

# Competitive Activities for U8 Players

(6, 7 and Some 8 Year Olds)

Bandit Ball	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> <li>All but 2 players dribble their soccer ball in a 15x20 yard grid.</li> <li>The 2 without soccer balls are bandits.</li> <li>When the coach says, “Watch Out for Bandits”, the bandits try to steal someone’s soccer ball.</li> <li>Once they steal a soccer ball, they try to keep it and are no longer a bandit.</li> <li>If a player loses their soccer ball, she becomes a bandit and attempts to steal any soccer ball (doesn’t have to be their soccer ball).</li> <li>If a soccer ball is kicked out of the grid, it cannot be brought back in.</li> <li>At the end of each round, (30-45 seconds) each player with a soccer ball gets 1 point.</li> </ul>	<ul style="list-style-type: none"> <li>Dribbling for individual possession and shielding.</li> <li>Tackling (winning the ball)</li> </ul>
	<ul style="list-style-type: none"> <li>Coach sets up a 15x20 yard grid with several gates (goals) inside.</li> <li>All but 2 players dribble their soccer ball in the grid. The 2 without soccer balls are bandits.</li> <li>The players try to dribble through as many goals as they can within the allotted time (60-90 seconds).</li> <li>The bandits try to steal any soccer ball they can. Once they steal a soccer ball, they are no longer bandits and try to start scoring goals.</li> <li>Players who lose their soccer balls are now bandits and must try to steal either their soccer ball back or any other soccer ball they can.</li> <li>Players with a soccer ball at the end of the round get to keep their points to start the next round.</li> </ul>	<ul style="list-style-type: none"> <li>Dribbling to attack</li> <li>Changing directions</li> <li>Tackling the ball</li> </ul>

# Competitive Activities for U8 Players

(6, 7 and Some 8 Year Olds)

Combat	Activity Description	Coaching Objective
<p>15X20 Yard Grid www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>• Coach set up a 15x20 yard grid. Coach has all the soccer balls on the sideline. Players are split into 2 color-coded teams. One team lines up on the coach's left and the other on the coach's right.</li> <li>• When the coach kicks the ball into play, the game begins.</li> <li>• If, before putting the soccer ball into play, the coach calls out, "White", then 2 white players from the white team and one from the red chase after the soccer ball and we have a 2v1 competition in favor of the white.</li> <li>• After putting the ball into play, the coach should move left or right to encourage the competing players to look back for their target and anticipate how to turn on their opponent.</li> <li>• A point is awarded to the team that gets the soccer ball back to the coach in the allotted time.</li> <li>• Once the coach gets the soccer ball back, she plays it back into the field and another game begins.</li> </ul>	<ul style="list-style-type: none"> <li>• Attacking and defending skills</li> <li>• Decision making with uneven numbers</li> <li>• Basic shape (the team with 2, along with the coach, form a triangle)</li> </ul> <p>*Coach can also increase the numbers to 3v2 or allow teams to play even numbers.</p>

Directional 2v1	Activity Description	Coaching Objective
<p>15X20 Yard Grid www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>• Coach set up a 15x20 yard grid. Coach has all the soccer balls on the sideline.</li> <li>• Coach divides the players into 3 groups; 2 attacking groups and 1 defending.</li> <li>• The coach passes a soccer ball to one of the lines. The first player in each of the 3 lines enters the field. (2v1)</li> <li>• The 2 attackers must get the ball over the opposite end-line under control.</li> <li>• If the attackers score, they are awarded 1 point. If the defender steals the ball and scores, he is awarded 2 points.</li> <li>• If the soccer ball goes out of bounds or a goal is scored the coach another soccer ball and new players enter the field.</li> </ul>	<ul style="list-style-type: none"> <li>• Dribbling, passing, receiving, combination play</li> <li>• defending (intercepting passes)</li> </ul> <p>*this game can be played to Zones or goals</p>

# Competitive Activities for U8 Players

(6, 7 and Some 8 Year Olds)

Directional 3v2	Activity Description	Coaching Objective
<p>15x20 Yard Grid Coach www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>• Coach set up a 15x20 yard grid. Coach has all the soccer balls on the sideline.</li> <li>• Coach divides the players into 5 groups; 3 attacking groups and 2 defending.</li> <li>• The coach passes a soccer ball to one of the lines. The first player in each of the 5 lines enters the field. (3v2)</li> <li>• The 3 attackers must get the ball over the opposite end-line under control.</li> <li>• If the attackers score, they are awarded 1 point. If the defender steals the soccer ball and scores, he is awarded 2 points.</li> <li>• If the ball goes out of bounds or a goal is scored the coach another soccer ball and new players enter the field.</li> </ul>	<ul style="list-style-type: none"> <li>• Dribbling, passing, receiving, combination play</li> <li>• defending (intercepting passes)</li> </ul> <p>*this game can be played to Zones or goals</p>
<p>15x20 Yard Grid Coach www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>• Coach sets up 15x20 yard Grid. Coach sets up on the side line with all the soccer balls.</li> <li>• Team is split in half with half the players split into 2 lines, one on each corner. The other team does the same on the other side.</li> <li>• The coach serves a soccer ball into play. At the moment the soccer ball is in play, the first player from each of the 4 lines comes out to play 2v2.</li> <li>• Play continues until a goal is scored or the soccer ball goes out of bounds.</li> <li>• When this happens, all players get off the field, the coach serves another soccer ball and 4 new players enter the field for a 2v2 match.</li> <li>• Game continues until the coach is out of soccer balls.</li> <li>• At this point the coach says he is out of soccer balls and asks the players to retrieve them for him. The players must dribble the soccer balls back to him.</li> <li>• Once the soccer balls are collected, a new game begins.</li> </ul>	<ul style="list-style-type: none"> <li>• Technique under pressure of a game</li> <li>• Decision making in the competitive game environment.</li> <li>• Dribbling, passing, receiving and shooting</li> </ul>

# Competitive Activities for U8 Players



(6, 7 and Some 8 Year Olds)

Boss of the Balls (3v3 or 4v4)	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> <li>• Coach sets up 15x20 yard grid. Coach sets up on the side line with all the soccer balls.</li> <li>• Goals are placed at either end of the field about 5 or 6 steps apart.</li> <li>• When the coach serves a soccer ball onto the field, the 3v3 or 4v4 game begins. (no subs)</li> <li>• When the soccer ball goes out of bounds or into the goal, the coach serves another ball into play and the game continues until all the soccer balls are gone.</li> <li>• At this point, the coach says he is out of soccer balls and asks the players to get a ball and dribble it back to him.</li> <li>• Once the coach has all the balls, a new round begins.</li> </ul>	<ul style="list-style-type: none"> <li>• Making a decision that only the game can present.</li> <li>• Dribbling, shooting and passing</li> <li>• Anticipation and excitement</li> </ul>
	<ul style="list-style-type: none"> <li>• Coach sets up a 15x20 yard grid with 2 or 3 goals on each end line.</li> <li>• Goals are about 2 steps wide (3 player steps)</li> <li>• Coach divides players into 2 teams. Players can play 2v2, 3v3 or 4v4. Start with low numbers and add a player each round. If players are waiting on the side, coach can switch them every minute and keep the game going.</li> <li>• Each team tries to score on any of the 2 or 3 goals across from them and have to defend the 2 or 3 goals on their side.</li> <li>• Coach can determine the duration of the round. It can be for time or number of goals.</li> </ul>	<ul style="list-style-type: none"> <li>• Small group attacking and defending</li> <li>• Anticipation</li> <li>• Locating the best goal to attack (switching to point of attack)</li> </ul> <p>*Same game can be played to end lines. Goals scored by dribbling over the end line.</p>



# Competitive Activities for U8 Players

(6, 7 and Some 8 Year Olds)

4v4 Game	Activity Description	Coaching Objective
	<ul style="list-style-type: none"><li>• Coach sets up a 15x20 yard grid with a goal at each end. (goal can be 2 to 4 steps wide)</li><li>• Coach divides the players into teams of 4.</li><li>• Teams play 4v4 with no goalies.</li><li>• Multiple games can be played at the same time on similar grids.</li><li>• No restrictions but incentives may be useful.</li></ul>	<ul style="list-style-type: none"><li>• Learn to use technical skills in a game environment.</li><li>• All technical coaching objectives can be recognized</li></ul>
6v6 Game	Activity Description	Coaching Objective
	<ul style="list-style-type: none"><li>• Coach sets up a 35x50 yard field with a goal at each end.</li><li>• Coach divides the players into teams of 6.</li><li>• Teams play 5 + a goalie v 5 + a goalie (6v6)</li><li>• Game is played with throw-ins, corner kicks, goal kicks and free kicks for fouls.</li><li>• No restrictions but incentives may be useful.</li></ul>	<ul style="list-style-type: none"><li>• Learn to use technical skills in a game environment.</li><li>• All technical coaching objectives can be recognized</li><li>• Coach can observe for future practice themes</li></ul>