

Dribbling

U8

Warm-up

- Body part dribble – while they dribble, call a body part. That part must touch the ball. Keep dribbling
1. Everybody's it
 - Tag on back
 - Tag on sox
 - Without ball
 - With ball
 2. Man Overboard
 - Captain's on deck
 - Time to eat
 - Time to work
 - Man overboard
 - Without ball
 - With ball
 3. Throw Away – they hand ball to you, you throw it away
 - Bring it back without using your feet
 - Bring it back without using your hands
 - Bring it back without using your feet or hands
 - Encourage them to do it a “different way”.
 4. Dribble Gates – spread pairs of cones randomly over a 20 x 20 area
 - Dribble through gates in 30 seconds
 - Get a higher score
 5. B Square - Ball, Bib, Boot, Bag
 - In pairs, call an area & they dribble to it
 - In pairs, in corner, alternate getting balls

4 v 4 free play

Homework: Dribble around your house two times each evening.

Dribbling

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Warm-up

- Marbles – In pairs, place balls side-by-side. One player kicks their ball to begin. Can only strike your ball. One point every time that you hit other persons ball.

- Right foot
- Left foot

1. Soccer Math

- As players dribble, coach shouts math problem
- The answer to the math problem determines how many players must group together – e.g. 3+3 means that 6 players must group together.
- Players who do not get into group of correct size do 5 toe taps.

2. Stuck in the mud

- One person is it
- Others run
- If tagged, must stand with legs open
- Scoot through legs to free
 - Without ball
 - With ball

3. Throw Away

- Bring back in ??? touches
 - Alone
 - With a partner

4. Safe Base

- Area with squares in corners
- Corners are safe
- Tagger tries to catch runners
- Only one runner per base
 - Without ball
 - With ball

5. 4 v 4 with side gates

- 3 points for dribbling through gates
- 1 point for scoring in goal

4 v 4 free play

Homework: Find a friend in your neighborhood and play marbles in your yard.

Shooting

U8

Warm-up

- Tunnel Soccer - In pairs, one player stands with their legs open. The other tries to pass the ball between their legs by kicking it with their laces. Alternate turns.

- Right Foot
- Left Foot

1. Bingo

- Standup cones randomly
- 3 replacers – stand cones up if knocked over.
- Everyone else try to knock over cones by kicking ball with their laces
- Shout bingo when you knock over cone
- Count bingos
 - Switch replacers
 - Right foot only
 - Left foot only
 - Try to get a higher score each time

2. Throw Away

- Bring back in ??? touches
 - Alone
 - With a partner

3. Triangle Shooting

- Make a triangle in the middle of a rectangular area.
- Each team puts a keeper inside the triangle.
- Try to score by the other teams keeper.
 - Add a second ball

4. 4 corners

- Split group into 4 equal parts
- All balls in the middle.
- Can only move one ball at a time.
- Must dribble ball back to your corner.
- First team to get four balls wins.

5. 4 v 4 with side gates

- 3 points for dribbling through gates
- 1 point for scoring in goal

4 v 4 free play

Homework: Put to objects about six feet apart and try to kick ball through them. How many can you score in one minute?

Striking the Ball

U8

Warm-up

- Seated striking – from a seated position, kick the ball into the air and catch it.
 - Right foot only
 - Left foot only
- Bounce, Strike, Catch – Drop ball on the ground. As it bounces up, strike it with your laces into the air. Catch it. Repeat.
 - Take away catch and play bounce strike.

1. Keep Your Yard Clean

- Split group in half, one group on each of field
- Make a 10 yard neutral zone across middle
- Object is to kick balls through neutral zone and into other teams half
- Team that clears all balls to other half wins

2. Moving goals

- Coach stands with legs apart
- Kids shoot through
- Coach moves to a different place
 - Can also tie together pinnies, coats etc. Have coaches hold either end and move around entire area.

3. Pickle

- Put goals on each end of rectangular area
- Split group into 2 teams
- Team without balls tries to win balls, after winning ball shoot at any of 4 goals
 - Time how long it takes for all balls to be scored

4. 4 v 4 with side gates

- 3 points for striking ball through gates to teammate.
- 1 point for scoring in goal

4 v 4 free play

Homework: Try to juggle five times from a seated position by the next practice.

The four previous pages have complete practices that are designed for the under eight player. Below are some more activities that are appropriate for the under eight player. Some of the activities fit into more than one technical category. eg. Fox and Hunter is dribbling and striking the ball. Try to insert these into a practice.

Shooting

Four Goals Long Way

- Put goals on end of area.
- Put two goals about 10 yards in the middle.
- Team can score on one in the middle and one on the opposite end.
 - Add a second ball.

Moving Goal

- Two players or coaches hold opposite end of a rope (can use a bunch of pinnies tied together).
- As they run around, other players try to shoot their ball through the goal.

Central Goal Shooting

- Put a goal in the middle of the area.
- Player “A” dribbles to a point and shoots.
- After shot, go in goal.
- Keeper goes to the back of the line where the shooter was.
- Next shooter is from the other end.
- After shot, go in goal.
- Keeper goes to the back of the line where the shooter was.

Dribbling

Killer Ball

- Players dribble in an area.
- Two coaches pass the “killer ball” back and forth through the area.
- If a player's ball gets hit by the “killer ball” or they get hit themselves below the knee, they have to do five jumping jacks.
 - Keep the ball moving and run around the area to change the angle of the passes going through the area.

Big Square, Little Square

- Define two squares, one large and one smaller but within the large one.
- Assign two or three defenders to the little square without soccer balls.
- The rest of the team is outside the little square but inside the large square, dribbling their soccer balls.
- On command, dribblers try get through the little square without the defenders stealing the ball.

- If defenders win the ball they become a dribbler and roles reverse.
- Defenders must stay in the little square.
 - No points awarded for ball kicked across little square.
 - Defenders must win ball and take three consecutive touches to get out.

Dribble to Score

- Divide 30 x 10 rectangle into three zones lengthwise.
- Dribblers start at one end and try dribble through three zones and score.
- Three defenders in the first zone, two in the second zone and one in the last zone.
- Dribblers go three at a time.
- If the dribbler ahead of you in your line loses their ball, you may go right away.
- One point for each goal scored.

Ball on Vest

- Define a rectangular playing area.
- Spread out eight scrimmage vests on the boarder of the area.
- Divide the group into two teams.
- A point is scored when you stop the ball on a vest.
 - If the ball goes out of bounds, possession is given to the other team.

Striking the ball

Fox & Hunter

- Make an area about 15 x 15.
- Players on the inside are “foxes”.
- Players on the outside are hunters.
- Hunters dribble into the area and try to hit the foxes below the knees.
- If hit, the foxes drop to one knee and try to kick the ball away from the hunters.
- Once all the foxes are down, switch roles.
- Time each team. The team that “stays alive” the longest wins.
 - Discourage long range shooting.

No Man’s Land

- In a rectangular area, mark a “no man’s land” across the center of the field.
- Play a regular 4 v 4 game but players must pass the ball OVER the “no man’s land in the middle of the field.
- Players may run through “no man’s land” whenever they want.

Soccer Baseball

- Played like baseball.
- Out is scored for “clean control” of ball played in the air or playing ground ball to base before runner gets there.
 - Restrict striking the ball to one foot, then the other.
 - Ball played to the base must be controlled cleanly too!

General

Steal the Bacon

- Two teams, each player is designated a number.
- The coach calls out two numbers.
- Those players run out from the goal-line.
- The coach serves balls in from the sideline.
- Point is scored for each goal scored.
 - Players waiting to come in should return loose balls to the coach or act as “supprt” players for those that are playing.
 - Work best with 2 v2 or 3v3.

Death Zone

- Mark out area in the middle of the field as “death zone”.
- Ball may pass through but players can not.
- If player does, they get a 30 second penalty.

Protect the Cone

- Define rectangular area.
- Each player starts with a ball and a cone.
- Each player must protect their own cone while trying to attack and kick over other cones.
- If cone is knocked over you can set it up again after doing some penalty exercise – jumping jacks, toe taps etc.
 - Players must keep ball under control when attacking and defending.
- ❖ Divide into into four teams.
 - Each team has 3 or 4 cones.
 - Two players can attack and two can defend.
 - When your cones are knocked over, you can no longer defend.

Split team into two groups....