Great opportunity for players to see 1v1, 2v2, 3v3 situations
- Develops working under pressure situations
- Lots of opportunities to pass, dribble, and shoot

Match Conditions:

- › Play to goals
- › No games bigger than 4v4
- › No subs if possible
- › Play short games and mix teams after each H₂O break

Cool-Down:

- › Tree Ball
 - Players partner up – one ball between two
 - Begin 30yds away from target
 - One player begins by trying to pass ball to hit tree, other player hits ball from where it stops
 - Alternate who begins