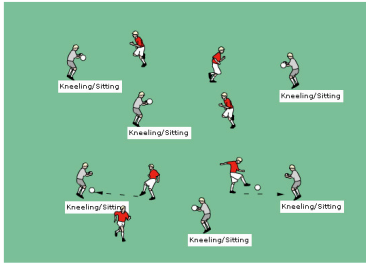
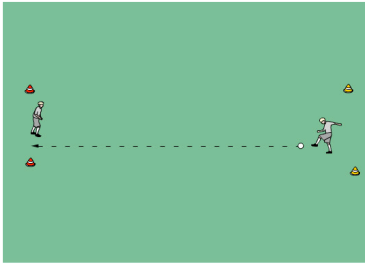
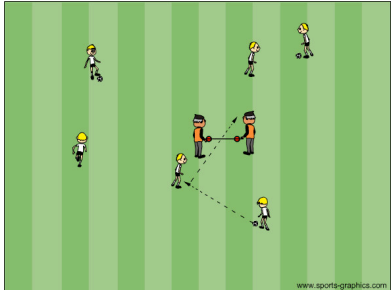
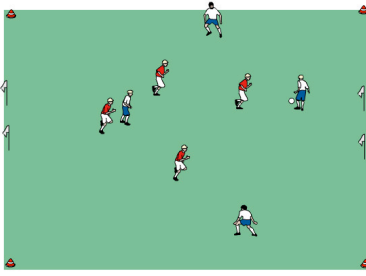
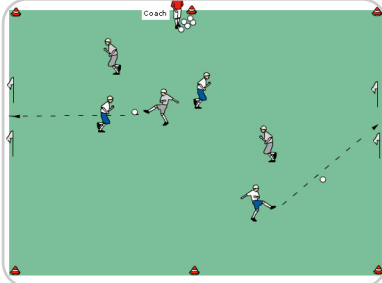
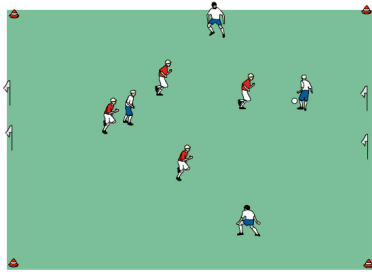


U7/8

Week 5

Theme: Finishing	Character Theme: Teamwork	Soccer Theme: Best Shot or Goal
		
<p>Warm-up: Strike Buddies</p> <p>Players “buddy” up. One player has ball, and gets down on knee(s). They roll the ball to their buddy who then strikes the ball back. The player who struck the ball then goes to another player who has a ball and repeats. Switch after 1 minute.</p>	<p>1st Activity: Goal to Goal</p> <p>Players get approximately 8-10 yards away from each other and make a goal. They try to score against their partner. The partner opposite must stay in between the two cones. The player shooting the ball has only two touches to score. If shooting player misses then it is the other player’s turn.</p>	<p>2nd Activity: Moving Goals</p> <p>Coach and Asst. walk around with pool noodle. Players are in pairs and shoot ball under noodle for a goal!.</p>
		
<p>Character Activity: “More to score”</p> <p>Play a small sided game. The purpose is to see which team can get more of their players to score goals. This should foster teamwork.</p>	<p>4th Activity: Goals Galore</p> <p>Coach always has more than one ball in play.</p>	<p>Final Activity: Small Sided Game</p> <p>One ball-no goal keepers.</p>

