

RECREATIONAL ACTIVITY GUIDE

ACTIVITY: Ball Mastery (Pairs Retrieval)

AGE: U8 **TIME:** 10 MINUTES

ORGANIZATION:

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

ACTIVITY:

Each pair, in turn, hands their ball to the coach. The coach provides the pair with some directions, and then serves the ball to them. Each pair must return the ball to the coach fulfilling the directions given. For example: "Bring the ball back with 2 heads and 1 hand," "Bring the ball back with 2 backs and 2 hands," "Bring the ball back with 1 elbow, 1 shoulder and 2 hands," etc.

VARIATION(S):

The coach can move around now, so that players must look up to see where the coach is standing at any given time.

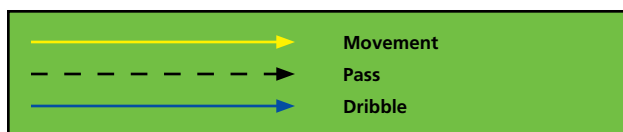
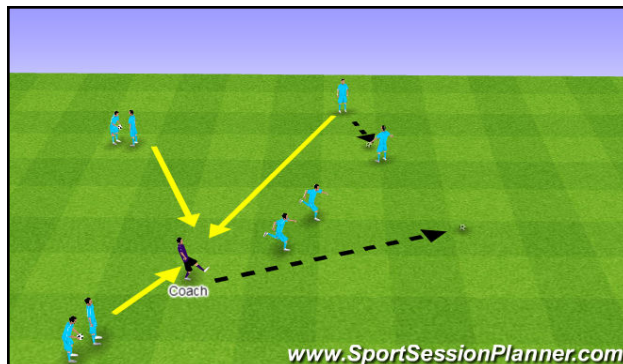
A pair of players run out to collect the ball and have to make a designated number of passes before passing back to the coach. Designating a higher number of passes for each pair can increase the challenge level.

COACHING POINT(S):

- Each pair must solve the challenges given to them, not other players or parents.

COACHING QUESTIONS:

How could you get the ball back to the coach faster?



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<https://youtu.be/UdXDD5E8bb0>

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NOTES:



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ACTIVITY: LAVA PITS (PAIRS GATES)

AGE: U8 **TIME:** 10 MINUTES

ORGANIZATION:

Set up several small cone goals ("lava pits") within a defined area. Players are paired up together. Each pair has a ball.

ACTIVITY:

Each player within a pair must pass the ball to their partner through the lava pits. Players are asked if they would step through a real lava pit. Their responses lead the players to be conditioned to only pass the ball through the lava pit, but to not run through it.

VARIATION(S):

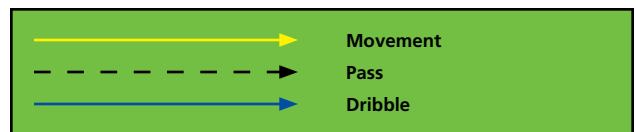
- Once the players understand the activity, they are asked to count the number of lava pits through which each pair passes in a 30-second time limit. Play several rounds, keeping track of scores in each round.
- Partners must pass through each gate before going through the same one again.
- Introduce defending by having the coach stand in front of a goal, and rotate goals. Allow only certain types of passes: inside, laces, etc.

COACHING POINT(S):

- Proper passing technique.
- Communication.
- Proper receiving technique to set up the next touch.

COACHING QUESTIONS:

- How can you pass through more pits within the time limit?
- Did a pair improve upon their previous record?



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ACTIVITY: 4 Gates & 4 Goals

AGE: U8 **TIME:** 15 MINUTES

ORGANIZATION:

Divide into 2 teams of 3-4 players each. Place 4 small goals on a 30x30 yard field.

ACTIVITY:

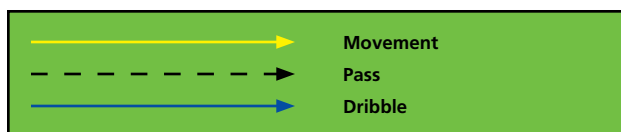
The coach, who maintains a pile of balls at his feet to keep the game flowing, plays the ball into the field. Teams try to score by passing the ball through any of the 4 goals. Coach will open a certain goal for a short time, then close the goal and open another goal to score.

VARIATION(S):

Use parents as goal stops. A parent will only open each goal for a short time. This will force the players to find the open goal.

COACHING POINT(S):

- Vision: keep head up to find the open goal.
- Communication.
- Proper passing technique.
- Proper support and shape.



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ACTIVITY: 4V4 GAME

AGE: U8 TIME: 25 MINUTES

ORGANIZATION:

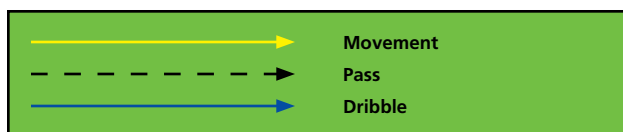
Play 2 teams of 4 players each and 2 small goals.

ACTIVITY:

Teams play 4v4 soccer without goalkeepers.

COACHING POINTS:

Teamwork, passing, support, creativity.



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