

◆ U8 Activities for Week 7 ◆

Coaches,

Here is the practice plan for week 7. We want to **start challenging our players to Dribble at Speed to our Defenders.**

**Week 7,.....**

Staff Session – 15 min

Coaches Says – 6 min

Exercise 1 (Dribbling #1-3) 7 min

Ball Tag – 10 min

4v4 Scrimmage – 22 min (Spreading out and going over the diamond shape)

Please remember to show up early to help set up fields so you don't lose valuable practice times.

◆ U8 Activities for Week 7 ◆  
Coach Says

Age Appropriate: 4-8  
Function: Dribbling, Coordination

**Equipment:**

- Entire team
- One ball per player

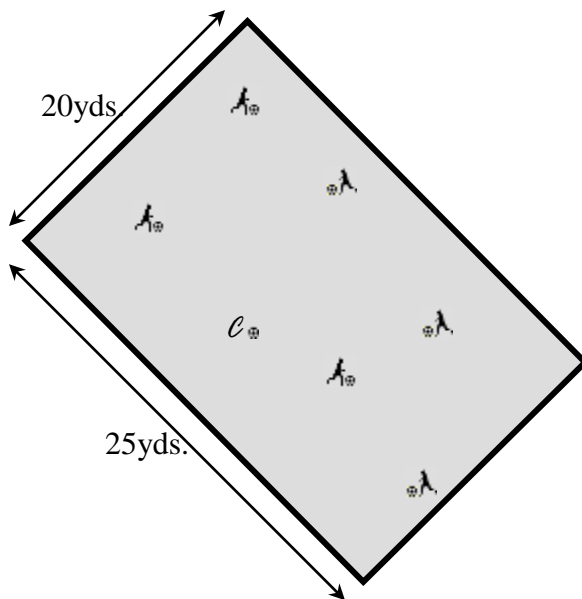
**Objective:** To work on the players' hand/eye coordination.

**Description:**

- Almost like the original Simon Says game, but now it's "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 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

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### Exercise 1

**Function: Dribbling**

**Equipment:**

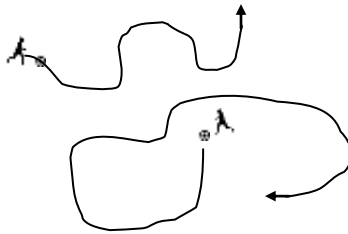
- Entire team
- One ball per player

**Description:**

1. Everyone is dribbling around; players must touch the ball with every step they take.
2. Everyone is dribbling around; but only use their right foot; then only left foot to dribble the ball. (Use both insides and outsides of foot).
3. Players are to dribble as fast and crazy as possible, but they must have control of the ball.
4. The players are to dribble an outline of a number or shape of coach's choice.
5. Have the players practice on technical moves (skills).
6. Everyone is dribbling around; when they dribble up to another player they are to perform the skill they worked on to get away.
7. Players are to be in pairs. Players will dribble the ball with 5 or 6 touches then pass the ball to their partner so they can do the same.

**Focus On:**

- Quality of touches on the ball
- Utilizing both and all sides of feet to dribble
- Changing direction and speed of the ball



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◆ U8 Activities for Week 7 ◆  
**Ball Tag**

**Age Appropriate: 7-18**  
**Function: Dribbling & Passing**

**Equipment**

- Entire Team
- 2 Balls
- 2 different colors of vests, one for each player

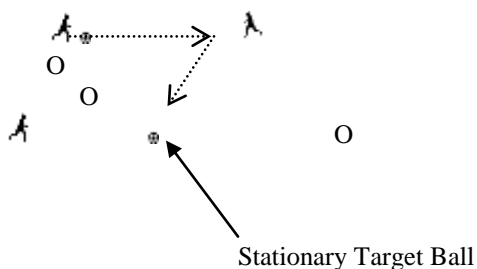
**Objective:** Work as a team to hit ball to ball

**Description:**

- Divide your players into two teams. The objective is to pass, dribble, and shoot a ball to hit a stationary ball for a point. Both teams are trying to hit the same stationary ball while the team without possession of the ball is defending. Highest score after 5 minutes wins.

**Some variations for the game:**

1. Limit number of touches on ball
2. Have two target balls
3. Add a third team to the game
4. Must shoot 10 yards out



**Key Points for game success!**

- Easy warm-up, don't have them work too much.
- No out of bounds
- Stop after 3 minutes and stretch and then start up again.

**Coaching Points:**

- Passing or dribbling away from pressure
- Quick passes to offset the other team
- Shots taken at random distances