
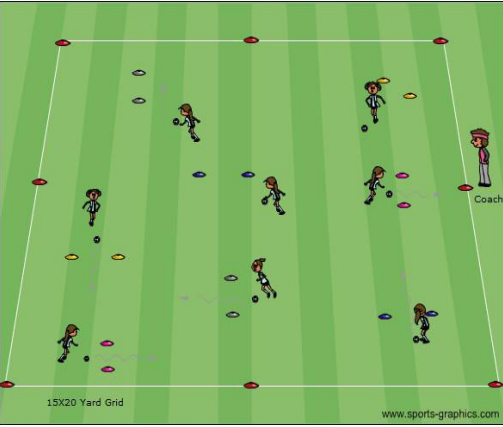
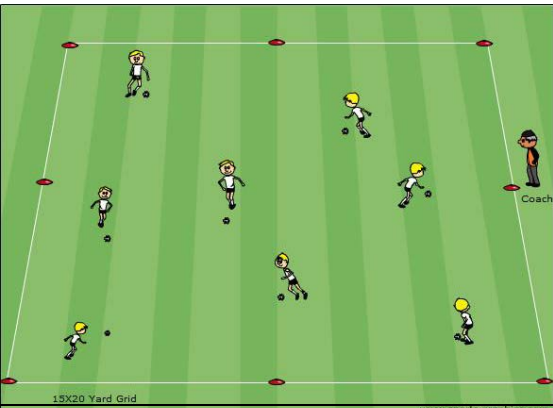
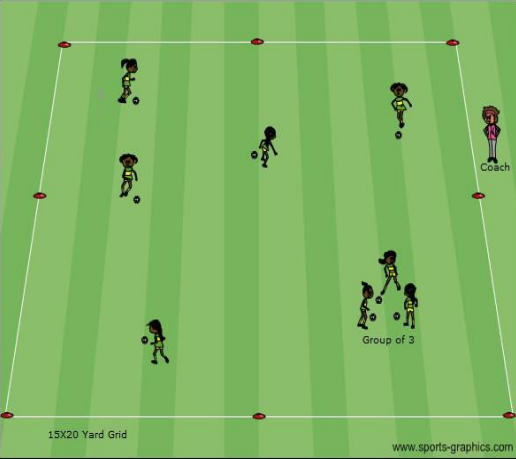



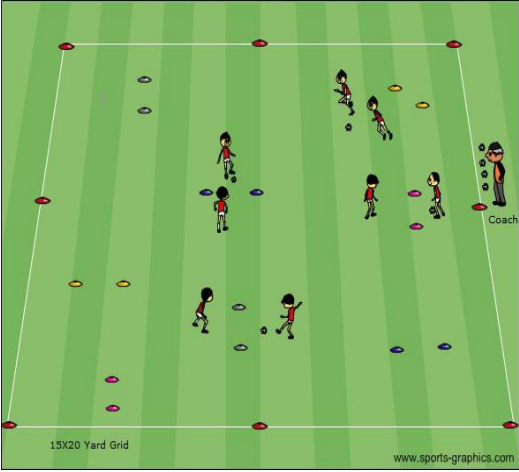
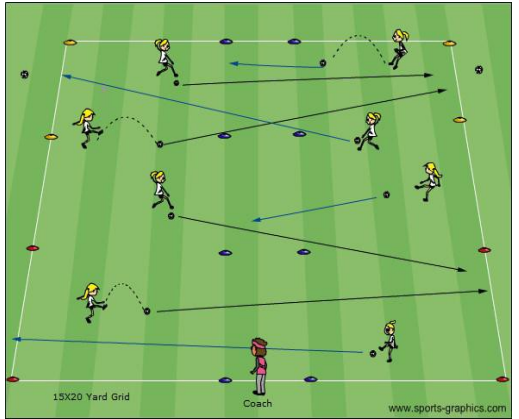
Dynamic Activities for U8 Players

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>

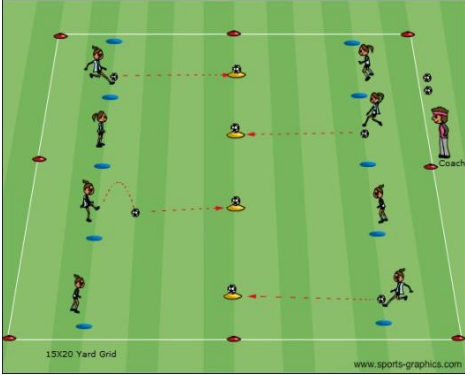
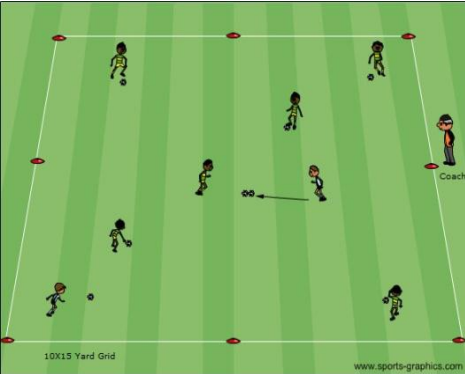
Dynamic Activities for U8 Players

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 of players 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.
 <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>


Dynamic Activities for U8 Players

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.

Dynamic Activities for U8 Players

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>
 <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

Dynamic Activities for U8 Players

Team Doctor-Doctor	Activity Description	Coaching Objective
 <p>The diagram shows a 15x20 yard grid with two 4x4 hospital areas at opposite ends. A coach is positioned on the right side. Two doctors are located in the hospital areas. Several players are scattered across the grid, some holding soccer balls. The grid is labeled '15X20 Yard Grid' and 'Hospital'.</p>	<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