

◆ U8 Activities ◆

Coaches,

Here is the practice plan dribbling speeds. I want to introduce different types of speeds in dribbling. A slow speed and a faster sprint speed. Talk about what the different foot surfaces you can use when you dribble slow and fast.

Staff Session – 15 min

Coaches Says – 10 min

Monster – 8 min

Ice Man – 9 min

Scrimmage – 18 min U8 (Spreading out and dribble players on in the attack to go to goal). Also have the GK push up and stay in the play of the game.

◆ U8 Activities ◆

Coach Says

Age Appropriate: 4-8
Function: Dribbling, Coordination

Equipment:

- Entire team
- One ball per player

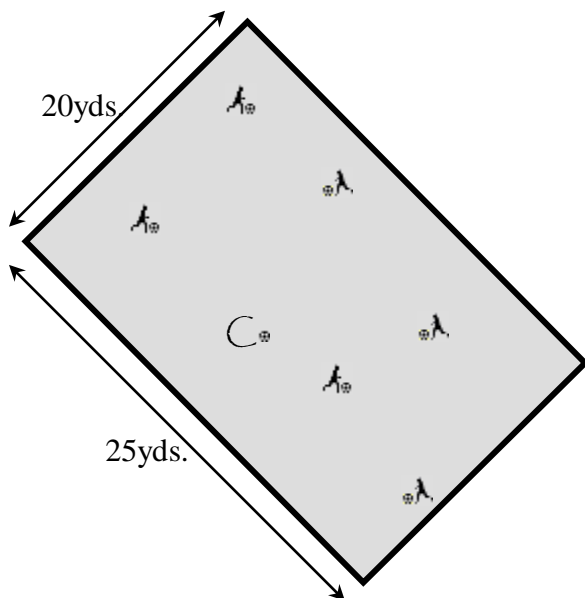
Objective: To work on the players' hand/eye coordination.

Description:

- Almost like the original Simon Says game, but now its "Coach Says." The coach uses a soccer ball and adds the phrase before each command "Can you..." This game will help work on the player's motor skills in a fun manner for all to enjoy. *For example:* Coach Says can you put your forehead on the ball; Coach Says can you stop the ball; Coach Says can you sit on the ball; Coach Says can you dribble the ball; Coach Says can you put your stomach on the ball...
- During the game the coach is also performing the activity to help give visual aid for the players.

Some variations for the game:

1. Shrink or enlarge playing area depending upon success
2. Let each player call out a "Coach Says"
3. See if you can trick them in doing something Coach didn't say



Key Points for game success!

- Coach is performing in the activity.
- Coach is creative with commands.
- Coach uses an enthusiastic tone.

Coaching Points:

- Mechanics on stopping ball
- Mechanics on dribbling ball
- Lots of movement and experimenting with the ball

◆ U8 Activities ◆
Monster

Age Appropriate: 4-8
Function: Dribbling

Equipment:

- Entire team
- One ball per player
- 4 cones

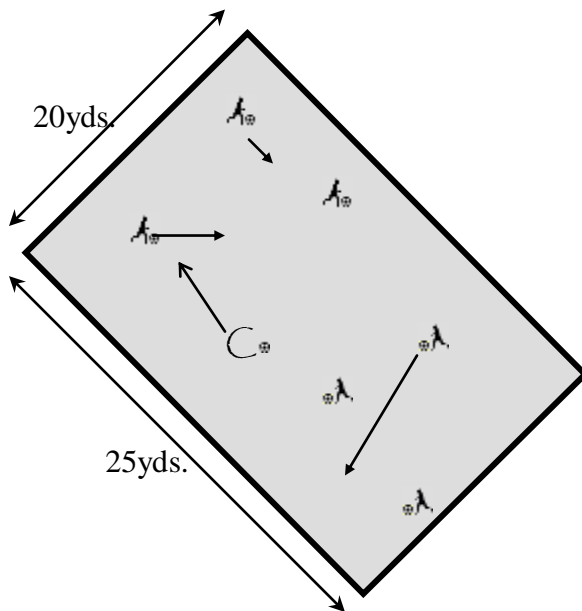
Objective: Not to get caught by the Monster (Coach).

Description:

- The coach pretends to be a big monster. Kids are to avoid the monster while staying in the cave (grid). If the monster gets a ball, he kicks it away from the player and the player must retrieve it before continued play.

Some variations for the game:

1. Shrink or enlarge playing area depending upon success
2. Monster dribbles ball till player takes the ball back
3. Have two monsters
4. Add a safe haven for players to go but must leave in 3 seconds



Key Points for game success!

- Coach, be easy and don't take everyone's ball too fast.
- Be careful not to scare players.
- Help instruct players as you chase.
- Coach is performing in the activity.
- Coaches use an enthusiastic tone.

Coaching Points:

- Dribbling with control
- Change of directions
- Speed of dribbling

◆ U8 Activities ◆

Ice Man

Age Appropriate: 4-10

Function: Dribbling

Equipment:

- Entire Team
- One ball per player
- 4 cones
- 1 or 2 vests

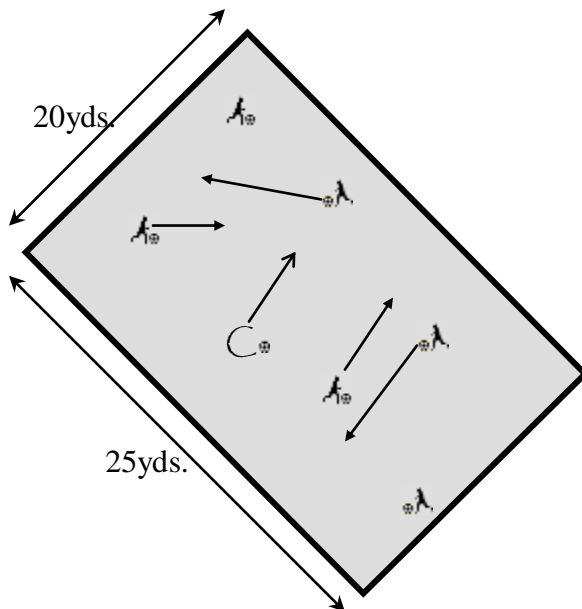
Objective: Not to get frozen by Mr. or Ms. Freeze.

Description:

- Players are to move around the playing area with a ball. Mr. or Ms. Freeze will also have a ball and will try to tag all of the other players. When a player is tagged, he is frozen where he is. The only way to get unfrozen is if a team member tags you.
- When all players are frozen the game is over. The last person to get frozen will become Mr. or Ms. Freeze.

Some variations for the game:

1. Shrink or enlarge playing area depending upon success
2. Have 2 freezers
3. Have players move around with ball and when coach commands “freeze” then all players freeze with their ball. Coach then says “go” to unfreeze them.



Key Points for game success!

- Keep players moving as fast as possible.
- Acknowledge different frozen positions and styles.
- Coach is performing in the activity.
- Coach uses an enthusiastic tone.

Coaching Points:

- Control & technique of dribbling
- Stopping ball
- Space awareness
- Quickness and touches and directional change
- Communication between players