

WARM UP TAG

The coach picks two people who must chase everyone else and tag them. Tagged players can't move until you allow them. The chasers don't have a ball; all others do.

For the U8 age group go to a 20 x 20 yard grid. Use as many cones as needed to clearly define the grid to the players. Keep in mind that the younger they are the less likely they are to comprehend boundaries. Do not be overly concerned when they dribble out-of-bounds.

Simply corral them back toward the grid.



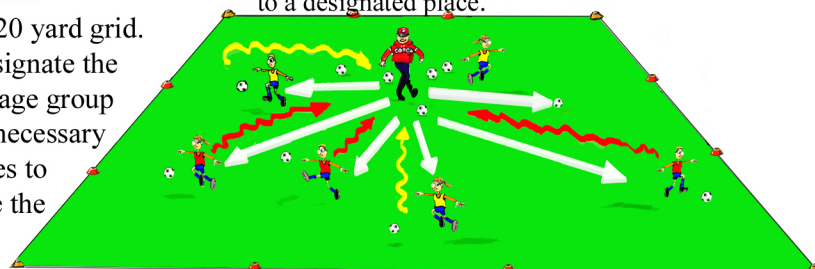
This game improves dribbling in a fun; competitive environment.

2ND ACTIVITY BALL RETRIEVE

The coach has a pile of 6 or 7 balls. The coach kicks or throws these in all directions. The players should chase any ball and dribble it back to the pile at the coach's feet. Never letting the pile get down to zero is the player's objective. Balls are thrown or kicked 10-20 yards.

The space is a 20 x 20 yard grid. Use tall cones to designate the corners. For the U8 age group more cones will be necessary along the border lines to concretely designate the grid.

The emphasis here is on visual tracking and dribbling to a designated place.



3RD ACTIVITY DRIBBLE TO THE CONE

Put out as many cones or markers as there are players. Have the players dribble randomly until you command they dribble to a cone. They should all run to the nearest marker and freeze with the ball.

Beyond the dribbling and movement enhancement you are asking the players to expand their decisionmaking process.

Use either a 10 x 10 yard or 15 x 15 yard grid as you see appropriate for the players' abilities.



4TH ACTIVITY 1 VS. 2

In groups of 3, play 1v2. The one who has the ball must dribble and keep it. Those who don't have a ball try to get one.

The activity creates situations in which players become familiar with the pressures of the game. Speed of response and the ability to beat an opponent are emphasized.

For the U8 age group use a 10 x 10 yard space or up to 15 x 15 yards.



5TH ACTIVITY 50/50 BALL

Set up a game in which two teams of 3-4 players line up across from each other at a distance of 15 yards. On command (call players by name), one player from each side runs to win the ball and dribbles it back to the team. The other player tries to prevent this from occurring and attempts to dribble back to the other line. Keep score when playing this activity with the U8 age group.

In this activity players become familiar with:

-The pressures of the game.

-Speed of response and the ability to beat an opponent

Don't start with a ball in the middle. Roll or kick it out so they must react to it.

Use a 20 x 20 yard grid in which are the two 15 yard lines. When a player dribbles back across his or her team line they should try to keep the ball from going out of the grid.

