

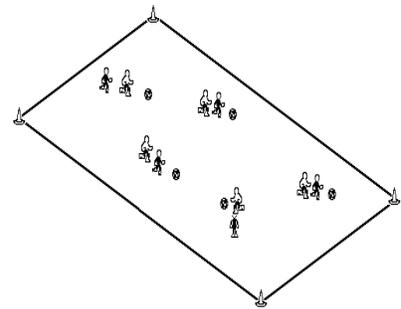


U8 --- Session Two

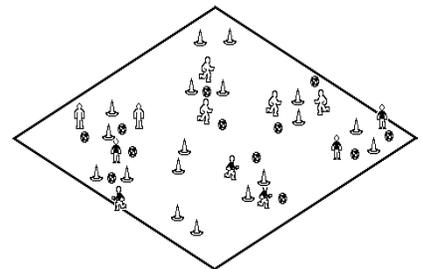
Objective: To provide fun, active, age appropriate activities that foster comfort with the ball for each player. At this age we introduce activities that foster dribbling, passing, shooting and receiving. (*Sessions, including the 4v4 game, should be about 60-70 minutes in duration.*)

1) Shadow Dribble---One player with a ball and another player behind them with a ball as well. The player in front can go anywhere in the 20x20 yard box 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 reverse the roles. Players 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 and the shadow player must do the same. (10 minutes)

2) Snake---In an appropriate space, have all players dribble their soccer balls, except for 2-3 players (the snake). The snake players hold hands or lock arms and work together to tag the other players. The players dribbling the balls try to avoid getting tagged by the snake. If they are tagged, they join hands or lock arms with the snake. The snake grows until all players are part of the snake. The snake must work together and stay connected...they cannot break into little parts. Encourage fun by having the snake hiss. (8 minutes)

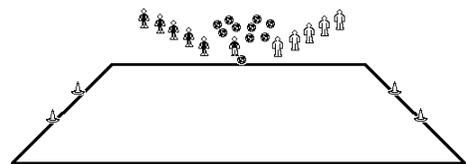


3) Gates---Set up many pairs of cones (with roughly 2 yards in between pairs) all around the playing area. These pairs serve as gates or small mini-goals. Players each have a ball and must dribble through the gate in order to score. Players must count how many goals they score; when playing a second time, ask them if they can beat their score by one goal. Coaches can vary this by asking players to dribble with left foot or right foot. If players end up dribbling back and forth through only one goal, introduce a rule to protect against this. (8 minutes)



4) Gates with Bandits---Same game as above, but add 2 or more bandits (without soccer balls) who try to steal soccer balls from the other players. If bandits are successful and steal soccer balls, they are no longer bandits. Players who lose their soccer balls become bandits! Play multiple 1-2 minute games. Play is continuous for the 1-2 minute period. Players who have possession of a soccer ball at the end of time are awarded a point. (10 minutes)

5) Get Outta' There with Numbers--- Place two small (2 yard) goals at the end of a field 15 x 10 yards. The coach stands at the halfway line with all of the soccer balls. Half of the players are lined up on his left side and half of the players are lined up on his right side in different colored bibs. The players on each team are assigned numbers (1-4 or 1-5, depending on the total number of players) The coach then calls out a number, kicks a ball onto the field and the player assigned that number on each team enters the field to play 1v1. If the ball goes in the goal or out of bounds, the coach yells "get outta there", calls out a new number and plays the next ball into the field immediately for the next 1v1 dual. *Version 2:* Coach can vary service of ball. Sometimes play it to one player, sometimes toss the ball up in the air. *Version 3:* Coach can set up particular match-ups and call out more than one number at a time for 2 vs. 2 or 3 vs. 3 competition. (10 minutes)



6) 4v4 Game---Separate players into two teams and play a game of 3 against 3 or 4 against 4 without goalkeepers. Let the players play and give plenty of positive feedback to them as they compete. **REINFORCE TECHNIQUE!** (20 minutes)

