

◆ U8 Activities ◆

Coaches,

I would like to focus on some dribbling aspects. Can we get our players to try and dribble away from pressure so they don't bump into the person in front of them? Another words turning and cutting the ball just in front of a defender.

Staff Session – 15 min

The Other Tag Game – 6 min

Alien-n-Space Rangers – 9 min

Monster – 8 min

Scrimmage – 22 min U8 (Give them info on when to dribble and when it's better to pass). (Continue going over the diamond shape)

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The Other Tag Game

Age Appropriate: 4-18
Function: Dribbling & Shielding

Equipment:

- Entire team
- One ball per player
- 4 cones

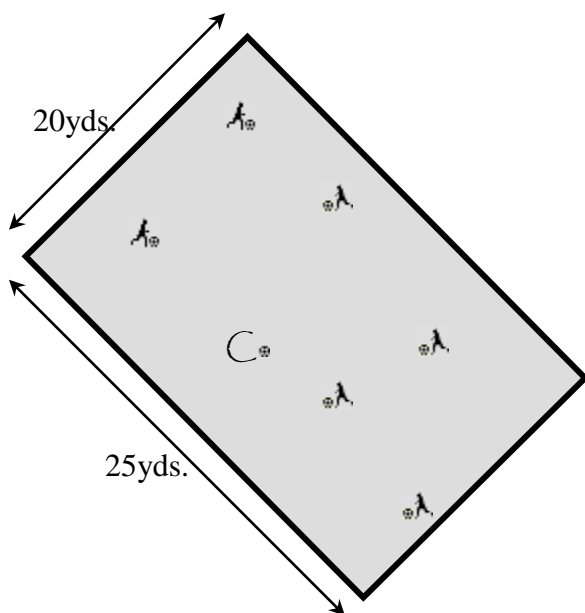
Objective: To tag as many players as possible without being tagged yourself.

Description:

- Almost like the original tag game, except have the players stay inside the house (grid). During the game have the players tag as many other players as possible without being tagged themselves. At the end of a 30-45 second game, ask for how many they tagged.
- Add the ball after successful play.
- Challenge the players to see who can get tagged the least.

Some variations for the game:

1. Shrink or enlarge playing area depending upon success
2. Have only 2 or 3 “it” players
3. See who can be the last person tagged



Key Points for game success!

- At the end of the game see who got tagged the most or least.
- Always challenge players to get tagged fewer times than the previous game.
- Coach is performing in the activity.
- Coach uses an enthusiastic tone.

Coaching Points:

- Movement into open spaces
- Dribbling mechanics
- Change of speed and direction

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Alien & Space Rangers

Age Appropriate: 4-10
Function: Dribbling & Shielding

Equipment

- Entire team
- All but one player needs a ball
- 4 cones

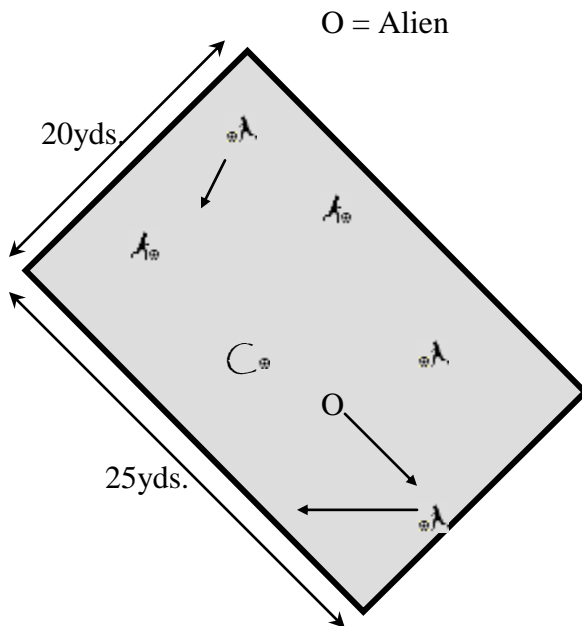
Objective: Not to lose possession of your ball.

Description:

- All players need to stay inside the space ship (grid). All players but one are “Space Rangers” and need a ball. The player without a ball is the “Alien.” The objective is for the Alien to take the ball away from a Space Ranger. When this occurs, they switch roles. The Space Ranger becomes the Alien and tries to find another ball to steal and dribble, while the Alien becomes the Space Ranger and continues to dribble. This game will last for 2-3 minutes to see who the last Alien is.

Some variations for the game:

1. Shrink or enlarge playing area depending upon success
2. Have 2 or more Aliens
3. Switch roles and let only one or two Aliens have a ball



Key Points for game success!

- Keep instructing players on what they should be doing.
- Coach may start as first alien to get things going.
- Coach is performing in the activity.
- Coach uses an enthusiastic tone.

Coaching Points:

- Dribbling under control
- Using all foot surfaces to control the ball
- Proper shielding performed

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Monster

Age Appropriate: 4-8
Function: Dribbling

Equipment:

- Entire team
- One ball per player
- 4 cones

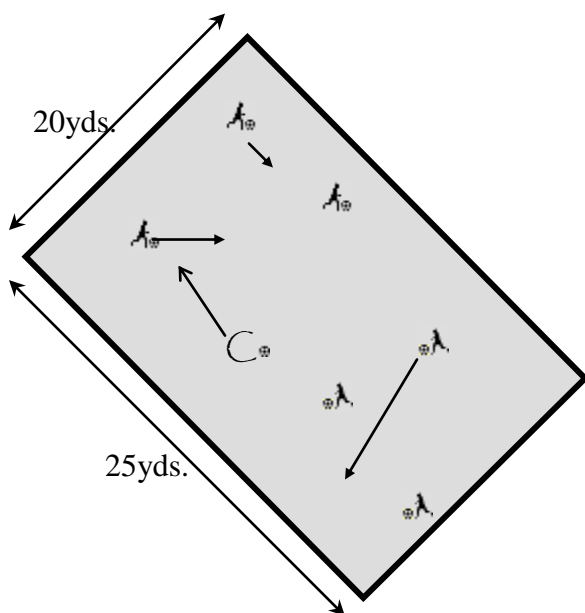
Objective: Not to get caught by the Monster (Coach).

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