

U8 Training Activities

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“Can you show me?”

Session One:

1. Fetch or Ball Retrieval in Pairs. Ball is handed to the coach.
 - a. Return ball with partner in any fashion, cooperation.
 - b. Can you both return the ball a different way.
 - c. Return the ball & each touch the ball 3 times.
 - d. Return the ball using your head, back, elbows, etc.
 - e. Return the ball with at least 3 passes.
 - f. Players pick a number
 - g. Coach can move after the toss. Be creative

** Success = working together in a Partnership

2. HE, HO, HA

- a. The players pass and move in half the field 20 x 30
- b. “HE” coach calls and players each tap ball 5 times together
- c. “HO” coach calls and players complete 5 short 1 touch passes
- d. “HA” coach calls and players pass to a corner in 3 passes

3. Gate Maze in Pairs

- a. How many passes can you complete through a gate with your hands, timed
- b. How many passes can you complete through each gate with your hands, timed.
- c. Continue but now use your feet.
- d. Can you improve your number of passes by one.
- e. Players most complete an X amount of passes before passing through a gate.
- f. Add Gate Keepers (parents)

4. Corner Gates – Parents act as Gate Keepers in corner gates. The coach points at the corner & the gate opens (parent steps out). Coach points at gate again & the gate closes.

- a. Multiple pairs play at the same time
- b. Coach controls balls and only two pair play at a time.

5. The Game – “Boss of the Balls” Coach controls balls at midfield. Kids point to goal they will attach. Play ball after players are off field.

- a. 2 vs. 2
- b. 4 vs. 4

Session Two:

1. Hospital Tag. Players dribble and attempt to tag the other players. When a player is tagged he holds that spot. When he gets tagged twice he holds both locations & dribbles his ball to the doctor (coach). The Doc gives the player a task to complete & then the player continues to play.
2. Hungry Hippo. Four corners/gates. Pairs or small groups in each corner. All balls are placed in the middle of the grid. Which corner has the most balls after a set time; 2 minutes.
 - a. Players collect balls and bring them to the corner anyway possible. Once all the balls are out of the middle, each group can go steal the other groups' balls. NO defending in corners.
 - b. Now use feet to collect the balls.
3. Team Knock Out. Team one players each have a ball. Team two is on the outside of the grid. On the coaches command Team two enters the grid and tries to knock team one balls away. Once a team one player loses a ball he may help a teammate keep possession of the remaining balls. Time team to see which team can maintain possession longest.
4. Four Goal Game. Place small goals in the four corners of a field. The pairs of players then try to score on each of the goals. Coach controls the balls.
 - a. Add defenders or gate keepers (parents) in a goal.
 - b. Make play directional, Team one scores on goals to right and team two scores on goals to left.
5. The Game 4 v 4 scrimmage. Coach controls the balls.

Other Activities:

Freeze Tag – 2 teams, one team tags other team frozen. Round two add a ball to tagging team players.

Elbow Tag – Pair up in a circle, spacing the size of the center circle. One person chases another & tags with a cone. Chased player can reach safety by joining a linked pair. Person on opposite side then must run.

Knee Tag – dribble & tag other players' knees. How many knees in 45 seconds?

Barbarians & Gladiators – both players dribble ball at opposing team & try to tap other teams balls with their foot. How many taps in 45 seconds?

Team Knockout to Goal – same as team knockout but balls are kicked into a goal. When you get down to last ball, you have a game!

U8 Considerations:

- . **ME & my buddy** pair training. Like to Play because it is FUN!
- . Still single tasks at a time Limited team identity
- . Still Flat out pace Want everybody to like them!
- . **Catch them being Good!** Great need for approval from adults