

Fun Five Series

Activities for the U8 age group





Purpose

- These five fun activities are geared for the U7/8 age groups.
- These are five activities that all coaches can utilize this season at least once.
- A guided discovery section is also included so coaches know what types of questions to ask the players to enhance their learning.
- Have FUN!

U8 Age Group “Gates”

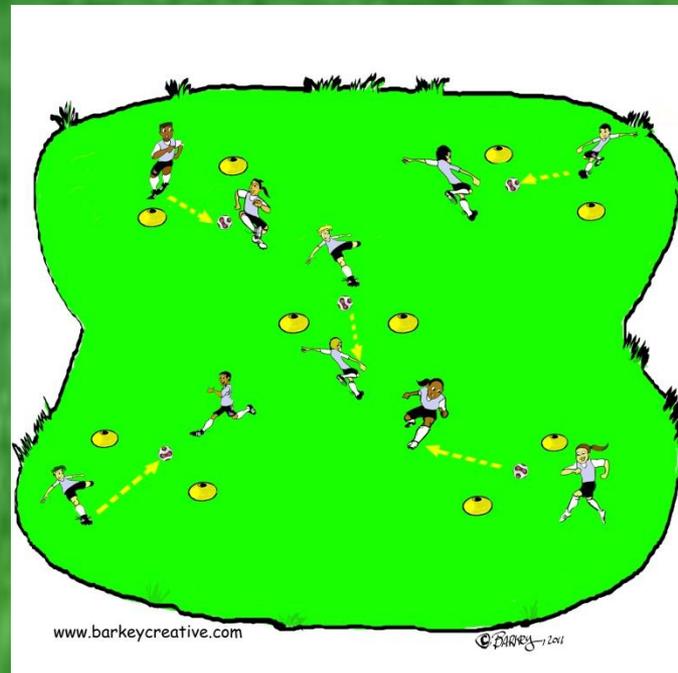
Directions:

Players pair up and share one ball. Small goals or “gates” are made throughout the playing area. The players are instructed to pass the ball through each gate to their teammate who is on the other side. See which pair can pass through the most gates.

Variation 1: Instead of counting gates 1, 2, 3, . . . : Count by 2’s or 3’s to tie in math skills with scoring.

Count out phone number/emergency number, players try to spell their full name, favorite book, movie, etc.

Variation 2: Have a coach/parent walk around and “block” a gate. If a gate is blocked then the two can not go through.

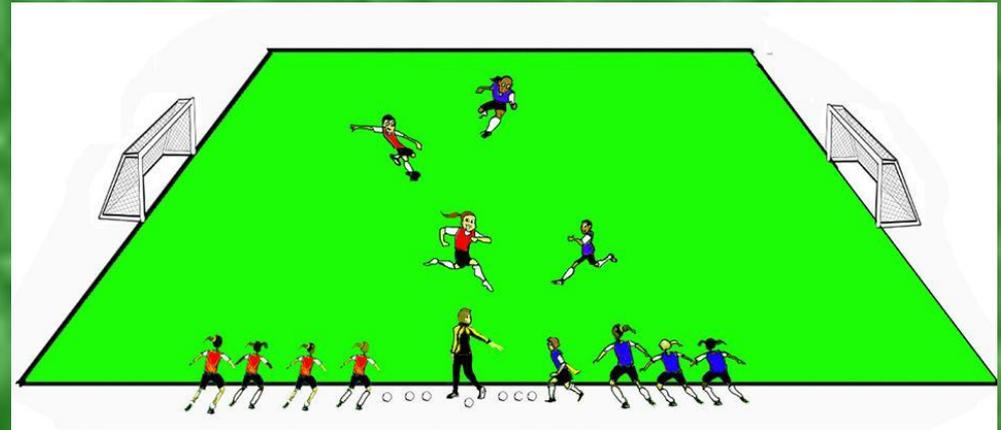


Guided Discovery:

Ask the players what part of their feet should they use when making a pass to their teammates? (inside or outside of their foot)

Ask the players how they can pass through more gates quicker? (by passing the ball as soon as they seen their teammate is ready on the other side.)

“Get Outta Here”



Directions:

Create two teams. Make a small field 20-25 yards long by 15 wide. Make two goals on the ends. Each team lines up next to the coach. Each team sends two players to play against the other team's two.

When the ball is scored or it goes out in any direction all four players on the field run off and another two from each team come on.

This game moves fast and they LOVE it!

Guided Discovery:

Ask them what should they try to do when they see the goal?
(shoot)

Ask them what parts of the foot can you use when you shoot?
(inside, outside, laces)

Ask them what should they do if they can't shoot? (get the ball to their teammate so they can shoot)

“Retrieval in Pairs”

Directions:

This activity is great for the warm-up! Players “pair up” and share one ball. One pair at a time they give the coach the ball. The coach then tosses the ball out for the two players to go retrieve the ball and get it back to the coach. The coach gives them a variety of ways to bring the ball back. Example: Bring the ball back with all four hands on it. Bring the ball back with three hands and an elbow.

Part II-Progress to having the pairs pass the ball back to the coach. Give them a specific number of passes to bring the ball back to you. Move around so the players have to find you.. This activity should replace LAPS!!



Guided Discovery:

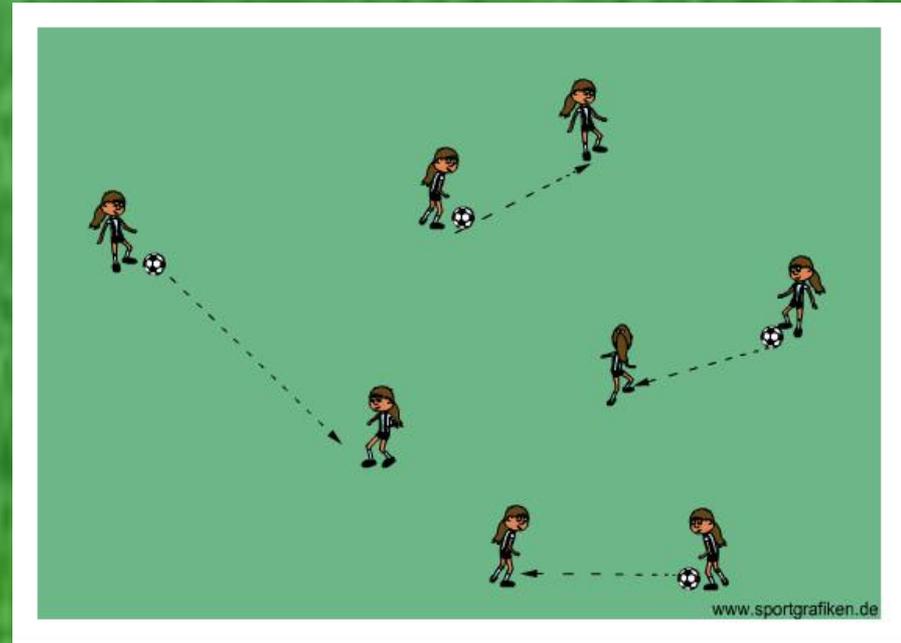
Ask the players when you are walking around, how do they find you? (Get their eyes up-not down).

Ask the players what part of the foot can they use when passing the ball to their teammate? (inside or outside)

“Frienemies”

Direction:

Partners moving and passing in space, painting the field. When Coach calls out key word, e.g. “enemies,” player with ball tries to shield ball from partner trying to win ball, or tries to dribble into space behind partner. After 5-10 seconds Coach calls “friends” to go back to partner passing and dribbling.



Guided Discovery:

How can you keep the ball away from the “enemy”? (shield)

What types of passes should you and your partner make when you are “friends”? (short and longer ones)

Corner Goals

Directions:

Divide players into two equal teams. Make diagonal goals with flags or cones in each corner of the field. When a goal is scored or the ball goes out of bounds, the coach plays in a new ball to keep the game flowing. The object of the game is to score through any of the 4 corner goals by passing or shooting.

Variation: Assign each team two goals to attack and two goals to defend.



Guided Discovery:

Ask the players what should they look to do when they get the ball?
(Score first, if not then pass to a teammate who can)

What types of passes should you make? (long and short)

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