

## Recommended U8 Lesson Plans - Lesson 10

### Warm Up

**Hares and Hunters.** Organization: Players are in a marked playing area. 1 to 3 hunters have a ball. The other players are hares. The hunters throw the ball at the hares (must hit below waist height). When a hare is hit by a ball, he picks it up and becomes a hunter. Progressions: The hunters try to catch all of the hares as quickly as possible by hitting them all with the ball. The group that catches all of the hares fastest is the winner. Also players each have a ball to dribble and hunters hit a hare's ball. Hunters have to kick the ball.

SEE LESSON 5

### Activity 1

**Shadow Running.** Organization: The front player is the runner and the second player is his shadow. The runner tries to shake off his shadow by changing pace and direction. The shadow tries to remain at a distance of 1-2 yards behind the runner. The runner can stop and carry out stretching exercises or he can make arm movements or turns while running. His shadow must imitate all of these movements. After 1-2 minutes the two players swap roles.

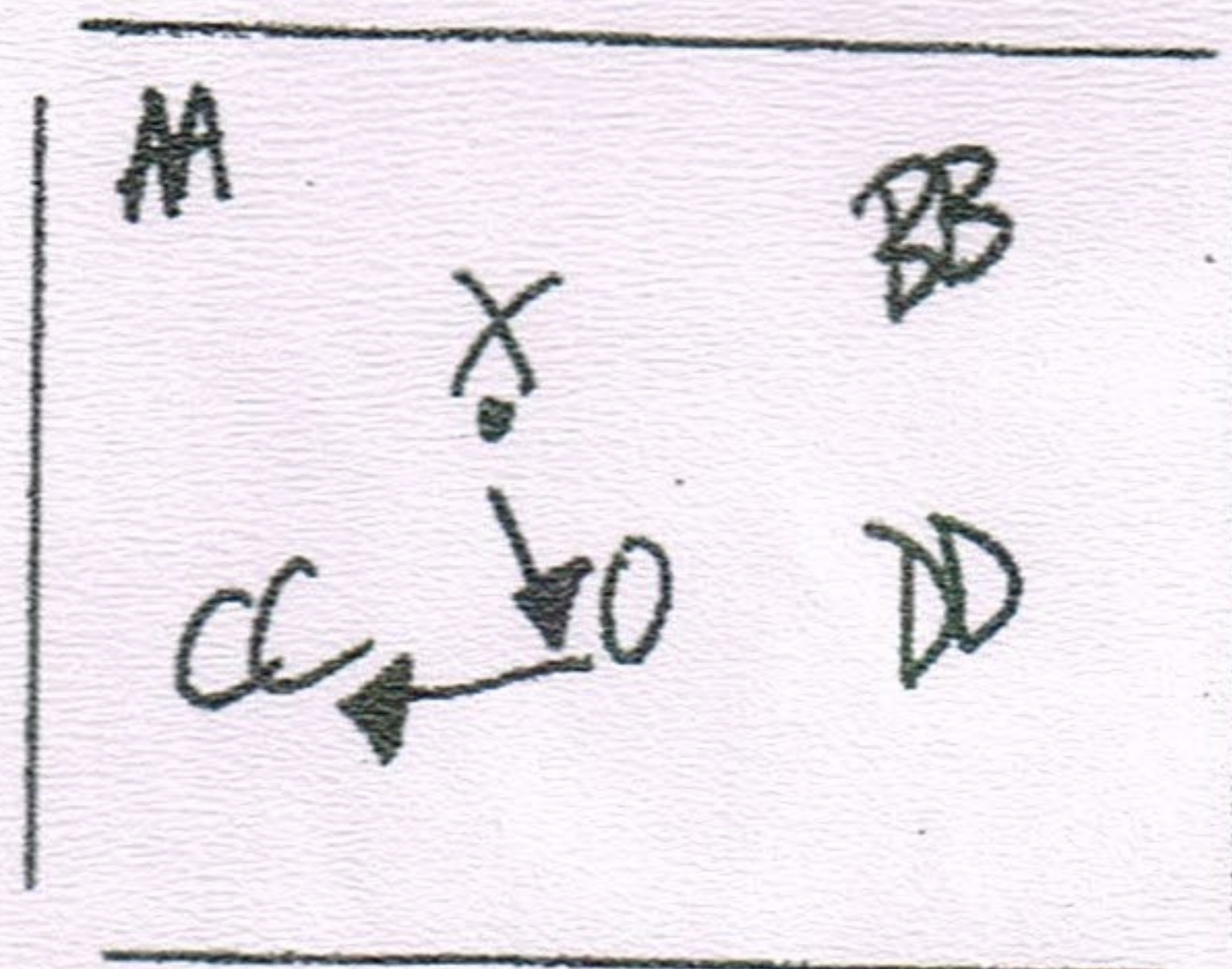
SEE LESSON 4

Progressions: Add ball for each player. Comments: Make sure the players in each pair are evenly matched.

### Activity 2

**Siamese Soccer.** Organization: Create a playing space of approximately 20x20 yards. One ball for one pair to start. These players are partners who can only pass to each other. All other players are paired and must link arms/hold hands. Players with the ball dribble (3 touch maximum) and pass while attempting to hit the other paired players, who are trying to avoid getting hit. To hit a player, the pass must be under waist height. If one of the pairs gets hit, they break apart, get a ball and attempt to dribble and pass to hit other pairs. Game continues until all paired players have a ball. Last pair to be hit start with the ball for the next round.

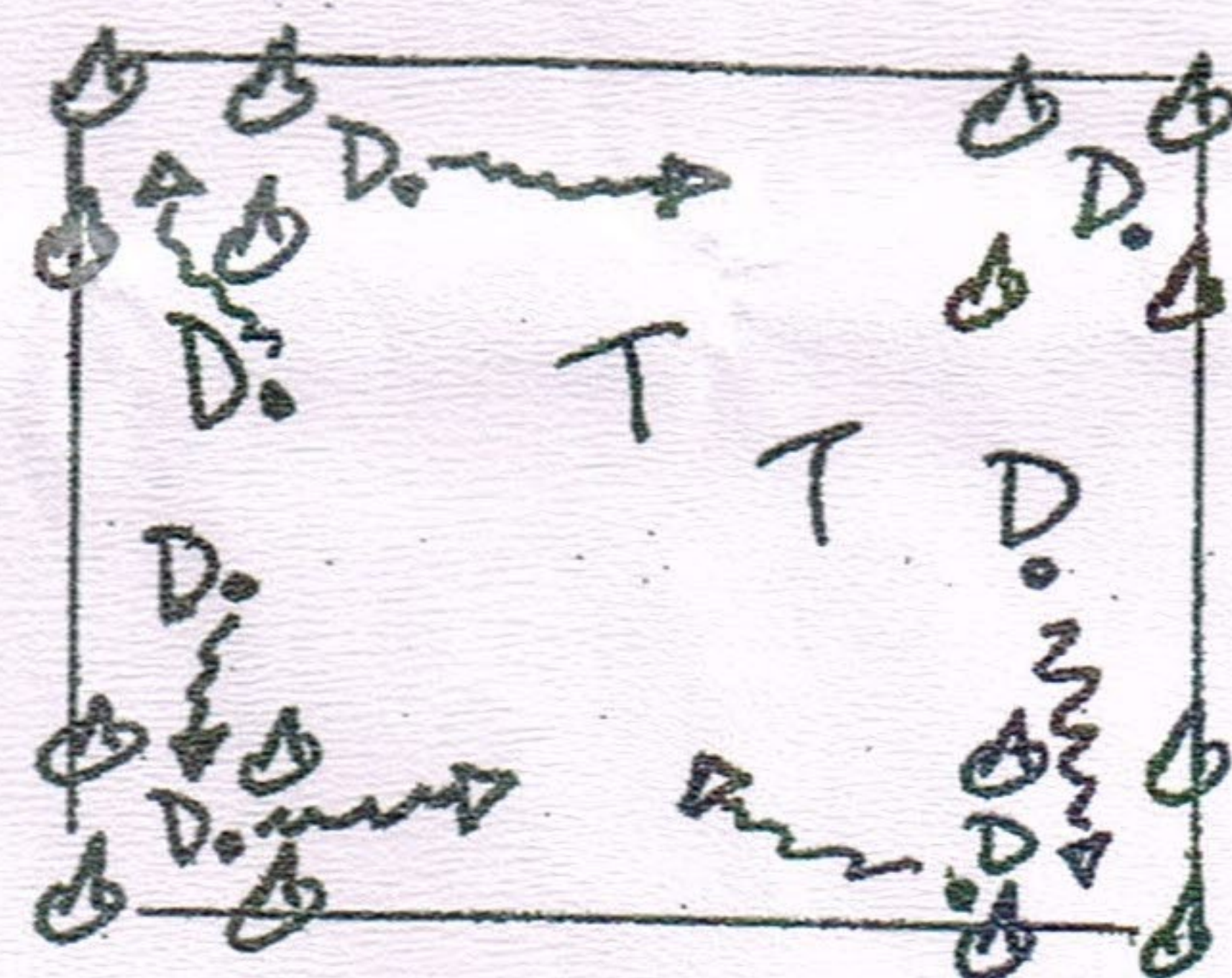
Comments: Coaches can join in to help the first couple of pairs get some "hits."



### Activity 3

**Running Bases.** Organization. Divide the team up into "taggers" and "dribblers." There should be more dribblers than "taggers." Players try to dribble their ball without being tagged. If they get tagged they exchange places with the "tagger." Have "taggers" carry a vest/bib to distinguish themselves. They drop their vest/bib for the player that is tagged and use their ball to dribble. Players are safe in any one of the 4 bases. Only one player allowed in a base at any one time. If new player enters the base, the old player must leave.

Progressions: Can start without a ball. Once kids are dribbling to make it easier for the dribblers: only one "tagger," "taggers" have to dribble a ball too, more bases and/or allow more players in each base at a time. To make it harder for the dribblers use fewer bases, increase the number of "taggers," only one player allowed in each base, allow players in the base to defend their base against players trying to dribble in and/or players are tagged if the defender (who doesn't dribble ball) steals their ball or touches it with their feet.



### 2 v 2

**Protect The Cone in 2's.** Organization: Divide the group into four teams. Each team sets up three or four cones to protect on one side of the space. Each player must have a ball. Each pair may choose a captain to organize the pair: which player will defend and/or attack. On a signal, the game begins with players defending their cones or attacking the other team's cones, while controlling their own soccer ball. When your cones are knocked down, your team can no longer attack. The team with the last standing cone is the winner.

Progressions: Only one ball per pair and the defending team can kick any opponents' ball. Finish by playing two 2v2's at once (one is played E-W and the other N-S). Goals are scored by knocking over cones as above. Comments: Allow players to organize themselves with as little interference from the coach as possible. Watch which players have the most success at organizing their group but make sure all get plenty of opportunities to be the leader. Watch the group dynamics and switch players so all get to work together.

Scrimmage: 3 v 3 or 4 v 4.

