

U8 and U10 Activities

Maze Game “Check-out Passing” (U8/ U10)

Cones are placed around the grid as shown. Each pair now passes to each other. After they pass, they run around a cone (check-out). The player with the ball needs to wait until their partner is around a cone before they pass the ball. When the player that has “checked out” receives the ball, they dribble the ball and wait for their teammate who just passed the ball to run around a new cone. This teaches the player with the ball to make eye-contact with their teammate before passing the ball. It also works on getting them to move after they pass. Make it a game and see how many times they can “check-out.”



Target Game “Storm the Castle” (U8/ U10)

Make two teams. Each team gets a collection of standup cones or use discs turned upside down and spreads them all over their defensive half of the field. It is played like a normal game. You do need the cones that stand upright, not discs. When a team knocks over a cone or flips it over, whoever knocks over the cone picks it up and places it on their own defensive half. When time is called, the team with the most cones on their defensive half wins. If needed, play with two balls.



Monster Turnaround (U8/U10)

Organization: In a 20 x 20 yard area, organize one ball per player and two “Monsters” (can be coaches) without a ball. The players run around with their ball. To score points they have to run towards a monster and execute a turn. They score a point if they can get close to a monster and turn away keeping control with the ball. If they get too close, the monster can kick the ball away, which they then have to retrieve. How many points can you score in 30 seconds?

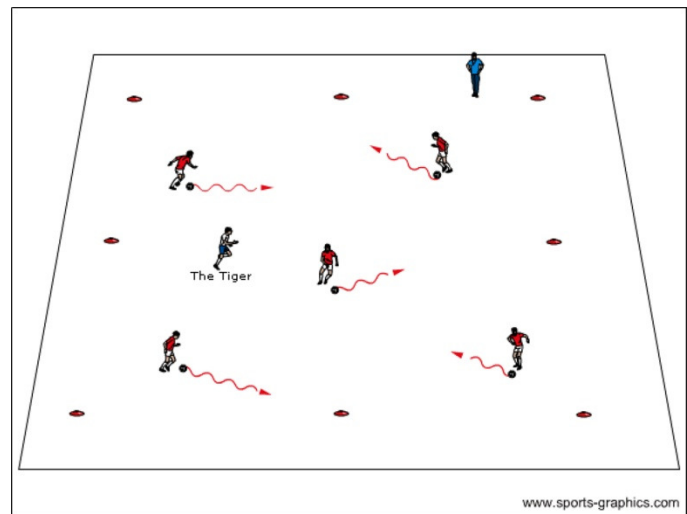
Progression: Repeat trying to beat your own score. Turn using sole of foot. Turn using outside of foot.



Tigerball (U8)

Organization: Each player has a ball, except for the “tiger.” At the coach’s signal, the tiger tries to steal a ball from one of the other players. To win it, he must steal the ball with his feet and then hold it above his head in his hands...then he can take it to the coach. The player who lost his ball becomes a tiger too. The last player with a ball is the winner and becomes the first tiger in the next round.

Progressions: Use left foot, use only soles of both feet.



Soccer Golf (U8/U10)

Organization: Each player has a ball. Select several objects around the field and number them as holes on a golf course. Use flags, goal posts, bleachers, telephone poles, center circle, etc, as holes. After a demonstration of the course, players precede in pairs though the course. Each touch of the ball counts as a stroke. You could establish a par for the course. Each player keeps his/her own score.

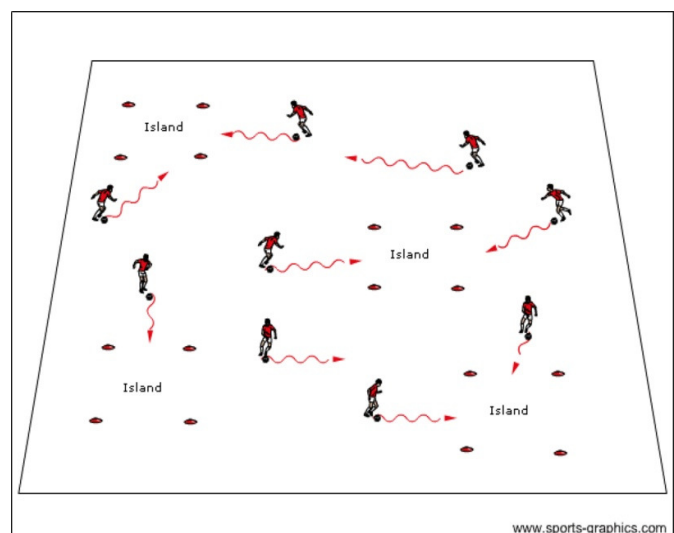
Progressions: Pairs play the course, taking turns kicking the ball



Island Game (U8)

Organization: Small zones (islands) are set up in the playing area (disc cones). The players run quickly to an island. No more than two players can occupy one island. A player (or 2) that fails to find an island scores a minus point. The player with the fewest points loses.

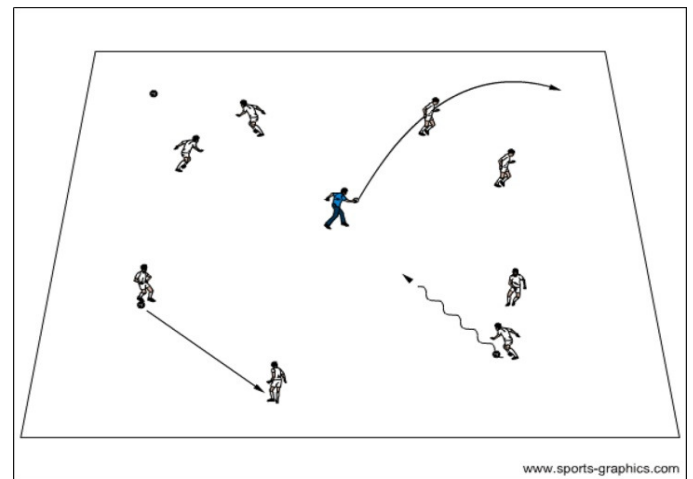
Progressions: Every player has a ball and players must dribble to an island.



Ball Retrieval (U8)

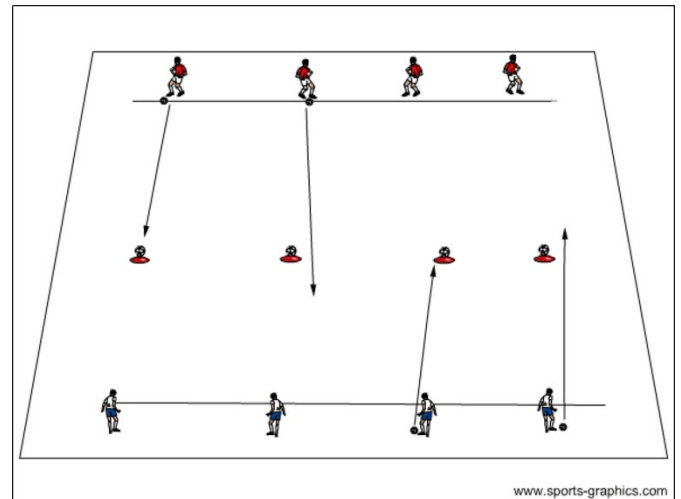
Organization: Children work in pairs. The coach tosses the ball for each player and their partner to bring back. Have all of the players gather closely around you (no lines). Each pair hands you their ball, which you toss randomly into an open area where the pair must retrieve the ball (lines are not needed...just help each pair in turn as they come back) and get it back to you as quickly as possible.

Progressions: 4 hands, 4 elbows, one hand and one back, 2 foreheads, 8 passes, 7 passes with feet, 6 passes with right foot, 3 long passes.



Ball Hunting (U8)

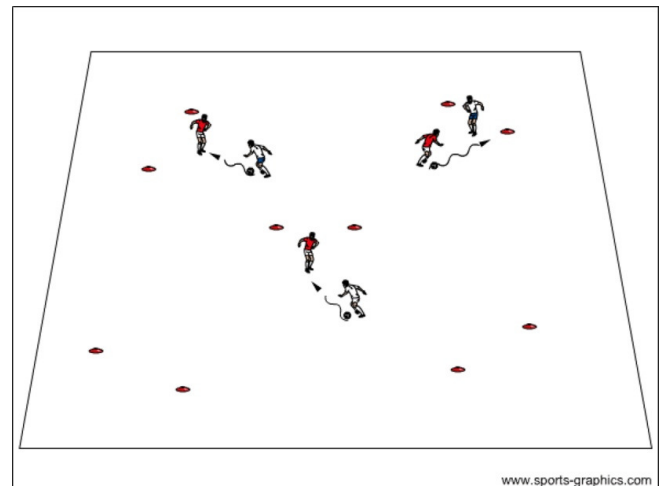
Organization: On the baseline of the rectangular playing area are 4-6 players. In the middle of the playing area are three cones, each with a ball on top of it. The players shoot from the baseline simultaneously, trying to knock the balls off the cones. Balls that are knocked off are immediately put back on the cones. Who hits the most balls?



Pairs Game (U8/ U10)

Organization: A number of goals are set up in a field (one more than the number of pairs). Each player tries to score as often as possible. The coach divides the players into pairs, who play 1 v. 1 on the small goals. Each pair has a ball. Players may score on either side of the any of the goals. Due to the high physical intensity, the game should be played in intervals: one minute of play should be followed by a one-minute active rest period, during which players can play and pass through the goals at a relaxed pace. At a signal from the coach, the 1 v. 1 begins again.

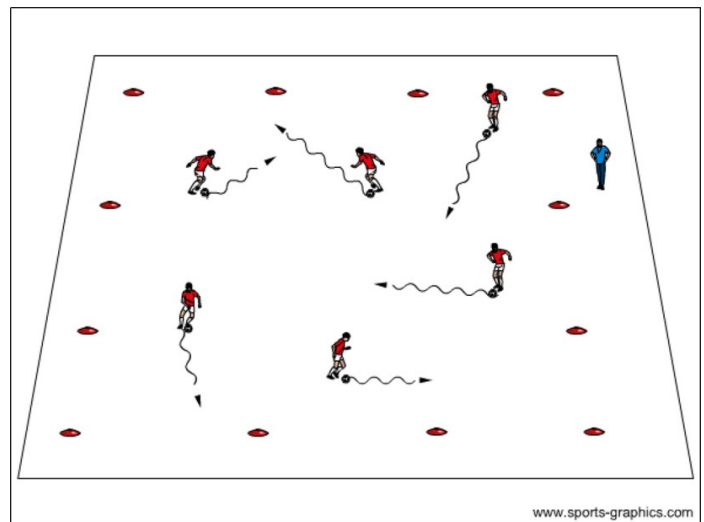
Progressions: Score by shooting into a goal, score by dribbling through the small goals and stopping within two yards



Tail Tag (U8)

Organization: Players run around in a 20 x 15 yard playing area. Each player has a flag (vest/bib, ribbon) tucked into the back of their shorts, with most of it hanging free. All of the players try to steal the other players' flags. The players hold the flags that they have stolen in their hands. If a player loses their own flag from the back of their shorts, they keep playing. The player with the most flags wins.

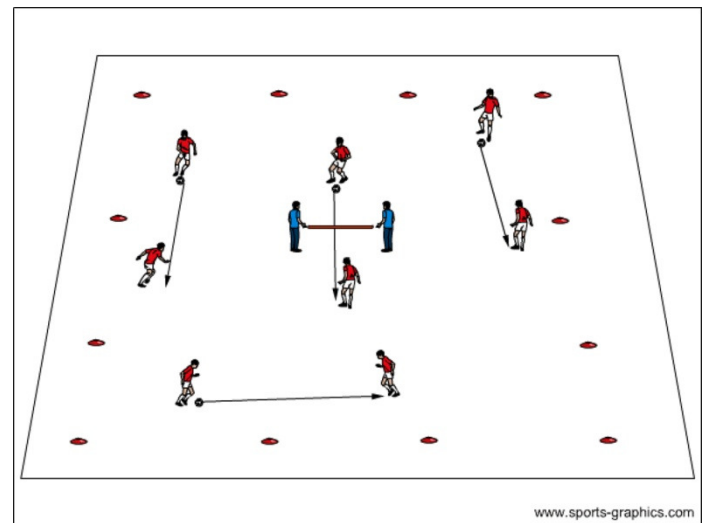
Progressions: Who is the last person to have their flag taken away? Each player also has a ball to dribble. Each player dribbles the ball in specified ways.



Moving Target (In Pairs) (U8)

Organization: Players are in pairs and share a ball. The coach and a chosen assistant are holding a bib/vest between them above waist height. The coach and assistant represent the uprights of a goal and the bib they are holding is the cross bar. The goal does not stand stationary, but moves at about a walking pace. The players try to strike their ball through the goal to their partner. Obviously they will try to "gang" about the goal so the goal must go to open space in order to spread out the playing area. Add a second goal after the players get some success or as needed.

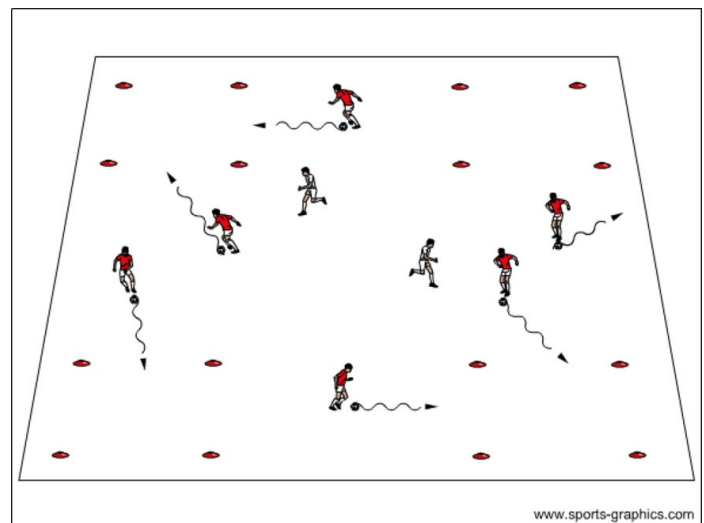
Progressions: Specify how the ball has to be passed through the goal.



Running Bases (U8/ U10)

Organization: Divide the team up into "taggers" and "dribblers." There should be more dribblers than taggers. Players try to dribble their ball without being tagged. If they get tagged the exchange places with the tagger. Have taggers carry a vest/bib to distinguish themselves. They drop their vest/bib for the player that is tagged and use their ball to dribble. Players are safe in any one of the four bases. Only one player is allowed in a base at any one time. If a new player enters the base, the old player must leave.

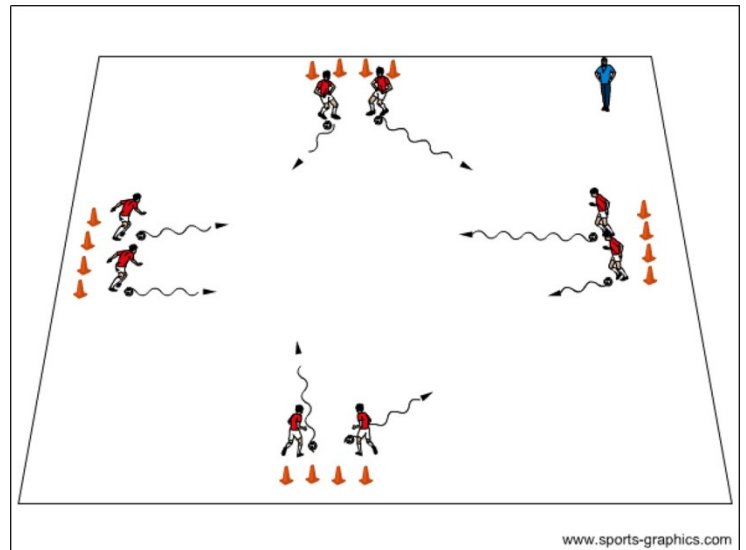
Progressions: Can start without a ball. Once kids are dribbling to make it easier for the dribblers: only one tagger, taggers have to dribble a ball too, more bases and/or allow more players in each base at a time. To make it harder for the dribblers use fewer bases, increase number of taggers, only one player allowed in each base, allow players in the base to defend their base against players trying to dribble in and/or players are tagged if the defender (who doesn't dribble a ball) steals their ball or touches it with their feet.



Protect the Cones in 2's (U8/ U10)

Organization: Divide the group into four teams. Each team sets up three or four cones to protect on one side of the space. Each player must have a ball. Each pair may choose a captain to organize the pair: which player will defend and/or attack. On a signal, the game begins with players defending their cones or attacking the other team's cones, while controlling their own soccer ball. When your cones are knocked down, your team can no longer attack. The team with the last standing cone is the winner.

Progressions: Only one ball per pair and the defending team can kick any opponents' ball. Finish by playing 2v2's at once (one is played East-West and the other North-South). Goals are scored by knocking over cones as above.



Galic Football (U10)

Organization: 5 v 1 or 4 v 2 (you can also play to goals) play volley-catch-volley. Volley the ball from the hands so it can be caught by a teammate. If the defender intercepts the ball a point is scored if playing 5 v 1 or 4 v 2, or if playing to goal the ball is then transitioned to the team that intercepts the ball.

