

◆ U8 Activities ◆

Coaches,

Here is the practice plan for this week. Continue focusing on dribbling techniques and moving the ball quickly into open space.

We will branch off to passing next week.

Staff session and demo – 15 min

Treasure Hunt – 8 min

Maze – 12 min (dribbling aspect only)

4v4 Scrimmage – 20 min (Spreading out and going over the **diamond shape**)

◆ U8 Activities ◆ Treasure Hunt

Age Appropriate: 4-18
Function: Dribbling & Passing

Equipment:

- Entire team
- One ball per player
- 7 cones

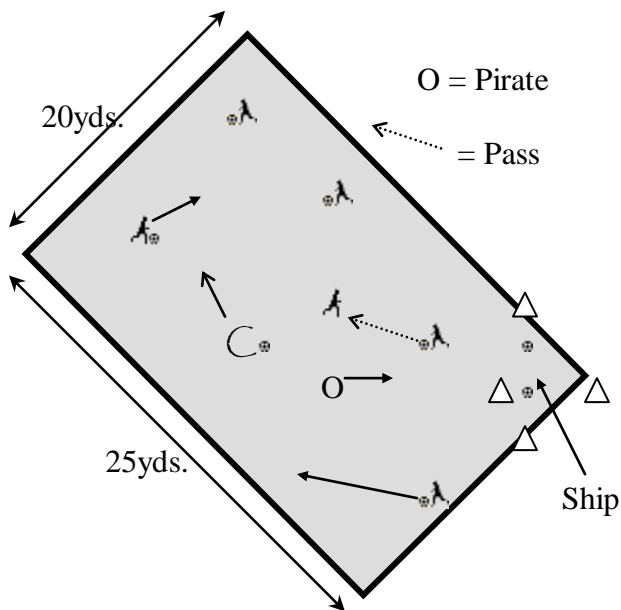
Objective: Work as a team to maintain possession of the balls.

Description:

- All players but one are dribbling their balls in a designated area. One “Pirate” without a ball is trying to collect as many balls as possible and take them back to the ship. When a player has lost his ball he may help out his team by supporting and being open to be passed too (2v1, 3v1 combination). When all the balls are on the ship the game is over.
- Last person with possession of a ball becomes the next Pirate.

Some variations for the game:

1. Shrink or enlarge playing area depending upon success
2. Have 2 Pirates
3. After every 30 seconds, a ball is played back in from the ship
4. Split up the group into two teams; half collecting the other half passing for possession. The team with best time wins



Key Points for game success!

- Keep instructing players on what they should be doing.
- Help guide Pirate(s) on where they should go.
- Coach is performing in the activity.
- Coach uses an enthusiastic tone.

Coaching Points:

- Willingness to pass
- Technique of passing
- Dribbling to open space

◆ U8 Activities ◆ Maze

Age Appropriate: 4-18

Function: Dribbling, Passing and Coordination

Equipment:

- Entire team
- One ball per player
- 18+ cones

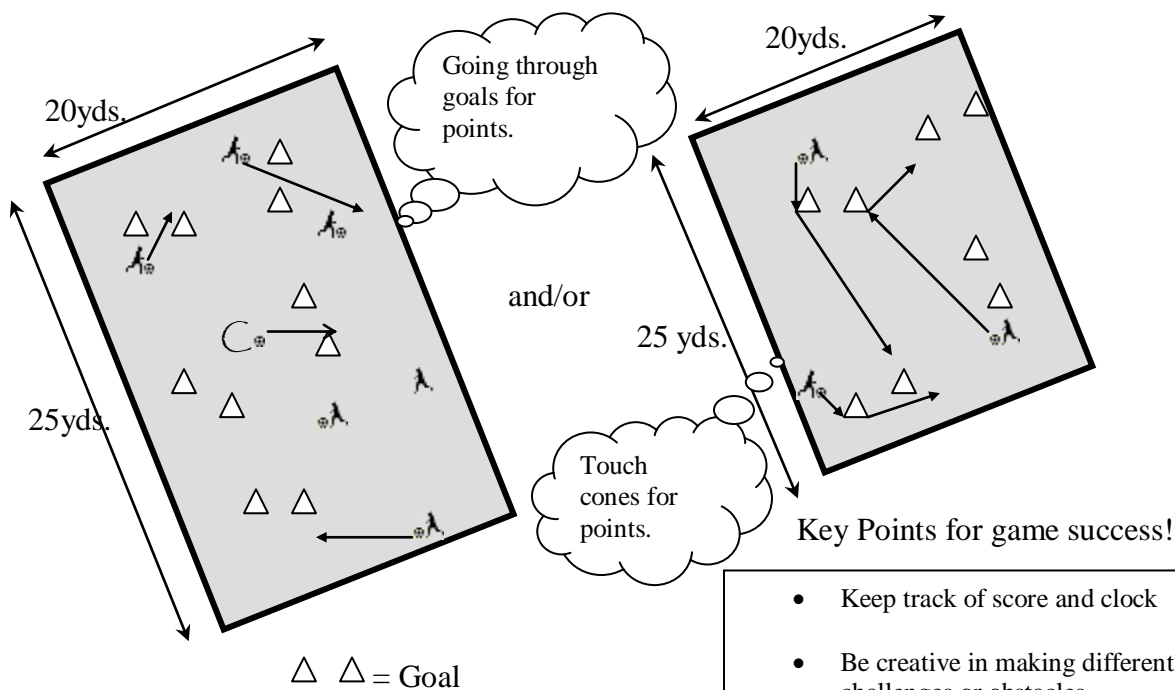
Objective: To be as quick and accurate as possible.

Description:

- The Maze set-up will enable you to work on multiple skills. First, look at the picture below for a better understanding. With this set-up you can have the players touch as many targets (cones) as possible with a ball in 30 seconds; dribble through as many goals in 30 seconds; dribble around as many targets as possible in 30 seconds; pass through goals (cones) to a partner within 30 seconds...

Some variations for the game:

1. Shrink or enlarge playing area depending upon success
2. Make a wall pass between goals; dribble a figure eight between cones; go through a goal then perform a pull back to go back through the same goal
3. Add or take away goal to make a more challenging course
4. Be creative. The list of training activities are endless



Coaching Points:

- Control of dribbling
- Sense of awareness
- Quickness of touches and directional change
- Quality and accuracy of passes between goals
- Communication between players

- Key Points for game success!**
- Keep track of score and clock
 - Be creative in making different challenges or obstacles.
 - Challenge them to go as fast as they can.
 - Coach is performing in the activity.
 - Coach uses an enthusiastic tone.