

RECREATIONAL ACTIVITY GUIDE

ACTIVITY: SHADOW DRIBBLE

AGE: U8 **TIME:** 10 MINUTES

ORGANIZATION:

Players are paired up together. Each pair has a ball.

ACTIVITY:

A player within each pair dribbles the ball while the other player runs ahead. The player with the ball attempts to stay within the partner's shadow while dribbling. At the end of a 30-second interval, players should switch roles.

VARIATION(S):

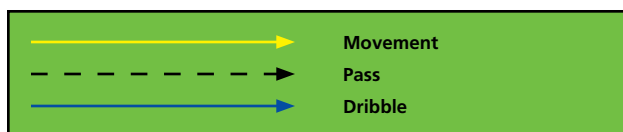
The player without the ball attempts to stay within the shadow of the player dribbling the ball.

COACHING POINT(S):

- Encourage changing of directions and speeds.
- Ball control. Expanded field vision while following other player.

COACHING QUESTIONS:

- What can you do to stay in the shadow?
- How can you lose the player in your shadow?



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<https://youtu.be/sSI0mjkkKb0>

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NOTES:



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ACTIVITY: **TEAM KNOCKOUT**

AGE: **U8** TIME: **15 MINUTES**

ORGANIZATION:

Create 2 even-numbered teams and set up a 30x30 yard area. Team A takes the field and each player on the team has a ball. Team B stands anywhere along the sidelines, and nobody on the team has a ball.

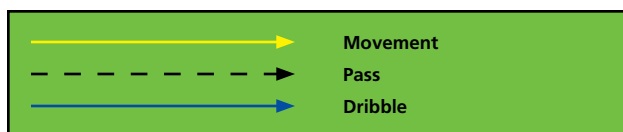
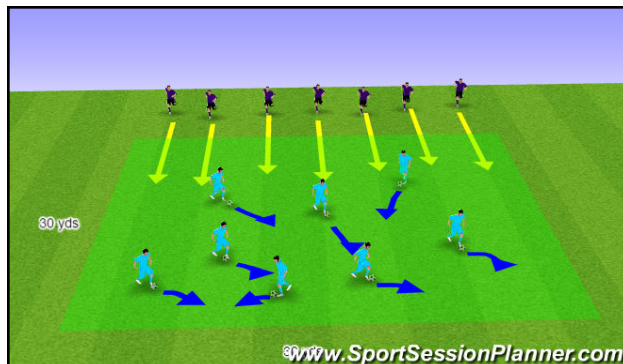
ACTIVITY:

On the signal, Team B runs onto the field and attempts to kick all the balls off the field. The coach starts the clock on the signal and stops it when the last ball is kicked off the field. Team A players who have had their ball kicked off the field help other team members by getting into positions so that they may receive a pass.

Remember, time does not stop until Team B kicks all the balls off the field. Count aloud when there are only 1-2 balls left, not only to add to the excitement but also to get the teams playing hard. Play "Fastest time after each round wins" or "Losing team after 3 rounds sizzles like bacon." Have the winning team provide the sizzle sound effects.

COACHING POINT(S):

- Awareness (keep heads up and be aware of other players). Expanded peripheral vision.
- Dribbling. Changing direction and speed. No standing allowed. Keep ball under control.
- Play the ball, not their legs.
- Teamwork. Communication. Passing to targets.
- Shielding (using body to protect the ball).



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ACTIVITY: RACK 'EM

AGE: U8 **TIME:** 15 MINUTES

ORGANIZATION:

Create a 25x30 yard field with 2 goals and divide your players into 2 teams. Place each team on the opposite end of the field. Spread 8-10 balls along the half-line of the field.

ACTIVITY:

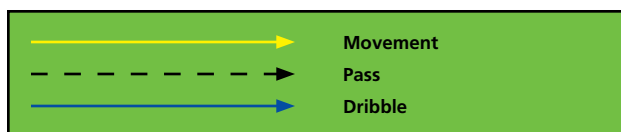
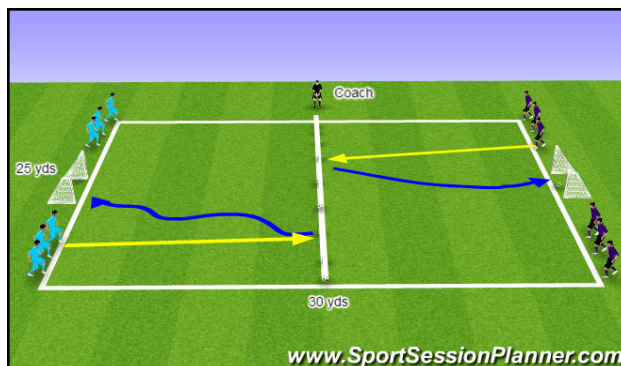
On the coach's signal, both teams should rush for the balls and try to get as many as possible back into their own goal. This will create many 1v1 and 2v1 real game situations, along with dribbling and finishing. Once all of the balls are in the goals (each goal equals 1 point for the team), the winning team shouts, "Rack 'em!" and the balls are set up on the half-line again. A new game begins. More balls set up on the half-line at the start will equate to more individual efforts, while less balls will force more 2v1 and 1v1 match-ups. Try it both ways and see what works best for your needs.

VARIATION:

As the coach, hold onto a different colored ball or one that stands out from the others and make it worth multiple points, in other words, the "money ball." Throw this ball into an open space towards the end of the game. This is a great variation if one team is dominating. It keeps the game exciting if other team can score the money ball.

COACHING POINTS:

- Dribbling. Passing. Finishing. Defense.
- Attacking and defensive pressure.
- Decision-making. Teamwork.
- 1v1, 2v1, 2v2 and real game situations.



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ACTIVITY: 4v4 GAME

AGE: U8 **TIME:** 20 MINUTES

ORGANIZATION:

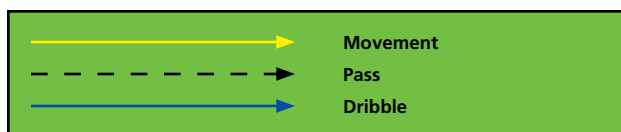
Play 2 teams of 4 players each and 2 small goals.

ACTIVITY:

Teams play 4v4 soccer without goalkeepers.

COACHING POINTS:

Teamwork, passing, support, creativity.



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