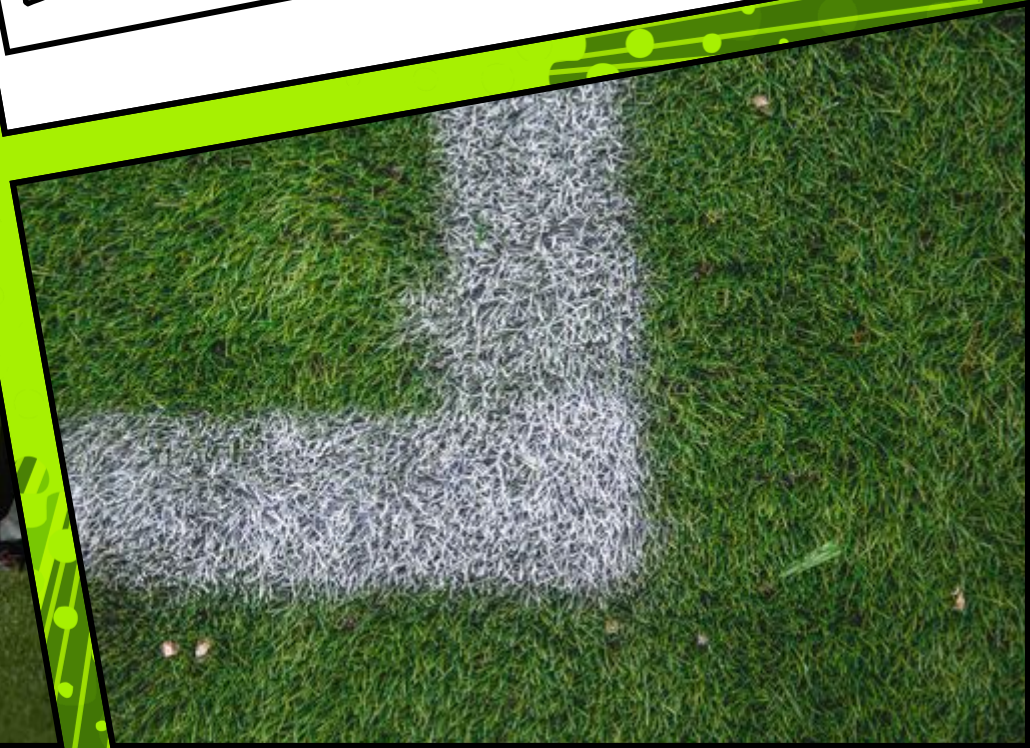




EIGHT FOR 8'S

EIGHT PRACTICES FOR 7-8 YEAR OLDS



PROGRESSIVE METHOD

GREAT WAY TO TEACH
THE "HOW"!



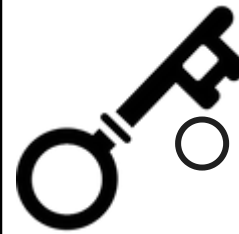
PRACTICE #1
THEME:
DRIBBLING WITH
THE HEAD UP

PRACTICE #2
THEME: TURNING
THE BALL

PRACTICE #3
THEME:
DRIBBLING TO GET
AROUND AN
OPPONENT

PRACTICE #4
THEME: TEACHING
THE PUSH PASS

PRACTICE #1
THEME: DRIBBLING WITH
THE HEAD UP



KEY
TAKEAWAYS

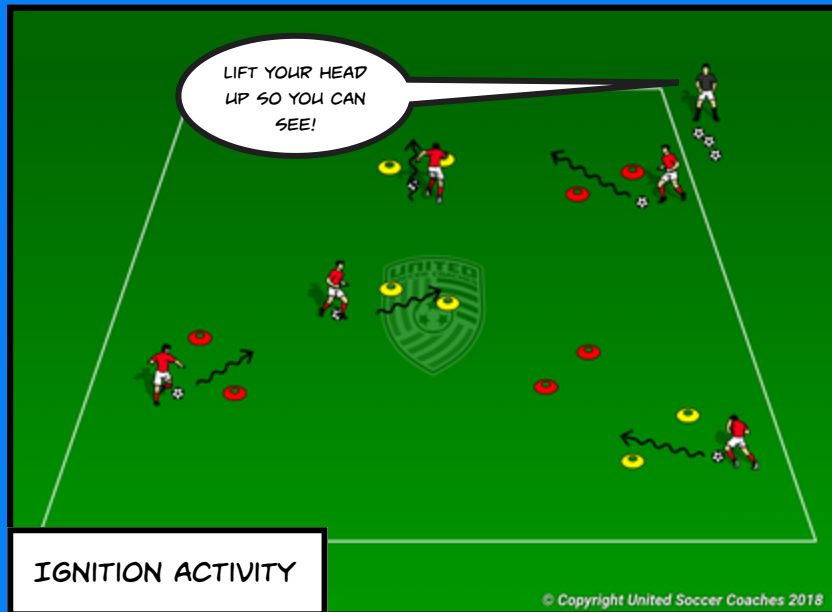
Lift your head up so you can see where
you are going!

Lift your head so you can see who is
trying to take your gift (ball).



WELCOME
YOUR
PLAYERS!





GATES DRIBBLING

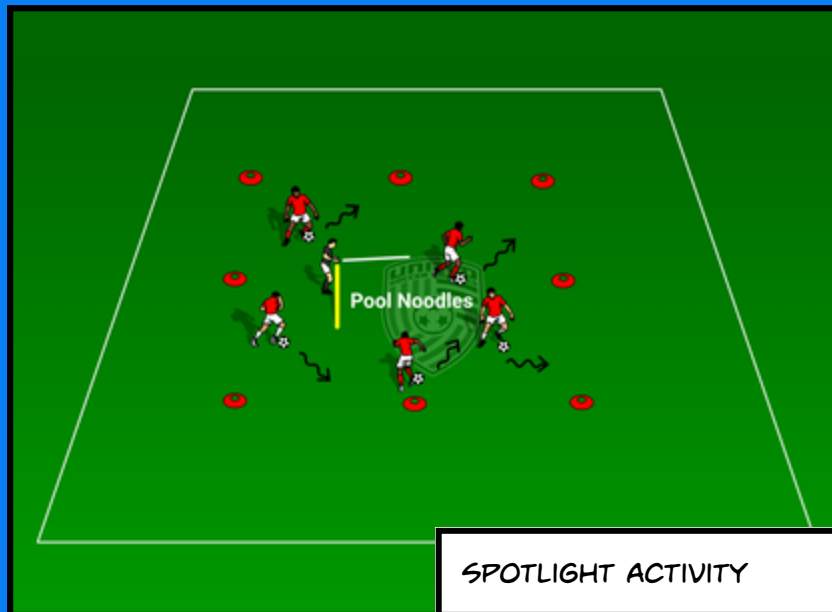
Space: About 20x20

All players have a ball. Make small gates with cones. Make one more gate than there are players.

Tell players to dribble their ball through as many gates as possible in 15 seconds. 20 seconds. 25 seconds.

Challenge them by telling them to stop the ball once before going to a new gate.

Another challenge is to roll an extra ball or two on the field and tell them to avoid it.



THE OCTOPUS

Every player has a ball.

Coach has two pool noodles in their hands.

Players must stay in the square/circle.

They try to dribble and not let the "octopus" touch their ball.

If their ball gets touched then they have to do 3 toe taps on the ball and then go again.

Challenge them by making the space smaller or having another approved adult on the field with more pool noodles.



2V2 WITH ASSISTANCE

Space: 40Lx25W

Play 4v4-5v5 with two small goals on ends

Play a normal game except there are no forward passes allowed in attacking half

Forward passing is allowed in defending half

Encourage players to be like (name a great dribbler)!
Be brave!



END GAME

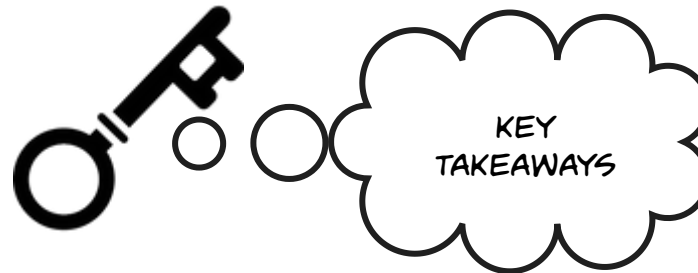
Space: 3v3-4v4.

Play an even numbered game (if possible) to small goals.

Reinforce the theme of dribbling to keep the head up.

Play balls in quickly when a ball goes out of bounds.
Then when it gets down to 1 ball, just play with that.

PRACTICE #2
THEME: DRIBBLING TO
IMPROVE TURNING THE
BALL



After you turn with the ball, lift your head so you can see

Hug the ball with the inside or outside of your foot when you turn



HAVE PLAYERS
WELCOME
THEMSELVES!





FINDING NEMO/DORY

Space: About 20x20

All players have a ball.

Three-Four approved adults in the corners of the square.

Tell the players that whenever they see an arm go up in the air, they should dribble toward that arm. When the coach/adult puts the arm down they should look up to look for a new arm up.

Ask the players to turn the ball or "who can show us a way to turn the ball"?

Note: There can be more than 1 arm up at a time.



BOWLING TAG

Same space as above or make it smaller or larger depending on ability level.

All players have a ball. One player is "it".

"It" player tries to roll their ball and hit someone else's ball. If they are successful they join the "It" player. Continue until there are 2-3 not "it".

How can they turn the ball to get away?



ALL "IN"

Space: 30Lx22W

Play 3v3 or even numbers if possible.

Play a normal game except a goal only counts when everyone on the team that is in possession is in their own attacking half of the field.

If you are not seeing enough turning to get away make the space shorter to make the field more compact.



END GAME

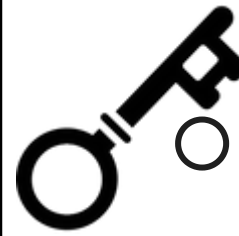
Play an even-numbered game, if possible, to small goals.

Play a normal game to goals

Reinforce the theme of dribbling to create space by turning the ball into safety

Be alert when the ball is in the attacking half

PRACTICE #3
THEME: DRIBBLING TO
GET AROUND A DEFENDER



**Keep your gift (ball) close when you go
around a defender**

"Be Brave!"



WELCOME
YOUR
PLAYERS!





IGNITION ACTIVITY

FAST-SLOW-FAST

All players have a ball.

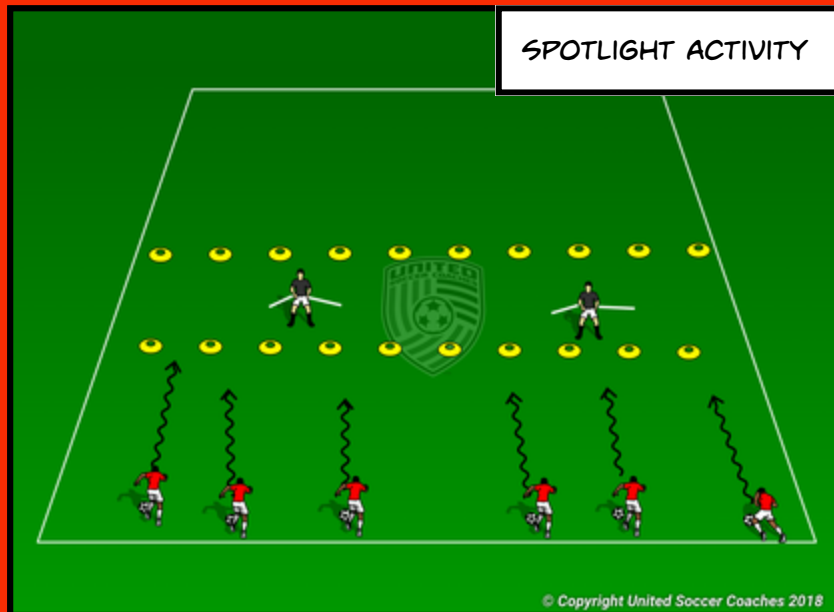
Place a cone in front of each player approximately 5 yards from the starting point.

Have a 3 yard alley between.

Tell players that they are to dribble toward the first cone and then go around. When successful they dribble to end. Turn and go again.

Note: It's important that they go either "right" or "left" for safety reasons.

Can they go fast-slow down so the "gift" doesn't touch the cone and then go fast again!



SPOTLIGHT ACTIVITY

THE OCTOPUS

Every player has a ball and stands on a line. 1-2 coaches have pool noodles in their hands.

When coach says "go" they try to dribble their ball from one end to the other without the pool noodle touching the ball. If their ball gets touched then they do 3 toe taps on the ball. Coaches must stay in the small zone.

Players walk or slow motion back to the beginning.

Make it more challenging by making the field more narrow.



BIRTHDAY PARTY

Two even numbered teams if possible.

Field is 30-35Lx20-25W

Have two endzones that are 7-10 yards deep.

Each team is trying to take a "gift" (ball) to a birthday party. The team that has the most "gifts" in the other team's endzone wins.

Coach passes in a new ball after a successful attempt to keep the game going.

Make the game more challenging by making the space more narrow.



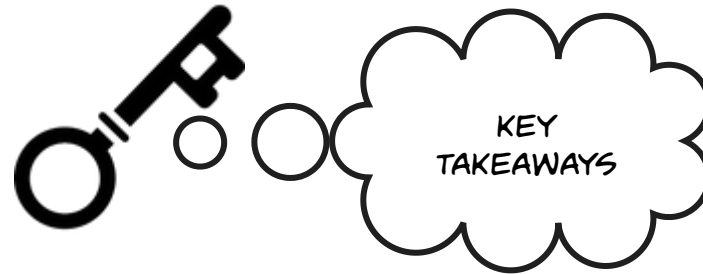
GAME

Play an even numbered game if possible.

To encourage more opportunities to see if they are getting better at dribbling around defenders make the field a little longer if necessary to give them more space.

Stress for them to "be brave"!

PRACTICE #4
THEME: TEACHING THE
PUSH PASS



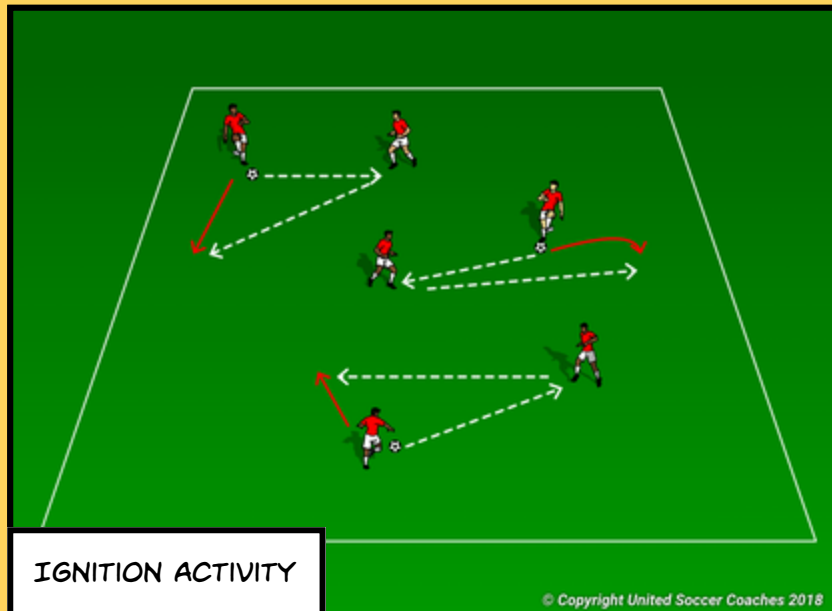
To make a push pass, take your foot off
the gas pedal

Hit the ball in the "nose" with the inside
of your foot



WELCOME
YOUR
PLAYERS!





IGNITION ACTIVITY

"PAINT THE GRASS"

Players pair up with a teammate and 1 ball.

Tell the players that the ball is a paint brush. Ask them to paint the grass with their brush. Try to cover as much of the "canvas" (field) as possible.

Can you hit the ball in the middle or the nose with the inside of your foot?

Pretend your driving a car. Now take your foot off the gas pedal. To make a push pass, take your foot off the gas. (toes pointed up not down)



SPOTLIGHT ACTIVITY

"THROUGH THE RIVER"

Create 3 teams of 2.

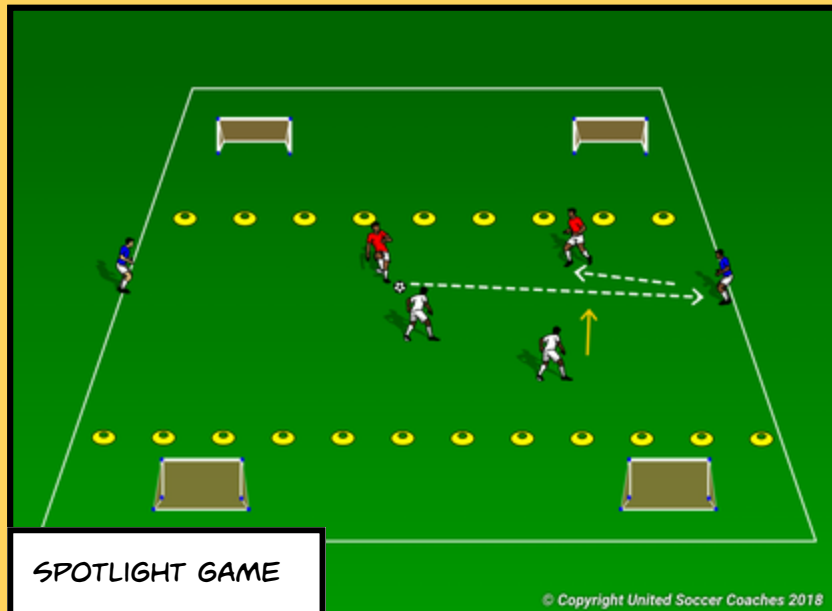
Make a skinny rectangle (5-7 yards in length).

One team is in the middle of the two rectangles.

Each team of 2 try to pass the ball through the rectangle to get a point.

If the defender wins the ball or touches it out of the rectangle, they get a point for their team.

Rotate teams every 60 seconds. Play multiple games.



SPOTLIGHT GAME

2V2 WITH BUMPERS

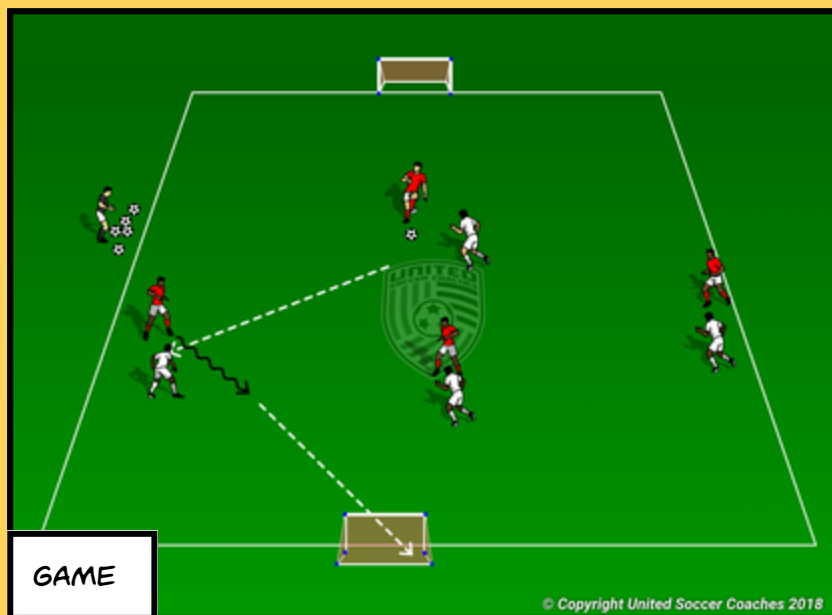
Make a field approximately 20 yards long by 20W. Create 3 teams of 2.

Place 2 goals on each end.

Inside field is 2v2. The third team split and become a "bumper" on the sides. "Bumpers" have no more than 2 touches. They always pass the ball to the team that passed it to them.

Goals must be scored from inside the field by passing to the small goals that are outside the field. The goals outside or off the field are only 3-5 yards away.

Rotate teams after 60-90 seconds. Play multiple games.



GAME

GAME

Play an even numbered game if possible.

To encourage more opportunities to see if they are getting better at passing make the field a little wider.

Look for "how" they are passing. Are they hitting the ball in the nose so the ball stays on the ground? Are they taking their foot off the gas pedal?

WHOLE "PLUS" METHOD

GREAT WAY TO SHOW "WHEN,
WHERE, AND WHY". ADDITIONALLY
SHOWING THE APPLICATION OF
TECHNIQUE



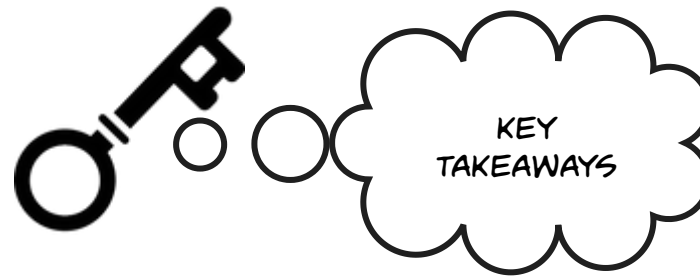
PRACTICE #5
THEME: WHEN TO
DRIBBLE WITH
THE HEAD UP

PRACTICE #6
THEME: WHEN TO
TURN THE BALL
WHEN DRIBBLING

PRACTICE #7
THEME: WHEN TO
DRIBBLE AROUND
THE OPPONENT

PRACTICE #8
THEME: PASSING
TO A TEAMMATE
TO GET FORWARD

PRACTICE #5
THEME: WHEN TO
DRIBBLE WITH THE HEAD
UP



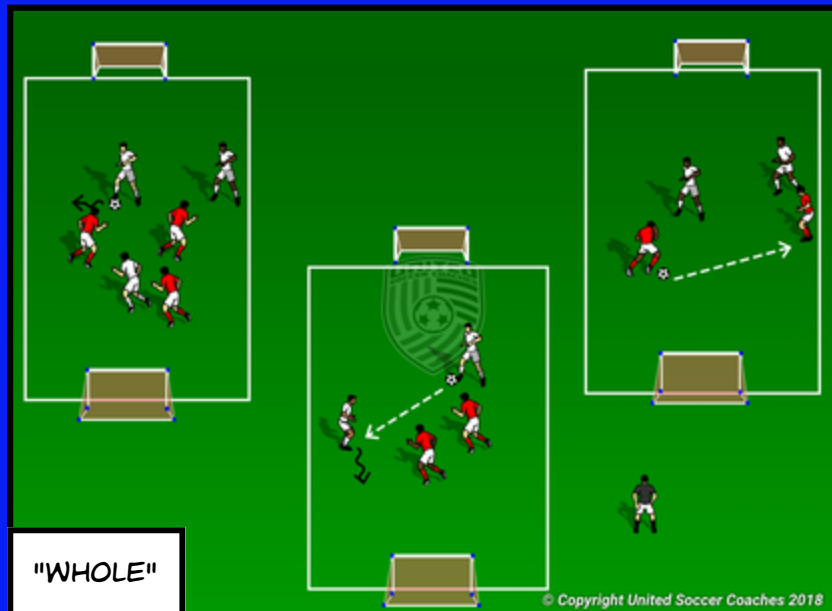
When you see space in front of you, lift your head up so you can see

Lift your head up so you can keep your "gift"!



WELCOME
YOUR
PLAYERS!





WHOLE

Have goals and fields set up.

As players arrive have them go on those fields and play.

Try to get no larger than 3v3

Free play for approximately 3-4 minutes. Rotating players every 2 to 2:30.

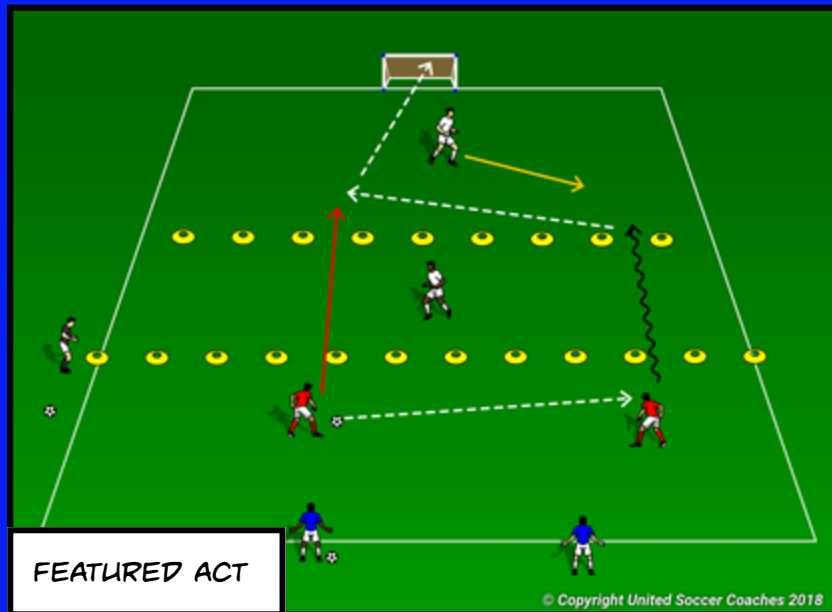


WHOLE "PLUS"

Play a 3v3-4v4 Game. Note: Most 7-8 year old teams may have 6-7 players.

Since the theme is when to dribble with the head up try to challenge them.

Before they play challenge them to try and dribble into safe space quickly.



FEATURED ACT

ALLEY CATS

Make a field approximately 25 yards long. Make an alley in the middle approximately 7 yards deep. Three teams of 2. Place a small goal on the end.

When the team is defending there is 1 in the alley and one in the final zone. They are simply trying to knock the ball away out of the area.

The team (pair) that is attacking try to get through the alley and then score on the goal at the end.

Players rotate. The pair that was attacking play defenders. The team that was waiting comes on to be attackers. The team that was defending goes to the end and waits.



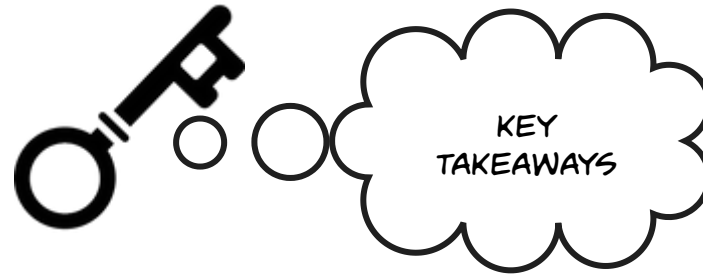
GAME

GAME

Play 3v3 or an even-numbered game.

Since the theme is dribbling with the head up look for "when" moments and encourage and/or praise then when they make a good decision.

PRACTICE #6
THEME: WHEN TO TURN
THE BALL WHILE DRIBBLING



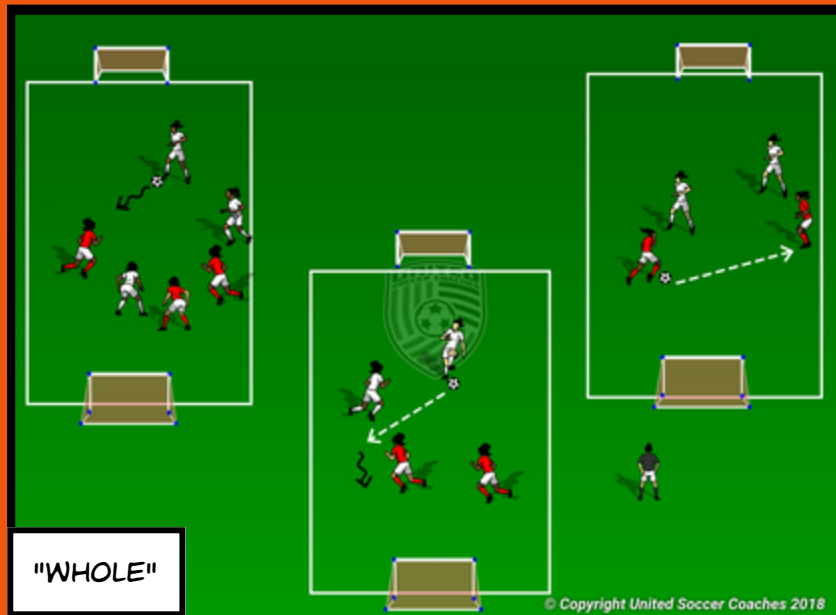
Turn away when they are trying to take your "gift" (ball)

If a defender that is next to you runs ahead then that is the time to turn!



HAVE PLAYERS
WELCOME
THEMSELVES!





"WHOLE"

WHOLE

Have goals and fields set up.

As players arrive have them go on those fields and play.

Try to get no larger than 3v3

Free play for approximately 3-4 minutes. Rotating players every 2 to 2:30.



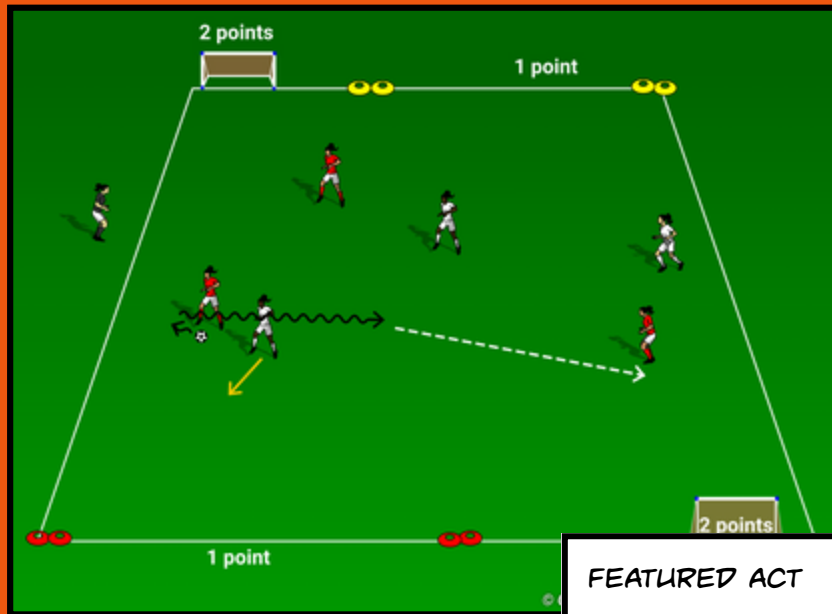
"WHOLE PLUS"

WHOLE "PLUS"

Play a 3v3 game.

Since the theme is to teach them when it's time to turn the ball while dribbling, think of way to bring this out.

Before they play make the field more narrow. This will make the field smaller and maybe create more turns. Additionally encourage the defending team to win the ball back as fast as they can.



FEATURED ACT

3V3 OFFSET GOALS

Make the field approximately 30L x 25W. Put small goals on each end, but they are offset or in a corner. There is also cones on the line for players to dribble through.

Play a normal game of 3v3. If a player decides to dribble across the line that is worth 1 point. If a goal is scored in one of the small corner goals that is worth 2 points.

Because the goals are offset this should provide opportunities as to when it's time to turn vs. go straight ahead.



GAME

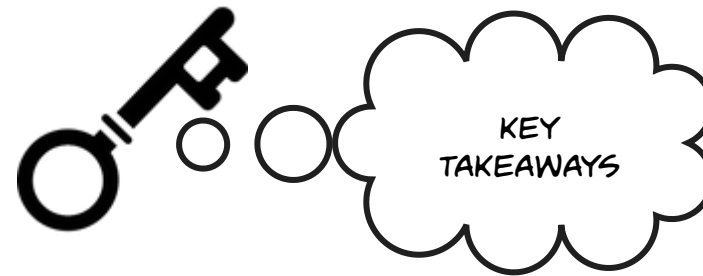
GAME

Play 3v3

If needed, make the field more narrow.

Recognize and acknowledge good decisions as to "when" to turn vs. dribble straight ahead.

PRACTICE #7
THEME: WHEN TO DRIBBLE
AROUND AN OPPONENT



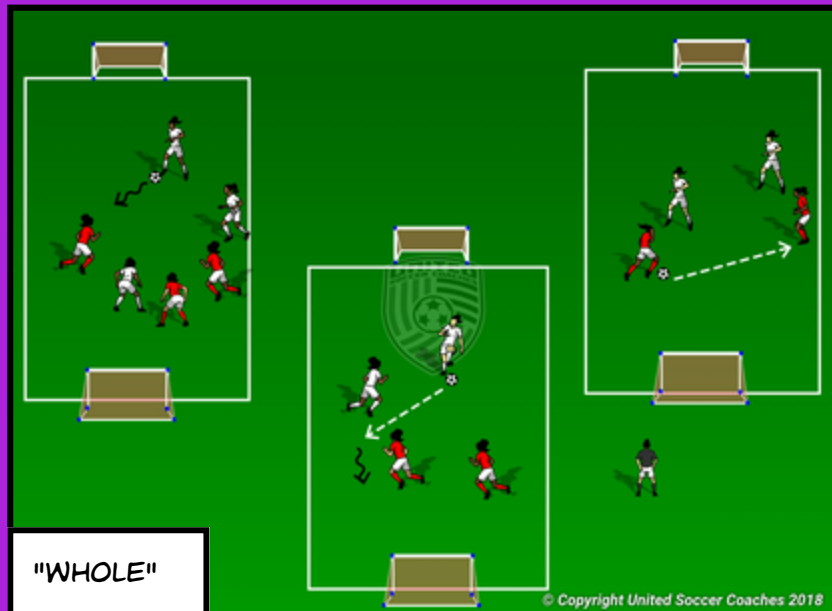
When should you try to dribble around someone?

Where should you try to dribble around someone?



WELCOME
YOUR
PLAYERS!





WHOLE

Have goals and fields set up.

As players arrive have them go on those fields and play.

Try to get no larger than 3v3.

Free play for approximately 3-4 minutes. Rotating players every 2 to 2:30.

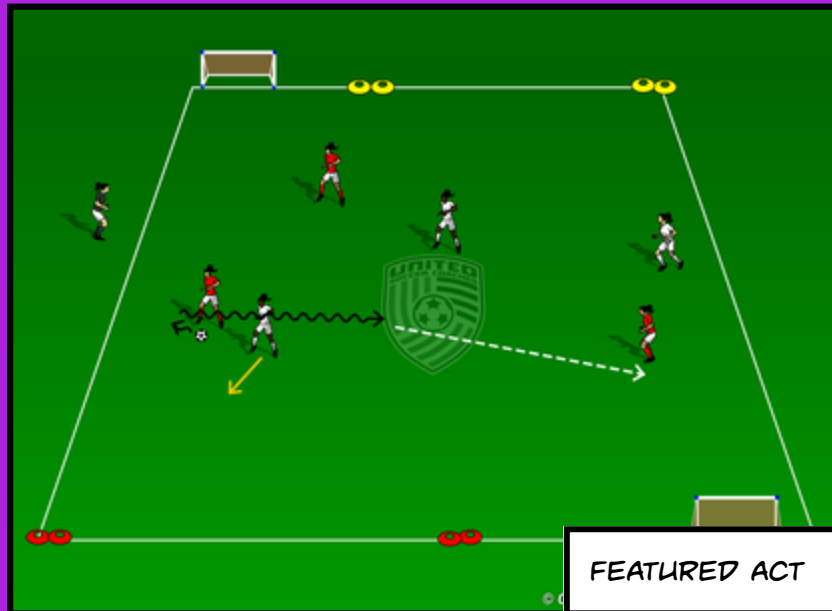


WHOLE "PLUS"

Play a 3v3-4v4 Game.

Since the theme is dribbling around an opponent try to think of a way to bring this out.

Before they play challenge them to dribble around someone or "be brave" in the attacking half.



FEATURED ACT

OFFSET GOALS (THE SEQUEL)

Play the offset goals game again but this time make the point value the same.

Play a normal game of 3v3. A player can decide to dribble over the line or to try and score a goal.

Because the goals are offset this should provide opportunities as to when it's time to turn vs. go straight ahead and dribble around an opponent.



GAME

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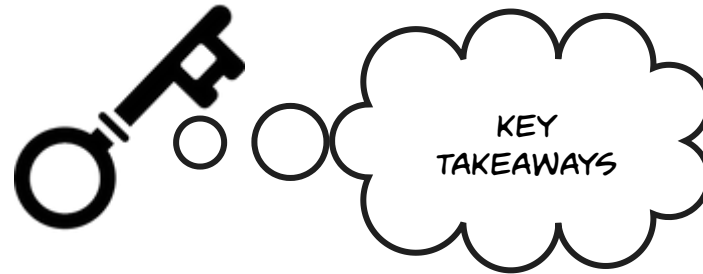
GAME

Play 3v3

If needed, make the field more narrow.

Recognize and acknowledge good decisions when they dribble around someone at the right time.

PRACTICE #8
THEME: PASSING TO A
TEAMMATE TO GET
FORWARD



If you can't take your "gift" (ball) around someone, see if a teammate can help you by passing it to them.

If you and your teammate can't get around someone then at least pass your "gift" to keep it away from the other team.



WELCOME
YOUR
PLAYERS!





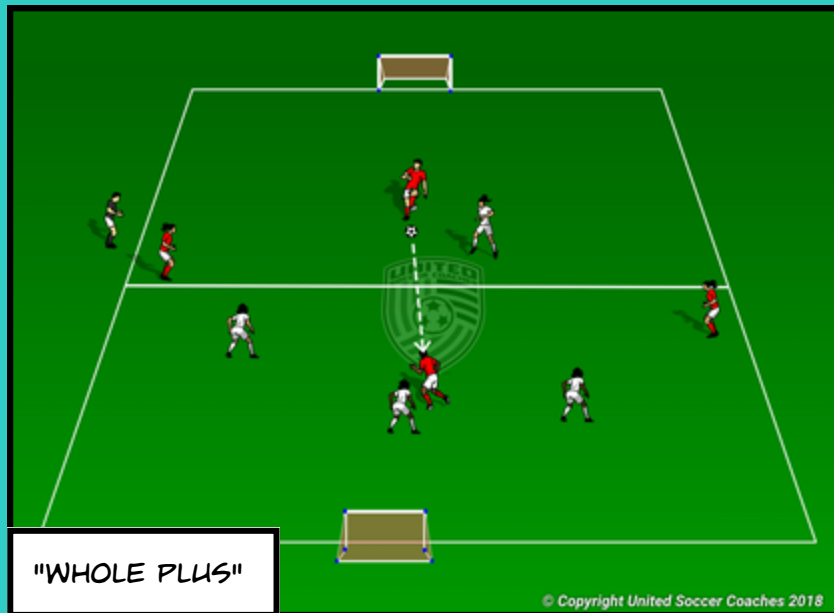
WHOLE

Have goals and fields set up.

As players arrive have them go on those fields and play.

Try to get no larger than 5v5.

Free play for approximately 5-7 minutes. Rotating players every 2 to 2:30.

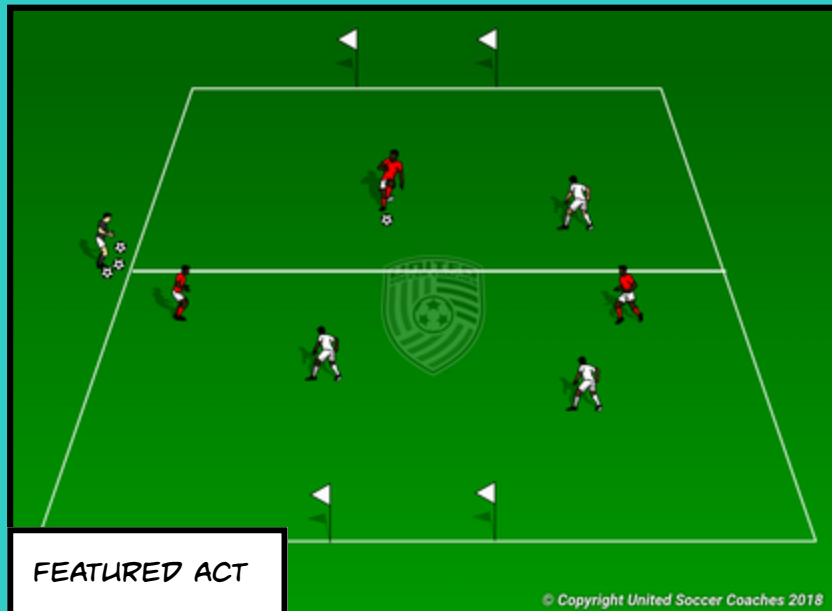


WHOLE "PLUS"

Play a 3v3 or even-numbered game.

Since the theme is to a teammate to go forward think of a way to bring this out.

Before they play challenge them to pass the ball from the defending half to the attacking half before they score. It's not required but try!



3V3 SPLIT FIELD GAME

Divide field into half. Play 1v1 in one half and 2v2 in other half.
Note: The coach/adult may have to step in to help the game flow.

Players are restricted to their halves. Teams are trying to score a goal.

Rotate the players so everyone gets an opportunity to play in both halves.

Are they trying to pass to a teammate to go forward? If not, then can they at least pass to a teammate so they don't lose their "gift"?



GAME

Play 3v3

If needed, make the field more narrow or wider to get some success.

Recognize and acknowledge good passes to teammates to get forward.



THANKS!