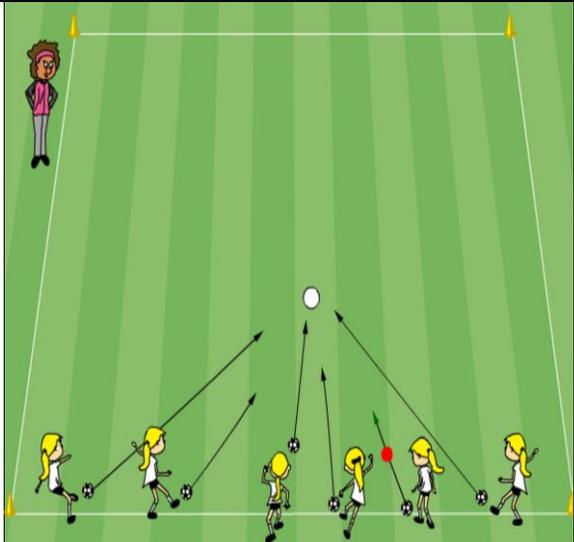
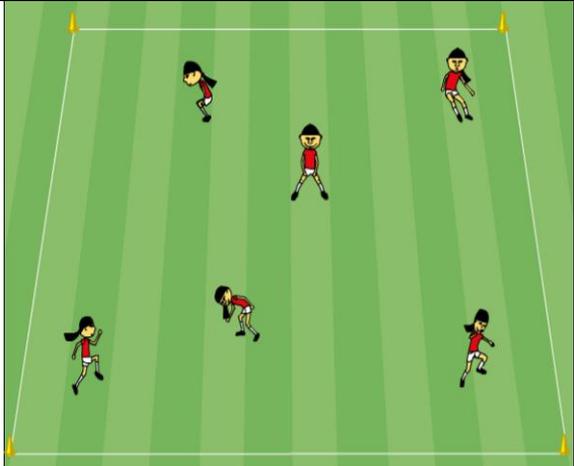
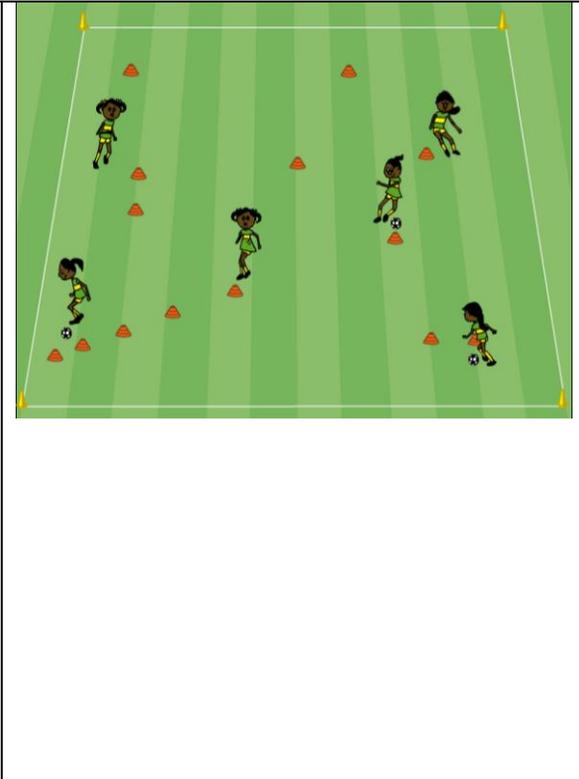
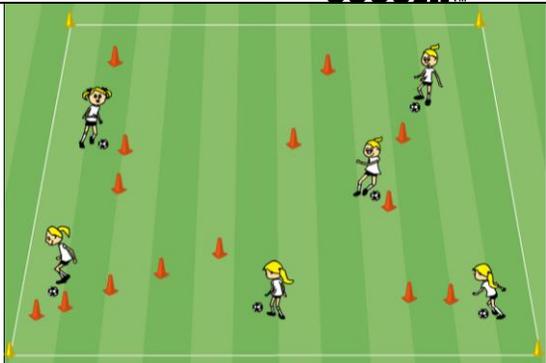
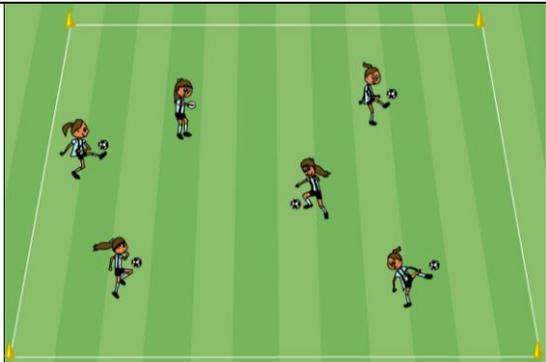


Activity Name	Description	Diagram	Coaching Points
<p>1 Soccer Marbles</p> <p>Individual competition Accuracy of pass Weight of pass Introducing the difference between a kick and a pass</p>	<p>Use a weighted ball as the target. Each child has a ball. Passing the ball try to hit the weighted ball and move it out of the grid. The grid should be large enough to accommodate the number of players, but small enough to make it possible for them to knock the weighted ball out of the grid.</p>		<p><i>Q.:</i> Where should you stand to get a good kick with your ball? <i>A.:</i> With the foot that I'm standing on next to the ball. <i>Q.:</i> How do you decide how far away the target ball is? <i>A.:</i> I have to look at it first and then the ball that I will kick.</p>
<p>2 Rhythmic Movement</p> <p>A variety of movements in confined space.</p>	<p>Hopping, Skipping, Sidestep, Moving Backwards, Kariokum, Turning on the Move</p>		<p>General Coordination Balance Agility Proprioceptor muscle development <i>Q.:</i> to move well here what can you do with your legs and feet? <i>A.:</i> Move them quickly, bend my knees and stay on the pads of my feet.</p>
<p>3 Properties of the Ball</p>			

<p>Visual acuity How to read the path of the ball Body alignment with the moving ball</p>	<p>Learning the properties of a rolling and bouncing ball. The coach serves balls around the playing area to the players. Vary the service between rolling balls of various speed and bouncing balls of various heights.</p>		<p>Eye-Hand Coordination Eye-Foot Coordination Timing Judging the pace of the ball <i>Q.:</i> How can you gain easy control of the ball rolling toward you? <i>A.:</i> Move into the path of the ball.</p>
<p>4 Random Cones</p>			
<p>Agility – body control Dribbling</p>	<p>Weave in and out of the cones ➤ First without the ball ➤ Second with the ball -- dribbling</p>		<p><i>Q.:</i> How can you control the ball to get around the cone? <i>A.:</i> Get down low and use the inside or outside of my foot to dribble the ball. <i>Q.:</i> Is there a way to stop the ball and then go around the cone? <i>A.:</i> Yes, use the bottom of my foot. <i>Q.:</i> Can you go around the cone and move the ball with your other foot? <i>A.:</i> Yes, I'll try.</p>
<p>5 Attack of the Trolls</p>			

<p>Passing from the dribble Accuracy Lower limb control Eye-foot coordination</p>	<p>Same organizational set up as the Random Cones activity. The players now try to knock over the cones with a pass off the dribble.</p>		<p><i>Q.:</i> Can you sometimes stop the ball and then pass to hit the troll? <i>A.:</i> Yes and then I'll kick the ball better. <i>Q.:</i> Can you pass while you are moving to hit the troll? <i>A.:</i> Yes, but I'll have to slow down to do it right.</p>
<p>6 Juggling</p>	<p>Each player with a ball. Practice juggling from the ball from the hands. Allow the ball to bounce between juggles. Focus on juggling with the feet and thighs. Use the same space as used in the last two activities.</p>		<p><i>Q.:</i> Can you bounce the ball off of your shoelaces? <i>A.:</i> It's hard, but I'll try. <i>Q.:</i> How many juggles can you get in a row? <i>A.:</i> More times if I keep my eyes on the ball.</p>
<p>7 4 v 4 Match</p>	<p>Play by US Youth Soccer modified rules for the 8-U age group.</p>		<p>Simply observe the players without any coaching. Give guidance only on the rules of the game.</p>