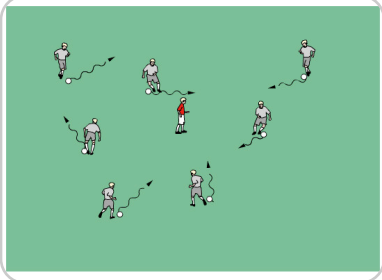
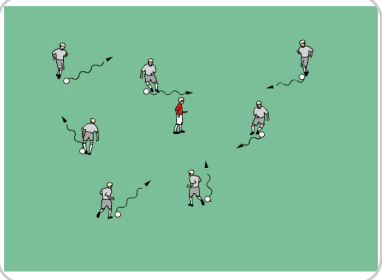
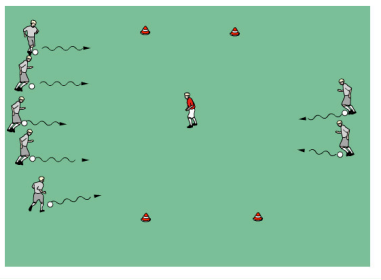
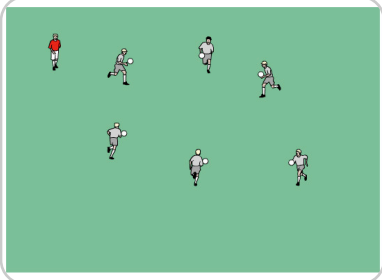
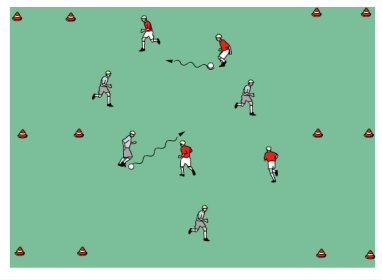



U7/8

Week 4

Theme: They have the ball!	Character Theme: 110%	Soccer Theme: Best Defender
		
<p>Warm-up: “Change” All players have a ball and dribbles a ball. When coach says “change” then go to a new ball.</p>	<p>1st Activity: Musical Balls Same as the warm up except have one or two fewer balls. When change is called, players try to find a free ball.</p>	<p>2nd Activity: Cross the river! Players try to dribble across the “river” while “alligators” try to steal their ball. Player switches with alligators if their ball gets stolen. Stress individual defending.</p>
		
<p>Character Activity: “Do your best” Juggling-see who can do the most? Start with: thigh-catch, foot-catch, thigh-foot-catch, etc.</p>	<p>4th Activity: Capture the flag! Two teams. Make an endzone for each team to “protect”. For fun, put a “flag” or something to represent a flag in each endzone. Players are trying to dribble a ball into the other team’s endzone and capture the flag! Try using two balls at first then progress to one. Stress defending!</p>	<p>Final Activity: Small Sided Game One ball-no goal keepers.</p>

