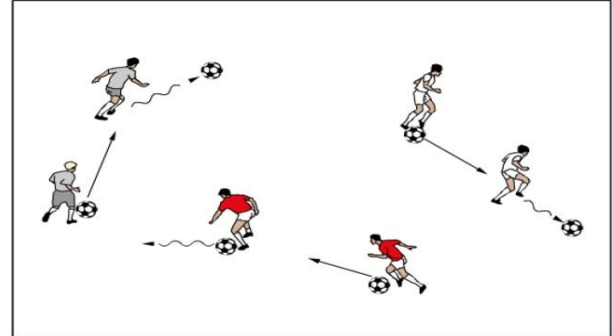


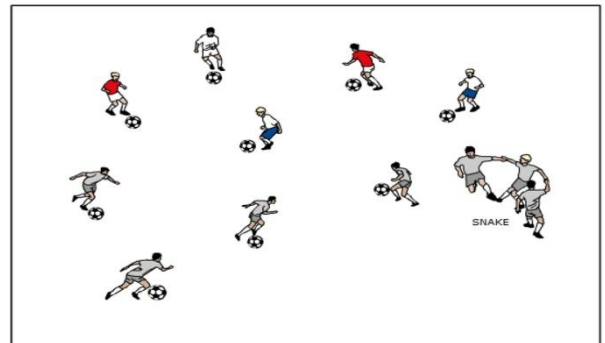
U8 – Summary Sheet

1) Free Dribble--- (10 minutes): Everyone with a ball, use inside, outside, and sole of the foot. Have players dribble with speed (laces/instep dribble), change direction (“spin in” with inside of foot and “spin out” with outside of foot), and perform moves. Coach calls out moves or changes in direction and sets the pace as the manipulator of the session; kids carry the ball towards someone and try a move. *Version 2:* As players get comfortable, coach can walk around and put pressure on players as they are performing dribbling tasks. This adds fun and interaction. **Coaching Points:** **1.** Practice grid cannot be too big or too small. The size on itself must create a little traffic that it’s forcing players to change direction and look up to avoid bumping into each other. **2.** Be demanding. No walking. Practices have to done at game speed. If we are expecting players to play fast at games, than we have to prepare them for this at practices. **3.** “Push the ball; don’t kick it”. This way we are conditioning them to keep the ball close.

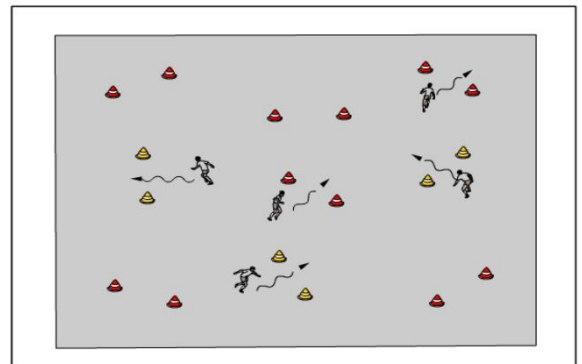
2) Shadow Dribble--- (10 minutes): One player with a ball and another player behind them with a ball as well. The player in front can go anywhere in a defined space (appropriate to the number of players) and the player behind must try to keep as close to them as possible and follow where they are going and what they are doing. The leader determines where they are going and the player who is the shadow tries to keep up with them. Then have roles reversed. Can use both feet to start, then can choose to use one foot, then the other. *Version 2:* Now the leader adds in moves while they are dribbling in the space and the player being the shadow must do the same. Rotate players to new pairs every minute or two.



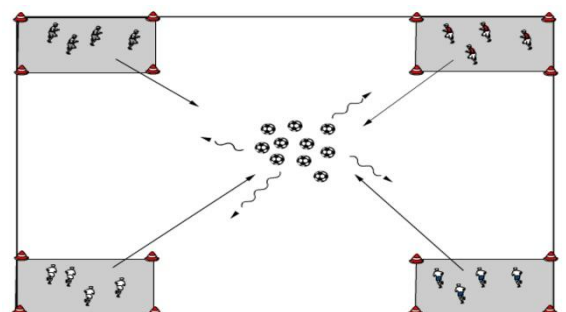
3) Snake--- (10 minutes): In an appropriate space for the numbers you have, all players dribbling soccer balls except for 2 players to start. These players hold hands and work together as one snake to tag the other players. The players with balls try to avoid getting tagged by the snake. If they are tagged, they join hands with players making up the snake. The snake grows until all players are part of the snake. The snake must stay together as one animal and not break off into little parts. Encourage fun by having the snake hiss.



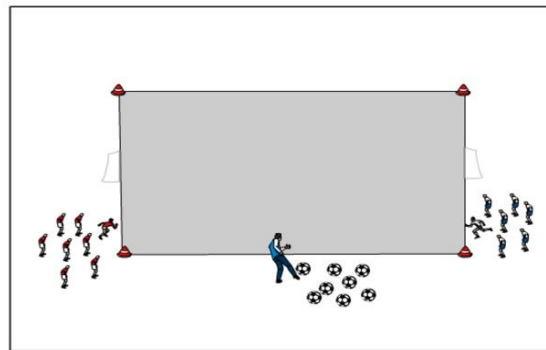
4) Gates Dribble--- (10 minutes): Set up many pairs of discs, roughly 2 steps apart, randomly placed (different distances and facing in different directions) around the playing area. These pairs serve as gates or many mini-goals. Players each have a ball and must dribble through the gate in order to score. Have players count how many goals they score and when playing a second time ask them if they can beat their score by at least one goal. Coaches can vary this by asking players to dribble with left foot or right foot or make a dribbling move.



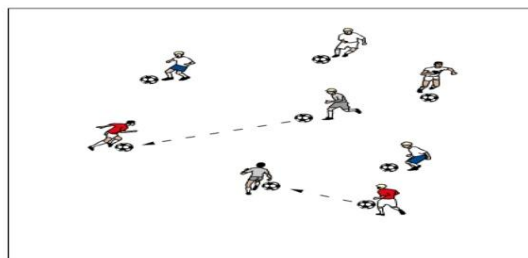
5) Round Them Up--- (10 minutes): Set up three or four “home bases” (squares) with cones roughly 3-4 yards wide. Break up the players into teams and have each team get together in their home base. Place all the balls in the center of the space between the home bases. On the coach’s command the teams are free to gather as many soccer balls as they can into their home base. Players cannot use hands and there is no pushing each other or sitting/laying on the balls. Teams try to gather as many balls as possible into their home bases. Teams can steal balls from each others’ home bases. Coach calls time and count up how many balls are in each space to determine a winner. Coach allows teams 1 minute to make up a new team strategy before playing again.



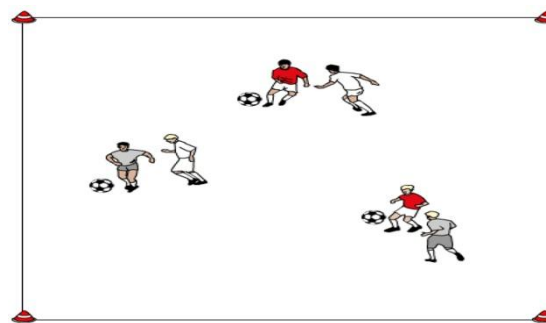
6) Get Out of Here (1v1) (2v2) --- (10 minutes): Place two small (2 yard) goals at the end of a field 15 x 10 yards. Place half of team behind each corner (as shown in diagram) and coach stands at halfway line with all balls. When coach plays out a ball the first player from each team run out and try to score on each other's goal. If the ball goes in the goal or out of bounds, the coach yells "get out of here" and plays in a new ball immediately for the next two players. *Version 2:* Coach can stop yelling "get out of here" after a while and see if players recognize when balls go out and are attentive. *Version 3:* Coach can vary service of ball. Sometimes play it to one team or down the middle of the field.



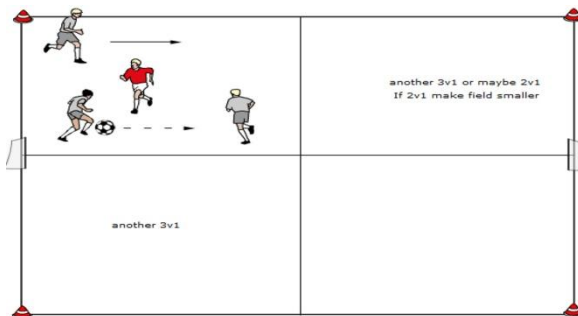
7) Ball Tag and Team Ball Tag (10 minutes): Similar to other tag games except players try to tag others with their soccer ball instead of their hand. Have them keep count of how many times they kick their soccer ball and tag another person. Have the tag count if their ball hits another player below the knees or that player's ball. Can have the players tag the coach for 10 or 20 points.



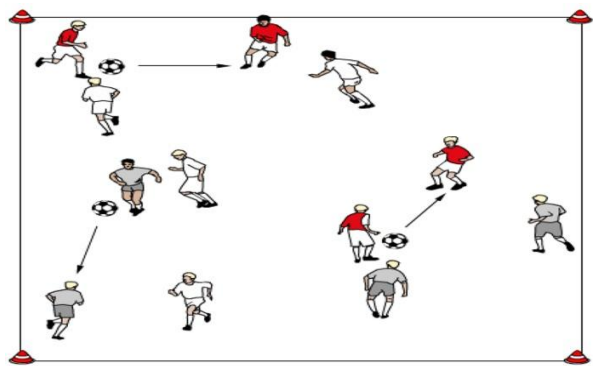
8) Shield-Steal--- (10 minutes): Within a defined space half of players in the group have a ball and half do not. If you do not have a ball you need to steal one from someone who does. If ball goes out of bounds, person who touched it last does not get possession. You can teach players the technical points of shielding as a group at start of activity. Show technique with body sideways, arm providing protection, ball on outside foot, knees bent, and turning as defender attacks, using feel to understand where defender is going. Fix technical shielding errors throughout this activity and make sure entire group knows how to properly shield.



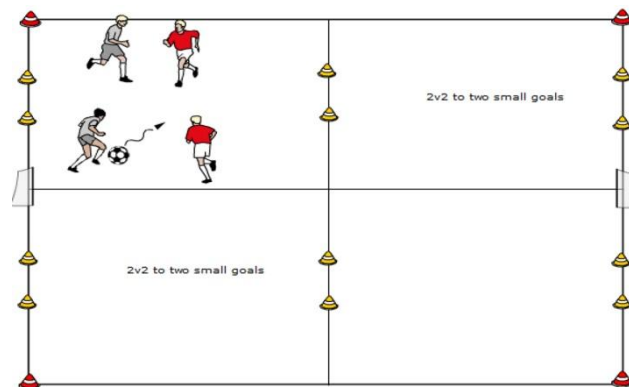
9) 3v1 Keep away--- (10 minutes): Divide the regular U8 field into quarters. In each quarter 3 players keep the ball away from one defender. If the defender steals the ball away or the attacking player loses the ball out of bounds, the player that lost possession becomes the new defender. Player with less turns as a defender after a specified time is the winner. Reshuffle players and play again. **Coaching Points:** Defenders have to go after the ball aggressively. Attacking player doesn't have to pass the ball if not under pressure from defender. Attacking players without the ball must always re-adjust position to be available to support player with the ball.



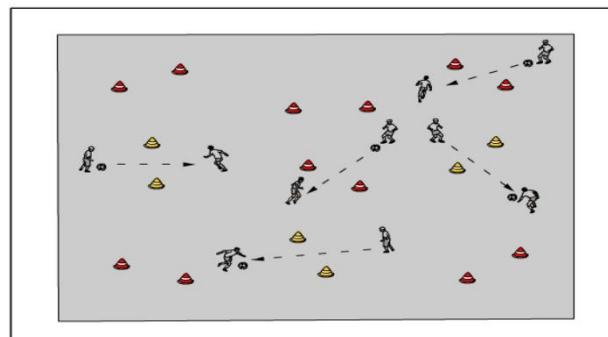
10) Paired Shield-Steal--- (10 minutes): Break up the group into pairs. Half of pairs in the group have a ball and half do not. If you do not have a ball you need to steal one from a pair who does. If ball goes out of bounds, person who touched it last does not get possession. Pairs need to work on shielding and passing together.



11) 2v2 to two Goals--- (10 minutes): Divide the regular U8 field into quarters. Play regular game of 2v2 to goals made with discs in each quarter field. Re-shuffle players and teams after a specified amount of time.



12) Gates Passing--- (10 minutes): Same set up as Gates Dribbling; Set up many pairs of discs, roughly 2 steps apart, randomly placed (different distances and facing in different directions) around the playing area. These pairs serve as gates or many mini-goals. However, players are now paired up and must successfully pass the ball through the cones to their teammate to earn a point. Again, players try to accumulate as many points as possible in the time allotted. Similar to the previous game, have them pass only with their left foot or right foot, or the outside of their foot.



13) Lights Game--- (10 minutes): All players have a ball and dribble in a defined space. When coach says "red light", players must stop ball and put foot on top of ball. When coach says "yellow light", players must dribble very slowly. When coach says "green light", players dribble fast. Coach controls this game with frequency of light changes and variety of changes. Once players catch on to this game, add light of other colors and affix different actions to them. (i.e. purple light = hop back and forth over ball, orange light = run around the ball, black light = dance, blue light = hide behind the ball etc. etc.).

14) Paired Tag--- (10 minutes): Pair players up, each pair have 2 balls. One player starts and is given a 2 second lead to get away from his/her partner. The chaser ("it") dribbles after the first player and tries to tag him/her with his/her hand. If tagged, the roles reverse and the player who was previously "it" has two seconds to get away before their partner tries to tag them. Players must always dribble their soccer ball during this activity. Rotate players to new pairs every minute or two.

15) Freeze Tag--- (10 minutes): Everyone must dribble their soccer ball and tries to tag (freeze) everybody else. If they do tag a player, that player must freeze, place their ball above their head and spread their legs. Another player must kick (push) his/her ball through the frozen player's legs to unfreeze. If all players are frozen, game ends. *Version 2:* Coach can be the freeze monster and try to tag all the players with players unfreezing each other in same fashion.

16) Knock Out--- (10 minutes): In same space as previous activity have players dribble balls while trying to knock other player's balls out of the grid. Players can never leave their own ball. If their ball gets knocked out have them retrieve it quickly and get back into the game. (You may wish to have them perform a skills task before re-entering such as 10 toe touches or juggling 5 times).

17) Paint the Field (Passing) --- (10 minutes): Partners paint the field by passing the ball to each other on the ground. The ball only paints the area when the ball is on the ground and it paints the lines created by the pass. See how much of the area they can cover by passing and moving to a new space. *Version 3:* Ask the players to dribble or pass using only their left or right foot or to pass using the outside of their feet.