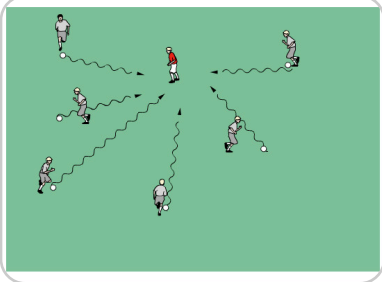
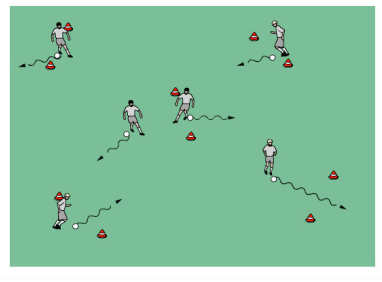
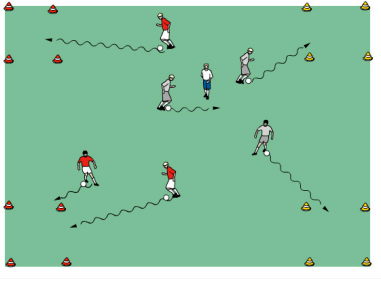
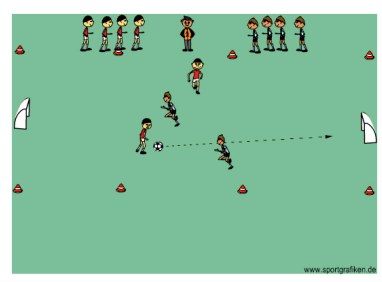
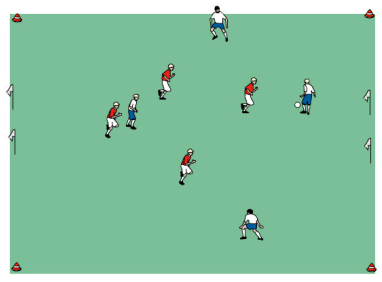
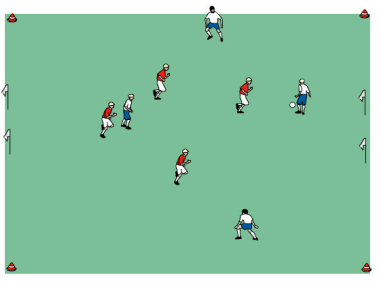


U7/8

Week 1

Theme: Dribbling with the head up	Character Theme: Respect	Soccer Theme: Best Dribbler
		
<p>Warm Up: Retrieval Coach tosses each players ball. Players bring the ball back in a variety of ways. The final way is by dribbling. While they are dribbling the ball, the coach is walking away. They can only stop dribbling when you stop walking and they are next to you. This variation teaches them to get their heads up while dribbling.</p>	<p>1st Activity: Gates Players all dribble through a gate. Each time they dribble they receive a point.</p>	<p>2nd Activity: Dribble to safety! Every player has a ball except one. The one player tries to steal a ball away from a player that has a ball. Players are "safe" if they get inside a square. Players must leave the square if another player comes into their square or three seconds.</p>
		
<p>Character Activity: Respect 2v2 Game-Two teams. Play until ball goes out. Before the game, however, have the two teams shake hands. Take a moment to tell teach them about respect.</p>	<p>4th Activity: Boss of Balls The coach has a pile of balls. Players play small sided game. 4v4 is preferred. When ball goes out the coach plays in a new ball. They get a point if they pass the ball to a teammate.</p>	<p>Final Activity: Small Sided Game One ball-no goal keepers.</p>

