



## PA and Rec 8U/10U

Category: Physical: Agility  
Difficulty: Moderate

GA Rush GA Rush, Milton, United States of America  
Individual-Adult Member

### Description

#### Agility (15 mins)

##### Part I (20 Minutes)

###### Players:

Can use cones, jerseys, rocks, shoes, etc

A. Runs to each cone and back in order

B. Runs a slalom in between the cones

C. Runs a slalom in between cones side ways, bringing one foot to the other

D. Jumps over each cone with two feet

E. Jumps over each cone with one foot

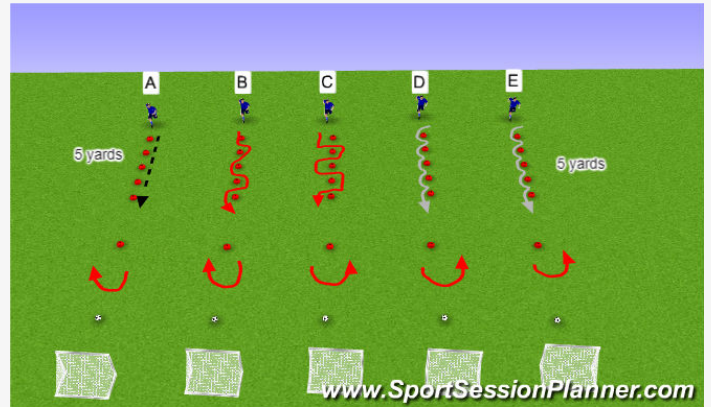
=> Add a ball and make them perform a turn around the cone.

When they jump with two feet they have to have the ball between their knees.

=> Add a pugg goal or trash can or or cone to pass or shoot rather than run back around last cone

=> Dribble with the ball on A and B

=> Do three sets of each and time each run



#### Dribbling

##### Part II (10 Minutes)

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Rabdomly set out cones in a 20 ft x 20 ft area

Player dribbles around the area without touching any cones

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Increase speed once player is comfotable and under control

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Player can perform moves to increase the challenge but must not touch cones

See how few cones are touched in one minute

Set how many moves player must complete in one minute

Try to set a record each time and get down to zero cones touched

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Finish session with bounce juggles.

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Play starts by letting ball bounce, then plays ball into the air, then lets ball bounce and then plays ball into the air again

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Add catching the ball with thigh and then letting it bounce and continue

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Mix it up using all thighs or right foot then left foot, or foot then thigh, then foot, etc.

##### Part III

Pick Your Favorite Goal

Each week we'll have a Favorite Goal Competition

1. Jefferson Savarino, Real Salt Lake vs. Atlanta United

[https://youtu.be/IEBB-1-p\\_k8](https://youtu.be/IEBB-1-p_k8)

2. Jeff Larentowicz - "Rip It Larry!" Goa

<https://youtu.be/WNZfBvDk0TE>

Vote for Goal of the Week Here!

[https://docs.google.com/forms/d/1dhEe0e\\_E1Uvp3CpUI4FjJFI6L-Vj2YvpM1C0D0zPzc/](https://docs.google.com/forms/d/1dhEe0e_E1Uvp3CpUI4FjJFI6L-Vj2YvpM1C0D0zPzc/)

