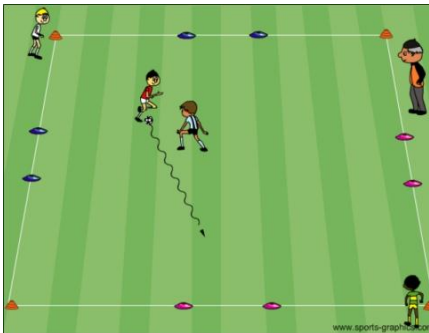


U8 MLU Youth Development Week 6

Activity 1	Activity Description	Coaching Considerations
	Shadow Dribble: Two players (Leader and Shadow) each with a ball. They will dribble all over a 20x25 yard grid. The leader will determine where they are going, while the shadow will try to keep up with the leader. Coach: Call the change from leader to shadow Version 2: Use only favorite foot or other foot. Version 3: Leader must make a move.	• Keep ball close • Changing directions • Dribbling using different surfaces of the foot Time: 6 minutes
Activity 2	Activity Description	Coaching Considerations
	Knock Out: All players are dribbling in a 20x25 yard grid and are trying to knock other dribblers' balls outside the grid. Players must retrieve the ball quickly and get back in the game. Coach: Have your players perform a skill task before re-entering the grid. i.e.: juggling 3-5 times, ball taps.	• Protecting the ball • Dribbling with different surfaces of the foot Time: 8 minutes
Activity 3	Activity Description	Coaching Considerations
	1v1 to Cross Goals: In a 10x15yd grid, set up a two yard goal (two red and blue goals) in each side of the grid. Divide the team into two groups. The attacker starts with a soccer ball trying to score by dribbling through any of the two further goals. The defender is trying to defend the goals closest to him/her. If the defender gets the ball, he/she tries to score in the opponent's goal. The game ends when one player scores or the ball rolls out. Two new players go.	• Keep soccer ball close to feet • Sudden change of direction • Burst of speed • Defending – tackling • Shielding • Decision making Time: 8 minutes
Activity 4	Activity Description	Coaching Considerations
	2v2 to Cross Goals: In a 12x12yd grid, set up a two yard goal (two red and blue goals) on each side of the grid. Divide the team into two groups. The attackers start with a soccer ball, trying to score by dribbling or passing through any of the two further goals. The defenders are trying to defend the goals closest to them. If a defender gets the ball, he/she tries to score in the opponent's goal.	• Application of dribbling, passing-receiving technique under pressure • 1v1 defending • Decision making Time: 8 minutes
Scrimmage	Activity Description	Time
4v4 - Dual Field Scrimmage	Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.	30 minutes