

Williamson County Soccer Association
U7/U8 Session

Follow the leader/Shadow Dribbling

Players in a line of 4 players

The player in the lead moves and starts to perform various dynamic stretching movements

The players behind follow the leaders examples

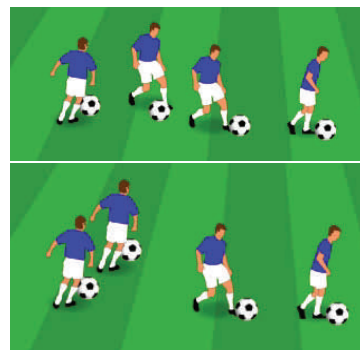
Rotate players so each player gets a turn at being the leader

Players find a partner

Each player with a ball

The player in the lead performs various movements that the person following must duplicate

(Can also do where the player in the lead holds ball while the follower has to dribble)



Pac-Man (20x25 Yard grid)

Begin in pairs.

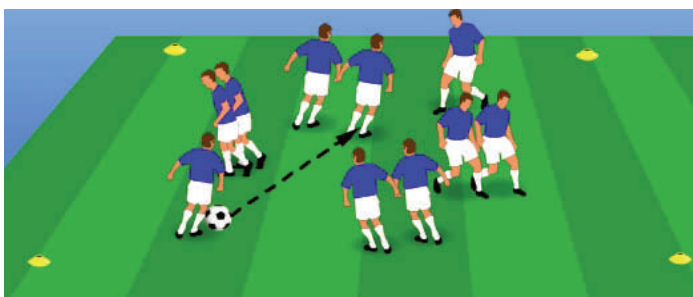
All but one pair link arms or hands

The pair not linked up gets 1 ball

Inside grid, pair with a ball try to pass to each other while trying to hit (with the ball) one of the players who is linked (below the knees)

If a pair gets hit, they unlink and get a ball and try to get the other players out

Same game except the players are not linked. If they get hit, they get a ball and try to hit others.



GOAL HUNTERS

Distribute five small goals (gates) inside field. All players inside grid (about 1/3 have a ball). The players with a ball try to dribble through as many gates as possible while the players without a ball try to win the ball for themselves.

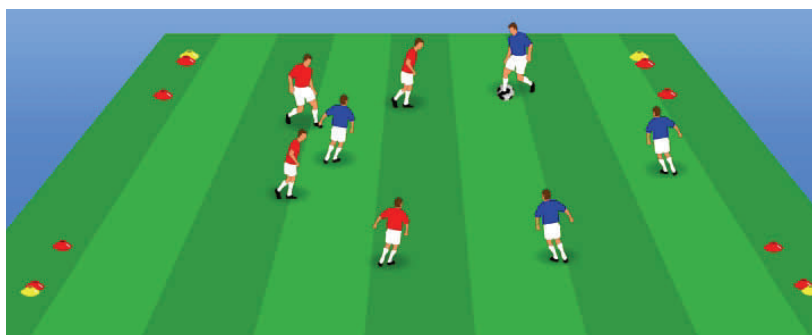
Add more balls to allow for more dribbling.

Can also split the group into teams (which team can score the most goals in a certain time)



FOUR-GOAL GAME

Each team defends and attacks two small goals. Play develops as in a regular soccer game. This game encourages players to spread out, look around the field and make lateral passes.



SCRIMMAGE

End the session with a scrimmage (no more than 4v4) where the teams are each attacking a goal.