



Training Game U-8 Players

Find the Number

Skill: Dribbling

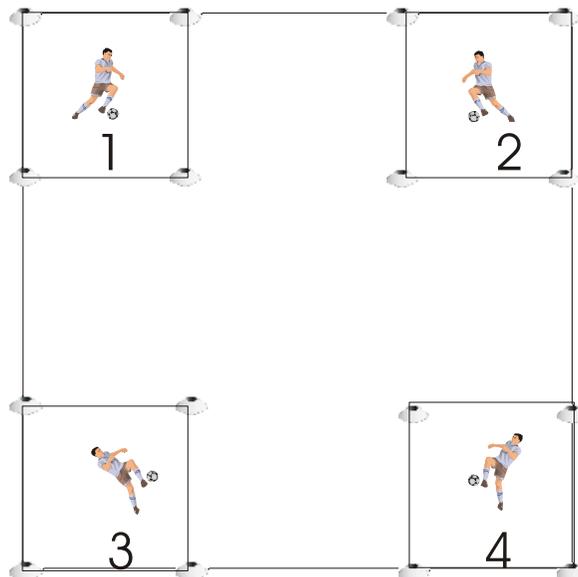
Number Of Players Required: Full U-8 Team

Equipment: 12 or more cones to mark a grid and 1 soccer ball per player.

Grid Requirement: A 30 X 30 yard grid with 5 X 5 yard grids in each corner of the large grid.

Organization: Using cones layout a 30 X 30 yard grid with 5 X 5 yard grids in each corner of the large grid. Place one or two players (depending on the # of players you have at practice) in one of the corner grids, each with a soccer ball.

How The Game Is Played: The coach will designate a number 1 – 4 for each of the small grids. Each small grid will have at least one player who will be randomly dribbling within the grid. The coach will yell a number 1-4 and all players will dribble as fast as they can to the grid number that was called. The player who was playing in the grid that was called must dribble to any one of the three grids that are now empty. First player to the new grid wins. The coach assigning starting grids for all players restarts game.



Variations: None



Training Game U-8 Players

Mad House

Skill: Dribbling, Passing, Attacking and Defending

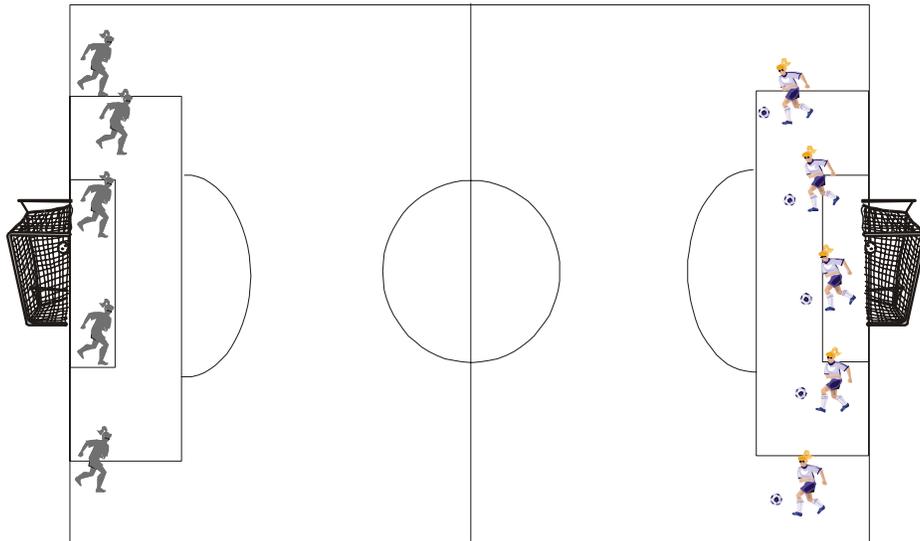
Number Of Players Required: Full U-8 Team

Equipment: 1 soccer ball per player and a set of pennies

Grid Requirement: Full size U-8 soccer field

Organization: Using a full size U-8 soccer field, divide the team into two equal groups one of which will wear the pennies. Place one group on one goal line with a soccer ball at their feet and the other group on the other goal line. The coach will decide which group will have the ball first. .

How The Game Is Played: Coach will direct which group has the ball first. The coach will yell, "go". Group with the ball is on the attack the other group defends. Points are scored by shooting the ball into the goal at the opposite end of the field. If the defending group gets possession of a ball they go on the attack and try to score in the other teams goal. Group that scores the most wins. Play the game 4 times.



Variations: Allow each player to have a ball.



Training Game U-8 Players

Moving Marbles

Skill: Dribbling/Passing

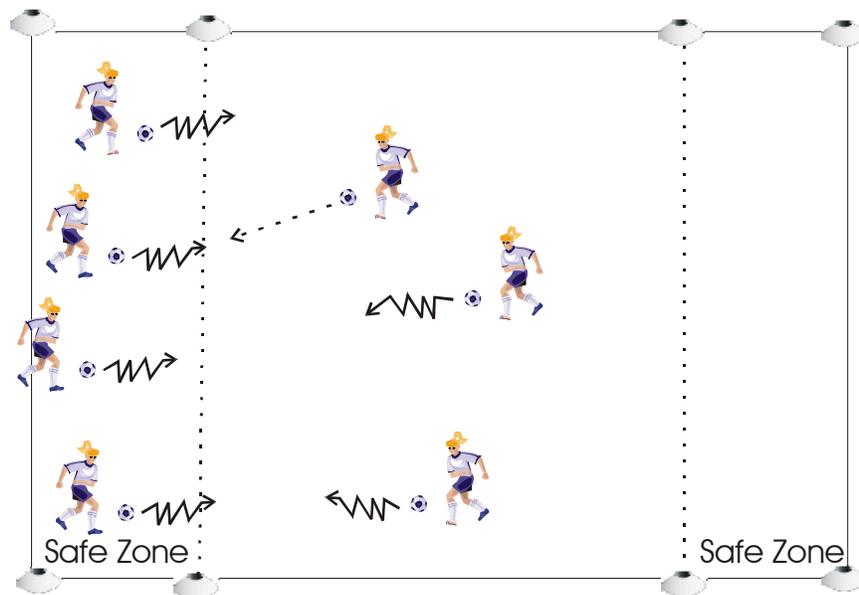
Number Of Players Required: Full U-8 Team

Equipment: 8 or more cones to mark the grid.

Grid Requirement: A 20 X 40 yard grid

Organization: Using cones layout a 20 X 40 yard grid with a 5-yard “Safe Zone” at each end. Place three (3) shooters in the center of the grid with a ball at their feet. All remaining players, each with a ball is located in one of the safe zones.

How The Game Is Played: Players in the “Safe Zone” try to dribble the length of the grid to the other “Safe Zone”. The Shooters can prevent dribblers from reaching the other “Safe Zone” by knocking their ball out of the grid with a passed ball. After a player’s ball is knocked out of the grid they become a shooter. Last player remaining wins. Players dribble between “Safe Zones” until one player remains.



Variations: None



Training Game U-8 Players

Musical Balls

Skill: Dribbling

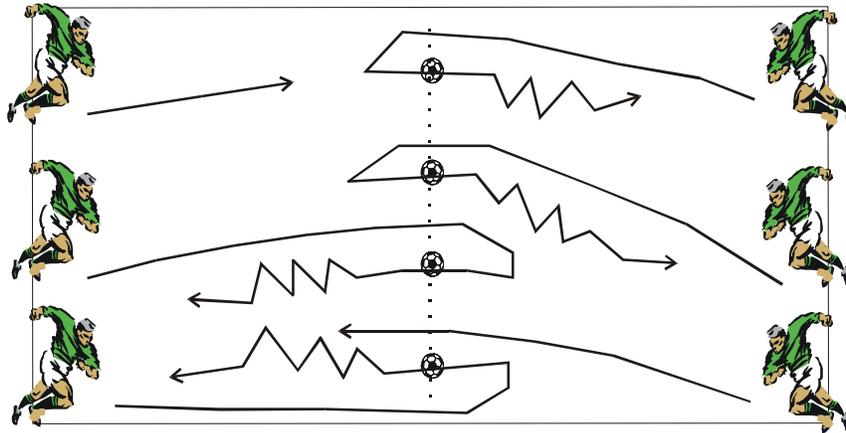
Number Of Players Required: Full U-8 Team

Equipment: 6 – 8 soccer balls and 6 cones

Grid Requirement: A 25 X 40 yard grid

Organization: Using cones layout a 25 X 40 yard grid, divided by a midline. Divide the team into two equal groups and place one group on each endline, facing the center of the grid. Place balls along the midline (two fewer than the number of players).

How The Game Is Played: The coach will yell, “go”. Players from both sides rush to the midline and compete for possession of a ball and attempt to return to their endline by dribbling. The players who did not get a ball will try to steal a ball from someone from the other team and return it to their endline. Game is over when all the balls have been dribbled and are stopped on an end line. Play the game 5 times.



Variations: Keep reducing the number of balls and player (those who didn't get a ball) so that the last round is 1 v 1 with one ball on the midline.



Training Game U-8 Players

My Buddy

Skill: Passing

Number Of Players Required: Full U-6 team

Equipment: 12 or more cones to mark grid and goals. Group players in pairs, 1 ball for every pair.

Grid Requirement: 20 X 20 yard grid

Organization: Create a 20 X 20 yard grid marked with cones. Create 4 or 5 goals that are arbitrarily placed in the grid. Group players in pairs, 1 ball for every pair.

How The Game Is Played: Both players in the pair will move to a goal with one of the players dribbling to one of the goals in the grid. When the pair gets to a goal they then pass the ball through the goal 3 times to score a goal. Pairs move throughout the area until they have completed all the goals in the grid. If another pair is at a goal, players must go to a goal that is vacant.



Variations: Left foot passing only, right foot passing only.



Training Game U-8 Players

Shoot for the Shoes

Skill: Throw-In

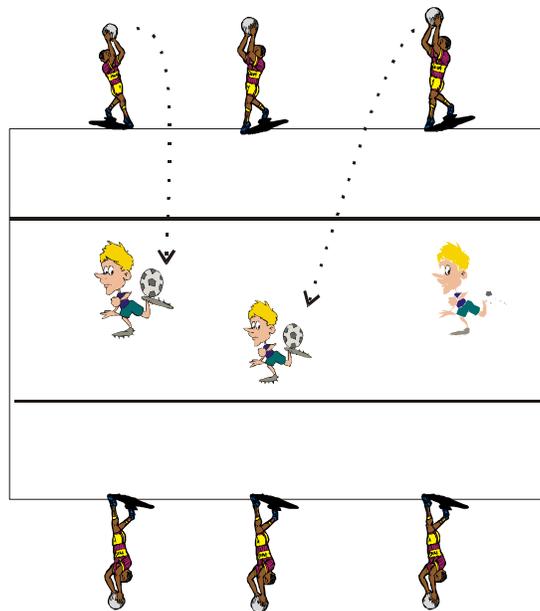
Number Of Players Required: Full U-8 team

Equipment: 20 or more cones to mark the grid, 1 ball for each player.

Grid Requirement: 15 X 20 yard grid

Organization: Create a 15 X 20 yard grid marked with cones. Create three groups of three players (depending on the number of players on the team). Using cones, mark a rectangular grid 15 X 20 yards, divided the grid into three zones. Place one group of players at the top of the grid each player with a soccer ball (throwers), one team in the center area of the grid (targets), and the last group on the other end of the grid (throwers).

How The Game Is Played: The coach yells, "go". Throwers attempt to hit targets in the feet (for sure below the waist). All throw-ins must be legal. Targets can move anywhere in the central grid. Players on the opposite end collect balls not hitting a target. A target player who is hit with a legally thrown ball returns the ball to one of the throwers and play continues. One (1) point for each hit below the waist, deduct a point for illegal throw, first team to ten (10) wins. Play three rounds.



Variations: None



Training Game U-8 Players

Shooting Gallery

Skill: Passing/Shooting

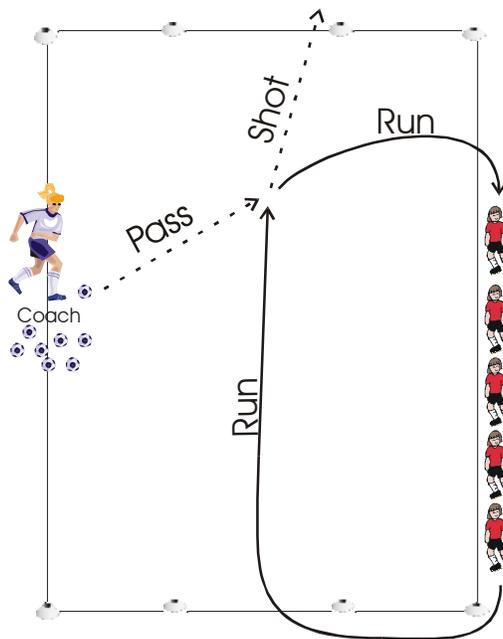
Number Of Players Required: Full U-8 team

Equipment: 10 or more cones to mark grid, a lot of soccer balls (at least 2 per player).

Grid Requirement: 15 X 20 yard grid

Organization: Create a 15 X 20 yard grid marked with cones. Mark two goals with cones on each goal line. The coach will be located on the opposite touch line from the players with a good supply of soccer balls.

How The Game Is Played: The coach will call the name of the first player in line, when the name is called the player will run between the near 2 cones, receive a pass from the coach so the player can shoot on goal and return to end of the line.



Variations: Coach and players will switch sides. Players should try to one touch the shot on goal. Have players use their left and right foot.



Training Game U-8 Players

Shooting Skunks

Skill: Dribbling, Passing, Attacking and Defending

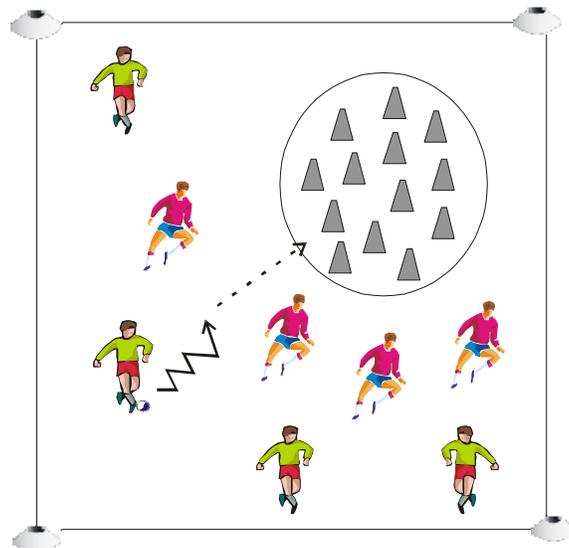
Number Of Players Required: Full U-8 Team

Equipment: 4 or more pro cones to mark the grid with, 10 or so tall cones to act as skunks and 1 soccer ball.

Grid Requirement: 25 X 25 yard grid with the center circle of a field some place in the grid.

Organization: Create a 25 X 25 yard grid marked with pro cones with the center circle of the field located within the grid. Evenly distribute 12 or so tall cones in the center circle. Divide the team into two equal groups. The coach will decide which team will have the ball, outside the center circle but within the grid.

How The Game Is Played: Coach will direct which team has the ball first. The coach will yell, "go". Team with the ball is on the attack the other team defends. If the defenders gain possession of the ball they are now on the attack. Points are scored by shooting the ball into the center circle and knocking down one or more of the tall cones (one point for each cone knocked down). Players are not permitted to enter the center circle except to get a stopped ball. The team with most points wins. Play the game 3 times.



Variations: Play one touch or two touches only. Allow only push pass or instep kick. Think about putting one team in pennies if you get confused.



Training Game U-8 Players

Slalom Shooting

Skill: Dribbling and Shooting

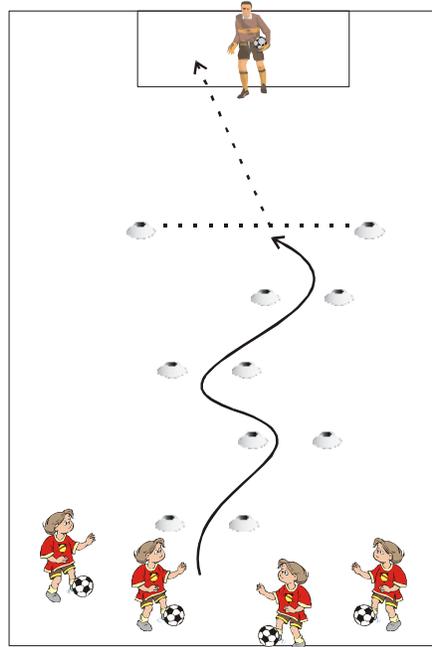
Number Of Players Required: Full U-8 Team

Equipment: 1 soccer ball per player plus 6 additional balls, some type of goal, 4 cones to mark a grid and 10 pro cones to set a slalom course.

Grid Requirement: A 30 X 20 yard grid

Organization: Using cones layout a 30 X 20 yard grid with some type of goal. Shooters are at the opposite from the goal. Each shooter has a ball and a Keeper is placed in the goal. Lay 5 pairs of cones between the endline in a slalom style with the last pair of cones about 8 yards from the goal.

How The Game Is Played: Each shooter in turn dribbles through the slalom course and must shoot when he arrives at the last set of cones. As soon as the shot is taken, the next shooter starts. The shooter and the keeper exchange places. Every shooter becomes the keeper. First player to score 5 goals wins.



Variations: Shoot with the right or the left foot only.



Training Game U-8 Players

Take-Overs

Skill: Dribbling and Take-overs

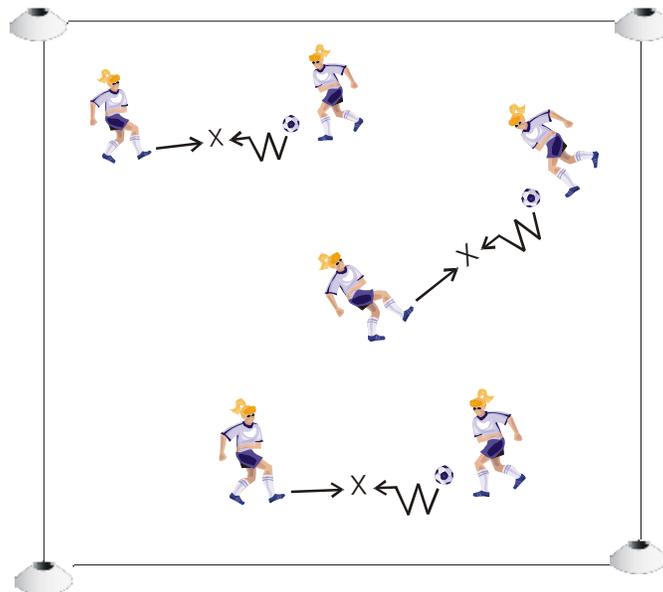
Number Of Players Required: Full U-8 Team

Equipment: 1 soccer ball per pair of players and 4 cones to mark the grid.

Grid Requirement: A 30 X 30 yard grid

Organization: Using cones layout a 30 X 30 yard grid. All players are within the grid, with one ball for each two players.

How The Game Is Played: All players begin to move in any direction throughout the grid. Half of the players will have a ball at their feet and all players will be moving at half-speed. When the coach shouts “takeover” the players with the ball will exchange possession of the ball with one of the players without a ball, using good takeover technique. Coach should shout “takeover” about every 10 or 15 seconds.



Variations: Add a pass just before the takeover.



Training Game U-8 Players

The Race

Skill: Dribbling/Passing

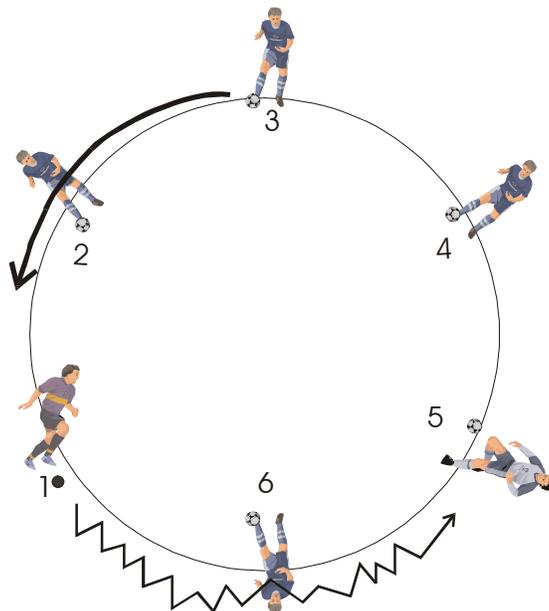
Number Of Players Required: Full U-8 Team

Equipment: 12 or more cones to mark the grid (circle) and 1 soccer ball per player.

Grid Requirement: A circle 20 to 30 yards in diameter.

Organization: Using cones layout a circle 20 to 30 yards in diameter. Number all players 1 – 10 (depending on the number of players at practice). Position all players on the perimeter of the circle.

How The Game Is Played: The coach will call a number and that numbered player will immediately start dribbling counter clockwise around the grid. The player that is one number removed from the number that was called will leave his or her ball in place and will immediately pursue the number that was called trying to tag the called player before he or she reaches his/her starting position. So if the number 1 is called, #1 dribbles and 3 chases.



Variations: Change the size of the circle as needed. Change the chaser to be two numbers removed from the number that was called if needed to gain required results. Have both players dribble.



Training Game U-8 Players

The Shadow

Skill: Dribbling

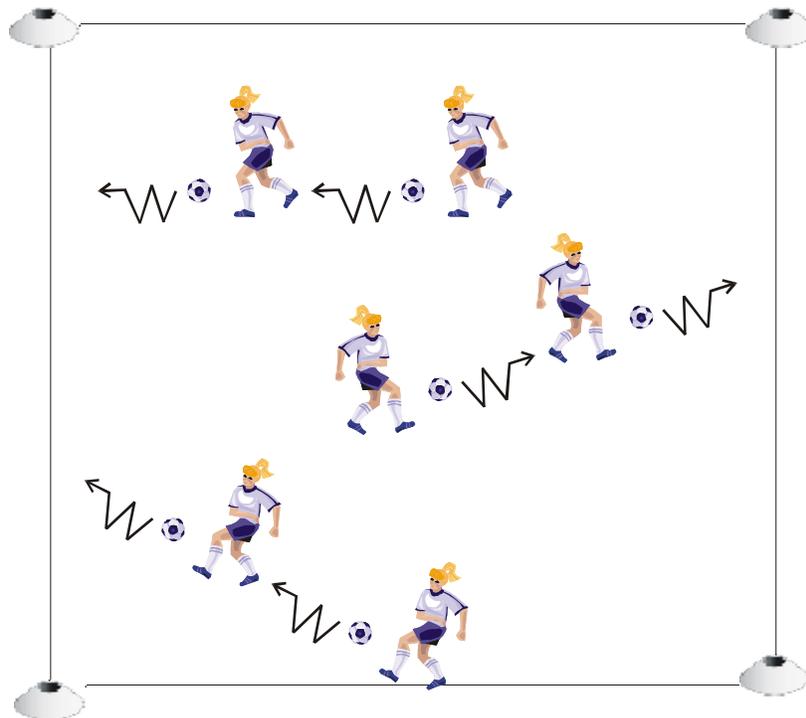
Number Of Players Required: Full U-8 Team

Equipment: 1 soccer ball per player and 4 or more cones to mark the grid.

Grid Requirement: A 30 X 30 yard grid

Organization: Using cones layout a 30 X 30 yard grid. Divide the team into pairs. All players are within the grid, with one ball per player.

How The Game Is Played: Players begin to move in any direction throughout the grid one partner leading and the other closely following. The trailing player tries to imitate the dribbling movements of the lead player. Coach will blow his or her whistle after about 20 to 30 seconds, the leader than becomes the follower.



Variations: This is a very good warm-up activity.



Training Game U-8 Players

The Web

Skill: Dribbling/Fitness

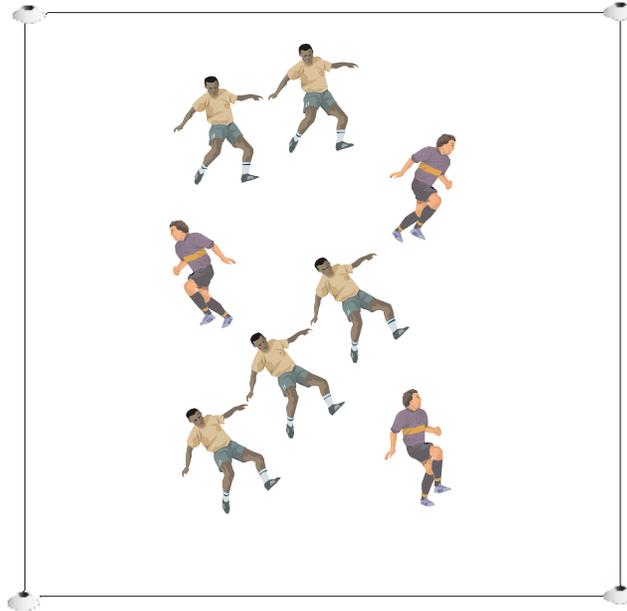
Number Of Players Required: Full U-8 Team

Equipment: 4 or more cones to mark the grid.

Grid Requirement: A 30 X 30 yard grid

Organization: Using cones layout a 30 X 30 yard grid. All players are within the grid. The coach will designate 2 players to be “it” and position them outside of the grid all other players are called “moths”.

How The Game Is Played: The coach yells “Build the Web (this means go). The “It” players enter the grid to chase after the “moths”. A “moth” that is tagged must join hands with the player who tagged him or her to form a chain. The last “moth” becomes “Super Moth”.



Variations: This is a very good warm-up activity.
Have all moths dribbling trying to avoid being tagged.