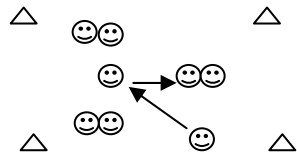
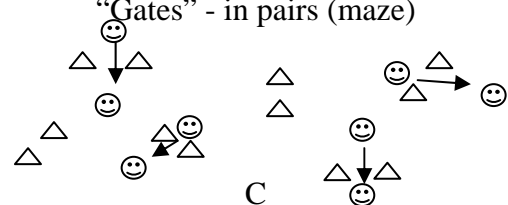
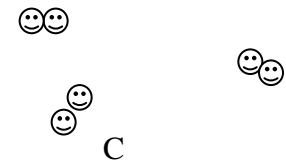
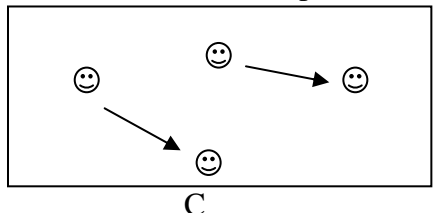


U8 Activities

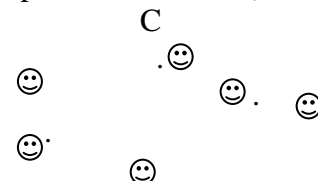
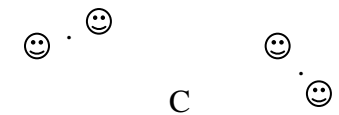
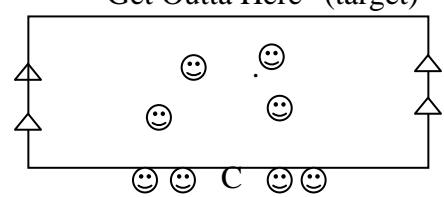
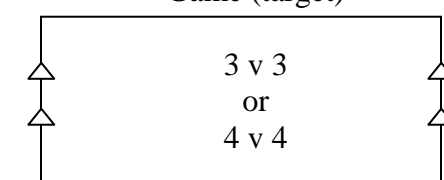
“Becoming a Teammate”

Note: Activities should also be done individually and increase challenge by working with a partner

ACTIVITY	ORGANIZATION/OPTIONS	GUIDING QUESTIONS
<p>“Pacman” (body awareness)</p> 	<p>Pairs who are free link elbows and must stay together inside boundary or join the “its”.</p> <p>“Its” can each have a ball or share a ball. They dribble and pass to try to hit pairs below the knee. Once hit, pairs unlink and get a ball to join the its.</p>	<p>How can you move in pairs to avoid getting hit?</p> <p>When you’re it, how can you and your partner work together to hit players?</p> <p>What parts of our feet can we use to keep the ball low?</p>
<p>“Gates” - in pairs (maze)</p> 	<p>Pass ball with hands thru gates</p> <p>Dribble or pass ball with feet</p> <p>Pass thru as many gates as you can</p> <p>Coach or player can move around as gate guards – can’t go thru a gate when a guard is in it.</p>	<p>What parts of your feet can you use to pass the ball thru a gate?</p> <p>If you got 4 last time can you get 5 this time?</p> <p>How can you help your teammate when you don’t have the ball?</p>
<p>“Bring it Back” – in pairs (target)</p> 	<p>Pairs with 1 ball to hand to Coach</p> <p>Coach tosses ball away for pair to retrieve</p> <ul style="list-style-type: none"> - any way players want to bring it back - with hands, backs, heads, jumping, hidden, etc. - certain number of passes with feet <p>Coach can move so players must find him/her</p> <p>KEY: Let players come up with solutions to the challenges you pose</p>	<p>Can you bring it back as fast you can?</p> <p>Can you bring it back a different way?</p> <p>If I move to a new spot, how can you help each other get the ball back to me?</p>
<p>“Paint The Field” – in pairs (maze)</p> 	<p>Pairs with 1 ball move their ball around the designated space, as if their ball is painting the field.</p> <p>If adults available they can sketch the paint job (ball movement) on paper for players to see.</p>	<p>Can you paint the space that hasn’t gotten painted?</p> <p>How can you work together to paint more space?</p>

U8 Activities

“Becoming a Teammate”

ACTIVITY	ORGANIZATION/OPTIONS	GUIDING QUESTIONS
<p style="text-align: center;">“Gophers and Trees” (maze)</p> 	<p>Partners with 1 ball – 1 tree stands with legs apart; 1 gopher runs around and crawls under as many trees as possible. Switch roles. Then dribble ball through legs of trees.</p>	<p>How can you keep the ball close to your feet? Can you go under more trees than last time?</p>
<p style="text-align: center;">“Partner Challenges” (body awareness)</p> 	<p>Partners compete/cooperate with each other: Stand back-to-back, pass ball under legs and over head; side-to-side; sit back-to-back with elbows locked and stand up Stand facing and try to pull ball back on “Draw” Stand facing with hands on other’s shoulders and try to touch partner’s toes with own toes. Create balance/agility challenges with/without ball</p>	<p>Can you try this?</p>
<p style="text-align: center;">“Get Outta Here” (target)</p> 	<p>Two teams in lines next to Coach off field. Coach plays ball in and players (1v1, 2v2) from each team step out to play. When coach says “Get outta here, players return to team and new players take their place.</p>	<p>How can you help your teammate with the ball? Can you dribble or pass away from defenders?</p>
<p style="text-align: center;">Game (target)</p> 	<p>Two teams of 3 or 4, no goalkeepers or positions Can add extra goals, multiple balls Can play “hustle rule” - whoever gets to ball out of bounds first puts it back in play</p>	<p>How can you help your teammate with the ball? Where can you go so your teammate with the ball can “see” you for a pass? How can you score?</p>