



Dynamic Activities for U8 Players

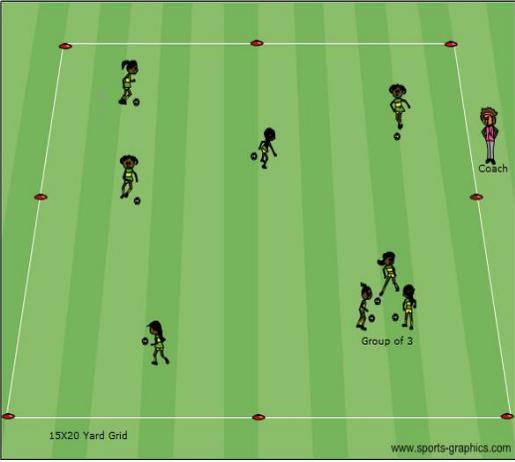
(6, 7 and Some 8 Year Olds)

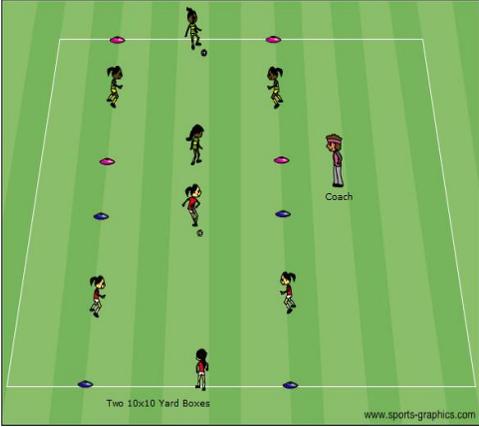
Free Dribble	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> • Each player dribbles a soccer ball in a 15x20 yard grid. • Players should use as many surfaces of their feet as they can. • Coach will prompt players to work on change of speed, direction, quick feet and simple turns. 	<ul style="list-style-type: none"> • Players can be challenged to use different surfaces of foot. • Players must dribble with their head up. • Encourage players to try something new.
	<ul style="list-style-type: none"> • Each player with a soccer ball in a 15x20 yard grid. • Coach sets up several gates. (different colored if possible and 1 gate per player) Players dribble through one gate then find another gate to dribble through. • How many gates can the players dribble through in 30 seconds? • During round two, players have to try to dribble through one more goal than previous round. 	<ul style="list-style-type: none"> • Players go slow when close to gates and accelerate in open space. • Dribble with head up to find next gate.
	<ul style="list-style-type: none"> • Each player dribbles a ball in a 15x20 yard grid. • When coach say, "Hit the Dirt," each player must touch his chest to the ground. • When the coach says "UP," all players get up quickly and resume dribbling. 	<ul style="list-style-type: none"> • Agility and flexibility • Anticipation • Movement education <p>*Variation: Players can go down to the ground and back to their feet as quickly as possible.</p>



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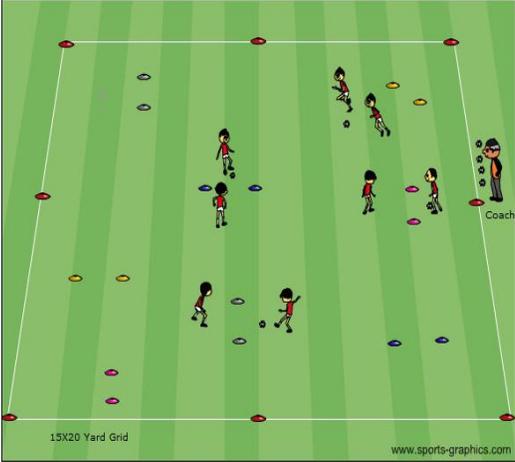
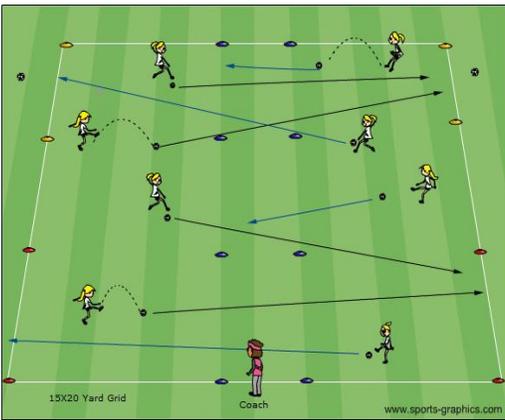
Math Dribbling	Activity Description	Coaching Objective
 <p>15X20 Yard Grid</p> <p>www.sports-graphics.com</p>	<ul style="list-style-type: none"> • Each player dribbles their soccer ball in a 15x20 yard grid. • When the coach calls out a number, the players must get into a group with that number in it. (if the coach calls out “3”, the players must get into as many groups of 3 as possible) • If some of the players are not able to form a group of 3, they will have to do a goofy activity such as dance around their soccer ball. • The coach can also call out: 1+1, 4-1 or any other variation. 	<ul style="list-style-type: none"> • Dribbling technique • Cooperation, listening, anticipation and math skills.

Pass or Dribble Between Boxes	Activity Description	Coaching Objective
 <p>Two 10x10 Yard Boxes</p> <p>www.sports-graphics.com</p>	<ul style="list-style-type: none"> • Coach sets up two 10x10 yard boxes about 5 yards apart. • Coach divides the players into groups of 4. • 4 players start in each box with 1 soccer ball. • On the coach’s command, the players begin to pass the soccer ball to their team mates within their box. • Coach can have the 2 teams race to see who can get 10 passes the fastest. • Now, when the coach calls switch, the 2 groups of 4 must switch boxes with their soccer ball. • The teams continue to pass in their new space. 	<ul style="list-style-type: none"> • Passing Technique • Speed and weight of passes • Player’s ability to pass or dribble through traffic <p>*Variation-Players can dribble between boxes</p> <p>Players must pass between boxes</p>



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Gates with Partners	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> • Same set up as Gates Dribbling • Coach divides players into groups of 2. • Each pair of players starts at 1 gate. • Players pass the soccer ball back and forth at the same gate. (no more than 2 minutes total) • Now players have to make 1 pass through a gate and to their partner for a point. • Players move to a different gate to repeat the same pass for another point. • How many goals (points) can you score in 30 seconds? • In the next round, each group of 2 tries to beat their score by at least 1. 	<ul style="list-style-type: none"> • Sharing the ball with a teammate by passing. • Very brief passing technique, i.e. using the inside of their foot. • Working as a team to get to the next gate together.
	<ul style="list-style-type: none"> • Each player with their soccer ball in a 15x20 yard Grid with 2 big goals on each end line and a 4 yard neutral zone in the center. • Coach divides ½ the players on one side of the neutral zone and the other ½ on the other side of the neutral zone. (Coach can clear balls from neutral zone) • Both teams try to score on either of the other team's goals. • After a player shoots her soccer ball, she can get any other soccer ball in her ½ of the field and try to score again. 	<ul style="list-style-type: none"> • Basic shooting technique, i.e. where to strike the ball and what part of the foot to use. • Simple decision making by looking for the open goal. • Lots of shooting repetition. Shoot every time they find a ball.



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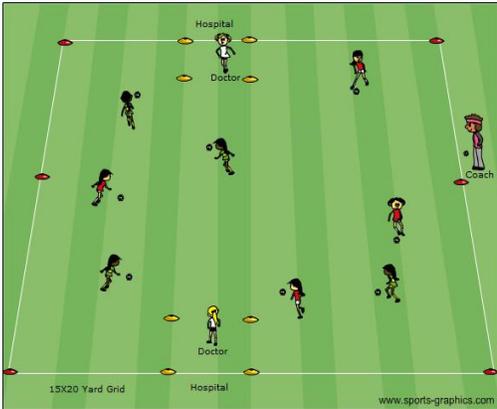
Cone Kicking (in 2's)	Activity Description	Coaching Objective
 <p>15X20 Yard Grid www.sports-graphics.com</p>	<ul style="list-style-type: none"> • 15x20 yard grid. Opposing players are positioned across from each other about 5 yards from center cone. • The center cone has a soccer ball placed on top of it. • One player starts with the soccer ball and tries to knock the soccer ball off the center cone with a pass. • Player receives one point if she can knock the cone down. • Opponent must place the soccer ball back on the center cone before taking her turn. • Game is played to 3 then switch opponents. 	<ul style="list-style-type: none"> • Kicking technique: eyes, body shape, foot surface, non-kicking foot and ball surface • Accuracy and weight of pass <p>*Variation-coach can use tall cones in the center if extra soccer balls are not available.</p>

Ball Tag	Activity Description	Coaching Objective
 <p>10X15 Yard Grid www.sports-graphics.com</p>	<ul style="list-style-type: none"> • Coach sets up a 10x15 yard grid. • All players have a soccer ball. • Coach selects 2 or 3 players to be taggers. • The taggers will have 30 seconds to hit as many soccer balls as they can with their soccer ball • All other players must dribble within the grid and protect their soccer ball from getting hit. • The coach selects 2 or 3 new taggers for the next round. • Play until all players have an opportunity to be a tagger. 	<ul style="list-style-type: none"> • Dribbling Technique • Passing technique including accuracy and weight of pass • Deceptive passing • Shielding



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Team Doctor-Doctor	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> • Coach sets up a 15x20 yard grid with 2 4x4 Hospital. 1 near each end. • All players except the Doctor have a soccer ball. • The coach divides the players into 2 teams (Doctors are neutral) • 1 team is tagging and the other team tries to get away. • The tagging team can hit a player with their soccer ball below the knees. • If a player get hit, they must hold their soccer ball over their head so the doctor knows to help them. • Any player who is hit can be saved by the Doctor's touch. • If either Doctor gets hit below the knees, game over. • Doctor is safe in either hospital but must come out to save their patients. • Each round last for 1 minute. Switch Doctors every 2 rounds. 	<ul style="list-style-type: none"> • Agility • Dribbling and Kicking technique • Simple Decision making