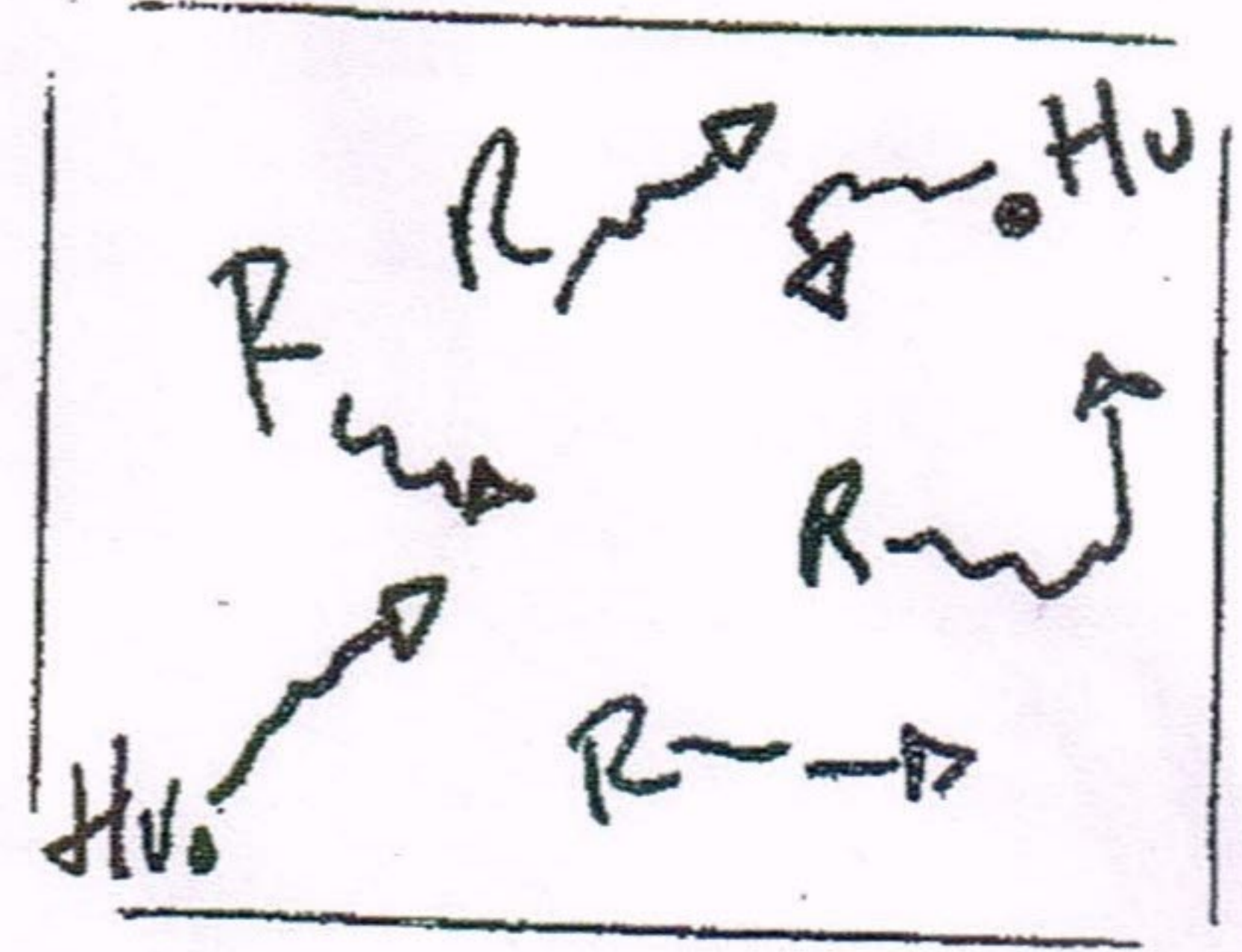


Recommended U8 Lesson Plans - Lesson 5

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.

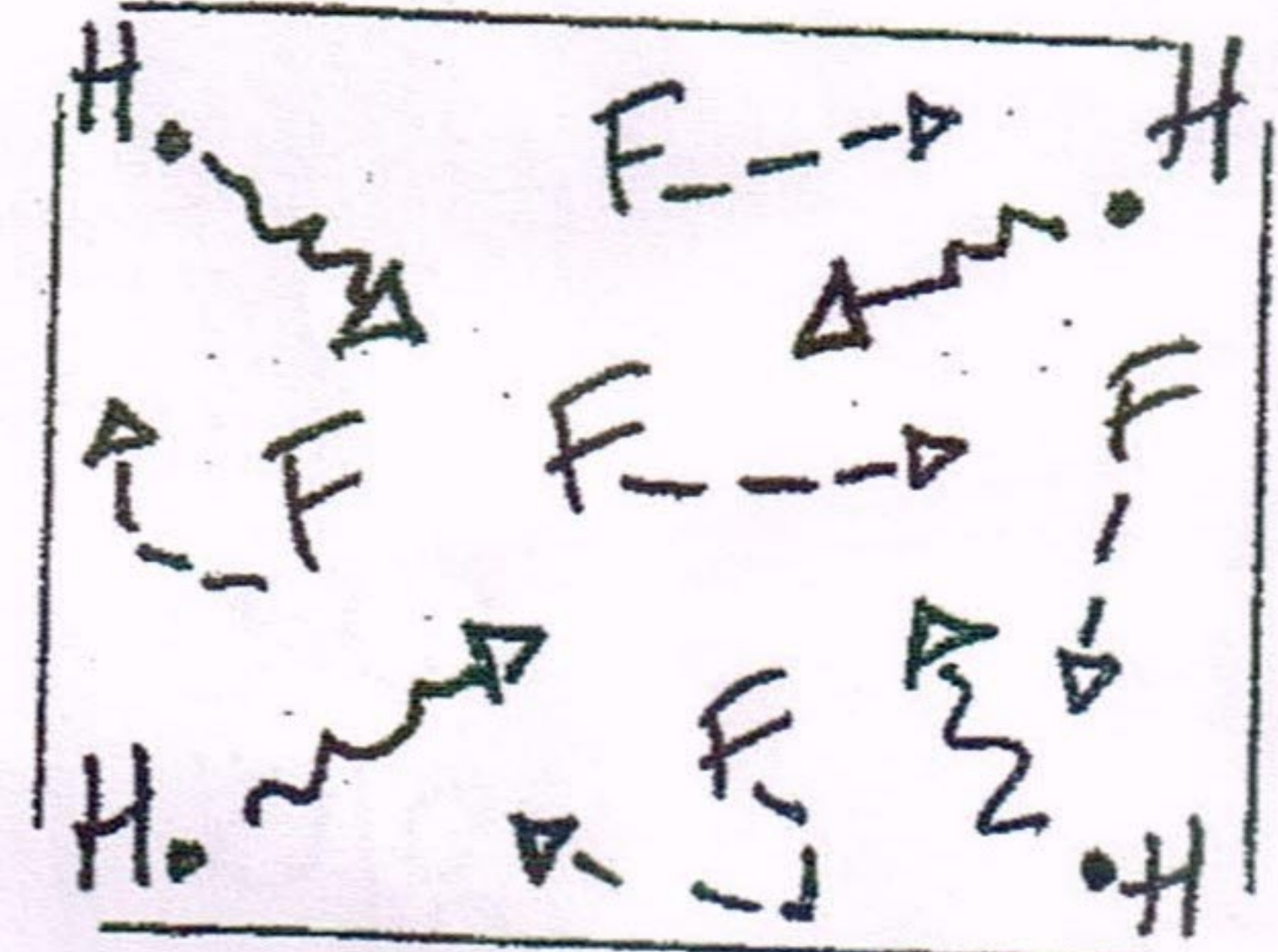
Progressions: The hunters try to catch all of the hares as quickly as possible by hitting them all with the ball. The group that catches all of the hares fastest is the winner. Also players each have a ball to dribble and hunters hit a hare's ball. Hunters have to kick the ball.



Activity 1

Foxes & Hunters. Organization: Players on the inside are "foxes". Players on the outside are "hunters." Hunters dribble into the grid and try to dribble their ball into the foxes so that it hits them below the knees. If a fox is hit, the fox drops down to one knee and tries to kick the ball away from the other hunters that are dribbling by. Once all of the foxes are down the teams switch roles. Time each team, the team that "stays alive" longest wins.

Progressions: Specify how hunters can dribble, give foxes balls to dribble too, etc.



Activity 2

Tigerball. Organization: Each player has a ball, except for the "tiger." At the coach's signal, the tiger tries to steal a ball from one of the other players. To win the ball, he must steal it with his feet and hold it above his head in his hands...then he can take it to the coach. The player who lost his ball becomes a tiger too. The last player with a ball is the winner and becomes the first tiger in the next round.

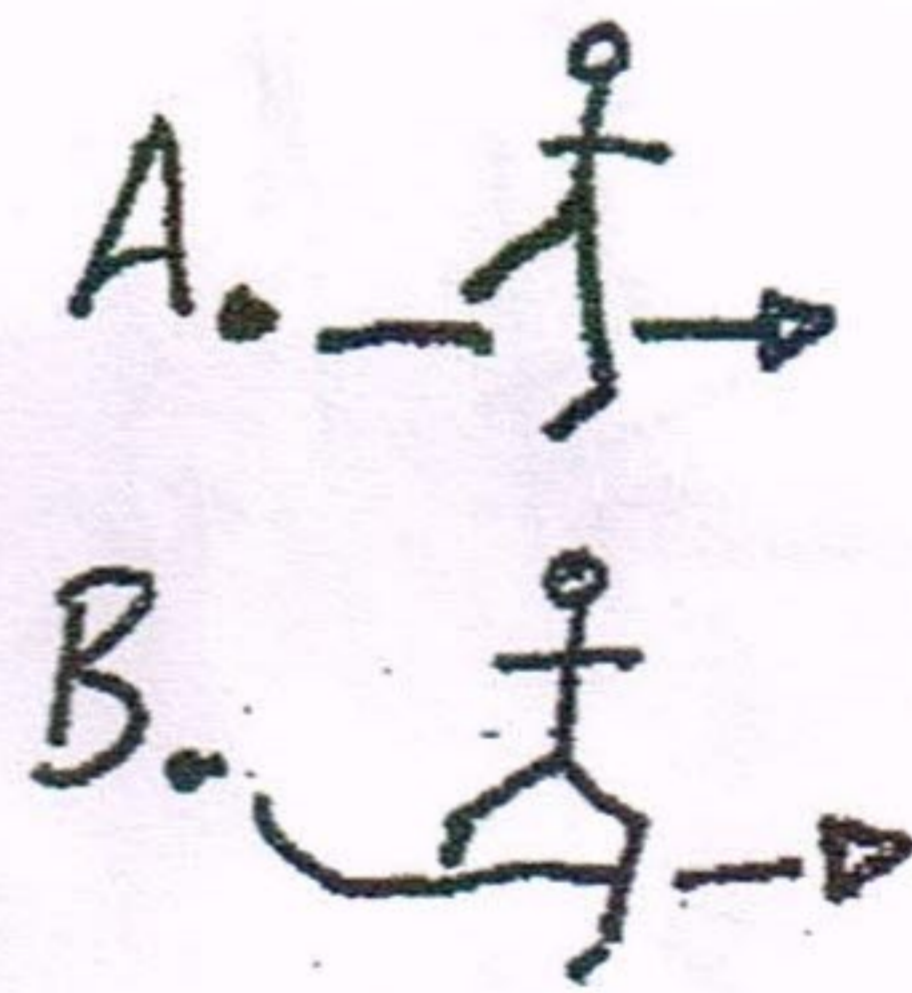
Progressions: Use left foot, use only soles of both feet, etc.

SEE LESSON 1

Activity 3

Tunnel Passing. Organization: Two players face each other at a distance of 1 meter. Player 1 has 30 seconds to pass the ball as many times as possible through the tunnel formed by the separated legs of Player 2. The first player kicks the ball through the partner's legs and then runs behind Player 2 to return kick the ball to the original side. Meanwhile, Player 2 remains still and counts the number of goals scored by the opponent. Then the players switch roles and Player 2 gets 30 seconds to pass the ball. The winner is the player who, using either left or right foot, passes the ball more often through the tunnel formed by the opponent. In case of a tie, repeat the test.

Progressions: Right foot only, left foot only, alternate feet, inside of foot, etc.



2 v 2

German Game. Organization: Set-up a rectangular field 20 x 10 yards with 2 end lines. Goals only count if the player with the ball at his foot dribbles the ball over his opponents' end line between the two cones. Duration of the game: 2 minutes, then 1 minute rest. Each pair plays 5 games against different pairs.

Comments: The pair that wins the most games could be the tournament winner.

Scrimmage: 3 v 3 or 4 v 4

