



Season Fall 2015

Team/Age Group _____

U8s

Week _____

4



ACTIVITY 1

Duration:	8 min	Intensity:	Med	Intervals:	6	Activity Time:	1 min	Recovery Time:	20 sec
-----------	-------	------------	-----	------------	---	----------------	-------	----------------	--------

ORGANIZATION - (Physical Environment / Equipment / Players)

BALL TAG:

In a 15W x 20L yard grid all players are dribbling their soccer ball. Players will try to hit other players soccer balls by passing their ball to hit them. Every time a player hits another players ball, they get a point.

ACTIVITY VARIATIONS

Rounds 1-2: Players get a point every time they hit another soccer ball
 Rounds 3-4: Players will get 20 bonus points for tagging a coach with their ball
 Rounds 5-6: Players are in teams of 2 or 3 and count points together (each player still has a ball)



ACTIVITY 2

Duration:	8 min	Intensity:	Med	Intervals:	6	Activity Time:	1 min	Recovery Time:	20 sec
-----------	-------	------------	-----	------------	---	----------------	-------	----------------	--------

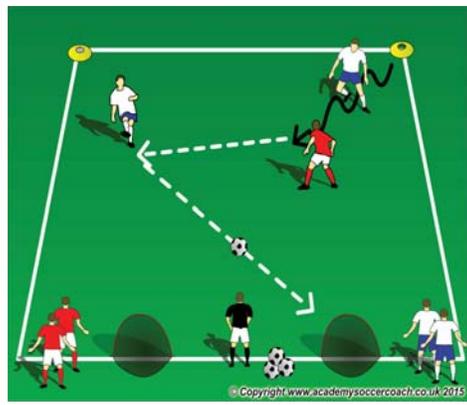
ORGANIZATION - (Physical Environment / Equipment / Players)

FREEZE TAG:

In a 15W x 20L yard grid all players are dribbling their soccer ball. 1 or 2 players do not have a ball and are freeze monsters. The freeze monsters try to tag the dribbling players with their hand. If dribblers get tagged, they are frozen and must pick their ball up and put it above their head. The only way to get unfrozen is if another dribbler passes their ball in between the frozen player's legs.

ACTIVITY VARIATIONS

Round 1: Coaches start as Freeze Monsters
 Rounds 2-4: Select 2 players to be the Freeze Monsters.
 Rounds 5-6: Select 3 players to be the Freeze Monsters.



ACTIVITY 3

Duration:	8 min	Intensity:	Med	Intervals:	4	Activity Time:	1.5 min	Recovery Time:	30 sec
-----------	-------	------------	-----	------------	---	----------------	---------	----------------	--------

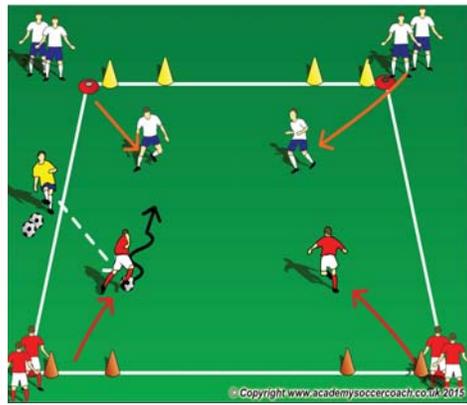
ORGANIZATION - (Physical Environment / Equipment / Players)

COMBAT 2v1:

In a 20W x 30L yard grid the coach makes two teams of 3-5 players each. Players are lined up on either side of the coach. When the coach serves the ball onto the field, the coach will tell one team to send 2 players, and the other team to send 1 player. Players must try to retrieve the soccer ball and pass it into either goal for a point.

ACTIVITY VARIATIONS

Rounds 1-2: One game of 2v1 at a time
 Round 3: Have two 2v1 games going at the same time with different soccer balls
 Round 4: Coach can make the games 2v2 or 3v2



ACTIVITY 4

Duration:	8 min	Intensity:	Med	Intervals:	3	Activity Time:	2 min	Recovery Time:	30 sec
-----------	-------	------------	-----	------------	---	----------------	-------	----------------	--------

ORGANIZATION - (Physical Environment / Equipment / Players)

2v2 TO 4 GOALS:

In 20Wx30L yard grid with 2 cone goals at each end, players of the same team are placed by the corner cones of the goal line they are defending. Half of the team is in a line at one corner and the other half at the other corner. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball and one player from each corner comes out to play 2v2. The game is over when one team scores in any of the two goals they are attacking or the ball goes out of bounds.

ACTIVITY VARIATIONS

Rounds 1-2: Start with 2v2 games
 Round 3: Coach can add more players to the game as his/her discretion

J8: 4v4 - Dual Field Scrimmage

Set up two fields 25W x 35L yards with a 5 yard space between them in order to keep as many players playing as possible. Allow plenty of breaks for water and rest!

25 min