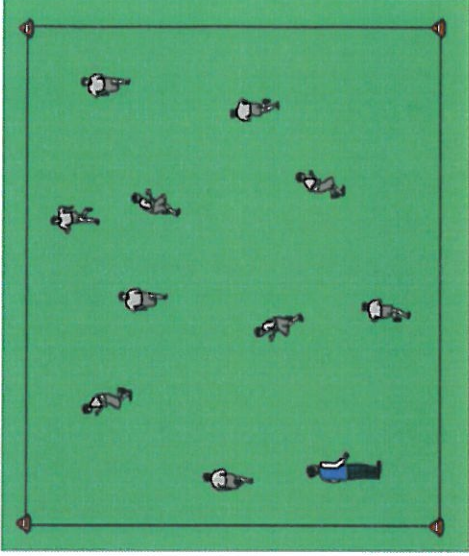
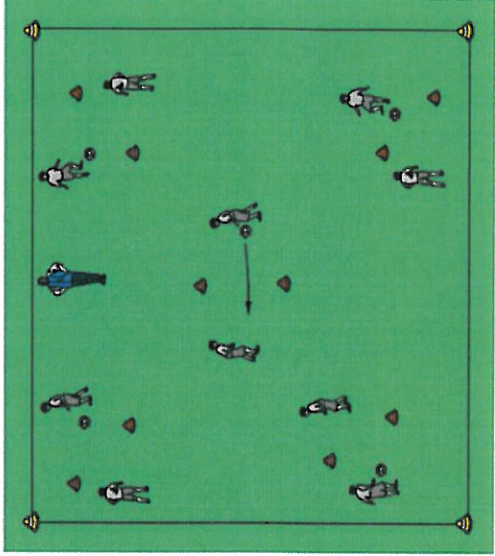


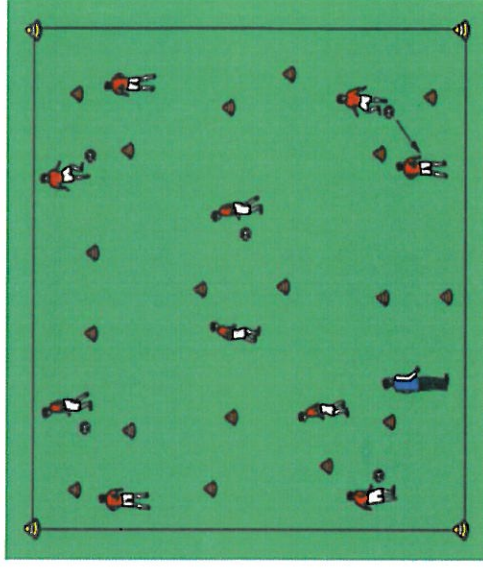
ACTIVITY PLAN

Authors: White & Sawatzky

Age Group: U8

<p>Week 3 Passing. Warm up <u>Objective:</u> To improve general coordination.</p>	<p><u>Organization:</u> 20 yard x 20 yard area.</p>	<p><u>Procedure:</u> Players move around the area listening to the coaches demands (Simon says). The coach uses their imagination to shout soccer related exercise for the players to follow. The coach can incorporate the ball so players have more of a challenge. - Turn - Jump - Sprint etc!</p>	<p><u>Key Coaching Points:</u></p> <ul style="list-style-type: none"> - Change of direction - Think ahead - Turning & Change of speed - Ball Control - Fun <p>The coach can incorporate the ball so players have more of a challenge.</p>	
<p>Week 3 Passing. Individual Activity <u>Objective:</u> To improve Individual Passing Skills.</p>	<p><u>Organization:</u> 30 yard x 30 yard area. Various 5 yard goals positioned around the area. Groups of 2 with 1 ball at each of the 5 yard goals.</p>	<p><u>Procedure:</u> In pairs, players pass the ball back and forward through their 5 yard goal. The ball must never stop and must stay on the ground and must pass cleanly through the 5 yard goal. Players have a maximum of 2 touches to get the ball back to their partner. If a player commits any of the above fouls they get 1 point. The first player who gets five points loses. Players can go against other team mates.</p>	<p><u>Key Coaching Points:</u></p> <ul style="list-style-type: none"> - Alert and on your toes. - Pass with Inside of the foot and be aware of your positioning of your non – kicking foot. - Strong ankle and hit through the middle of the ball to keep low. - Use both feet & go to the ball. 	

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<p>Week 3 Passing. Small Group Activity Objective: To improve Individual Passing Skills Under Pressure.</p>	<p>Organization: 20 yard x 20 yard area. In groups of 2 with 1 ball. Various 2 yard goals are placed in and around the area</p>	<p>Procedure: In pairs players have 1 minute to pass the ball through as many different goals as they can. Players must find the open goals and work together to get as many points as they can. 1 point per successful pass through an open goal. Progress to where 1 team only plays and they must see how many points they can get in 1 minute, the rest of the players count.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Head up and communicate - Non kicking foot placement - Inside of the foot and hit through the middle of the ball - Receiving touch to find next goal - Accuracy of over power 	
<p>Week 3 4 v 4 Small Sided Game Objective: To improve Individual & Small Group Game Understanding.</p>	<p>Organization: 30 x 35 yard area Play a 4 v 4 match 6ft x 6ft Goals Size 3 ball</p>	<p>Procedure: Free Play!</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> Summation of all challenges for the players. Stay out of their way and let them play. 	