

Week 8: Backyard Games

Cutters Community Soccer U-8

Coaching Points

- We would like to encourage the players to continue playing and practicing their skills during the off season.
- We will try several games that the players can try at home with friends or family members.

6:00 - 6:10 p.m.

Warm Up: I can do something with the ball, can you?

Purpose: To practice coordination skills with the ball. Also, lets players participate creatively by offering and demonstrating ideas to their peers and the coaches.

Coach/Trainer starts: I can do something with the ball, can you?
(demos a skill or soccer trick, asks players to try it)

Then trainer asks players, Who can show everyone something you can do with a ball?
A player demonstrates, everyone tries the skill, then a new player demos.
Let each player have a turn and then move Activity 1.

6:10 - 6:20 p.m.

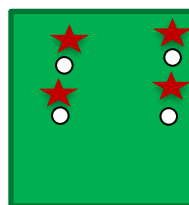
Activity 1: Follow the Leader in pairs

SETUP: Have players get in pairs. Each player should have a ball.

The "leader" can dribble, juggle or do soccer tricks that the "follower" should try to imitate.

The leader must move at a speed and do activities where the partner can follow.

After a minute or so, switch roles.



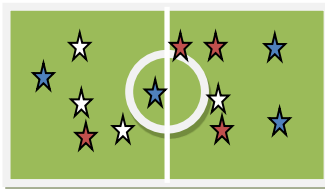
Red Stars = players
White stars= sharks/coaches ☺

- Players practice moving with their heads up
- Players can change direction, move quickly and deceptively.
- Keep head up – don't run into other players ☺

6:20 – 6:30 p.m.

Activity 2: Red Light. Green Light. (modified)

Players dribble around the field. When coach calls out "Red Light" the players stop dribbling by placing the sole of their foot on top of their ball.



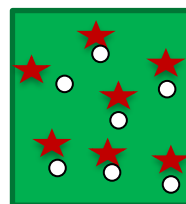
Other instructions:

- Green light = go
- Yellow light = go slow
- U-turn
- Race car = go fast
- Keep the ball close (under control), so you can stop quickly when needed.
- Think of other car references: park the car; back up, etc.
- Keep your head up so you don't run into anyone ☺

6:30 – 6:40 p.m.

Activity 3: Knock Out

- Use cones to create a 10 yard x 10 yard area on the field.
- All players dribble in this area.
- When the coach/trainer says "go" the players try to kick another player's ball out of the square. (They must maintain control of their own ball.)
- If a player's ball is kicked away and they catch it before it stops, they can rejoin the game.
- If the ball has stopped, the player must do 10 ball taps (touching the top of the ball with the sole of the foot, alternating feet) before rejoining the game.



White dots = soccer balls

- Practice dribbling, changing direction, keeping head up, deception, etc.
- Work on defense and awareness on the field.

6:40 -7 p.m.

Scrimmage

Thanks for a great season!