



Training Game U-8 Players

Musical Balls

Skill: Dribbling

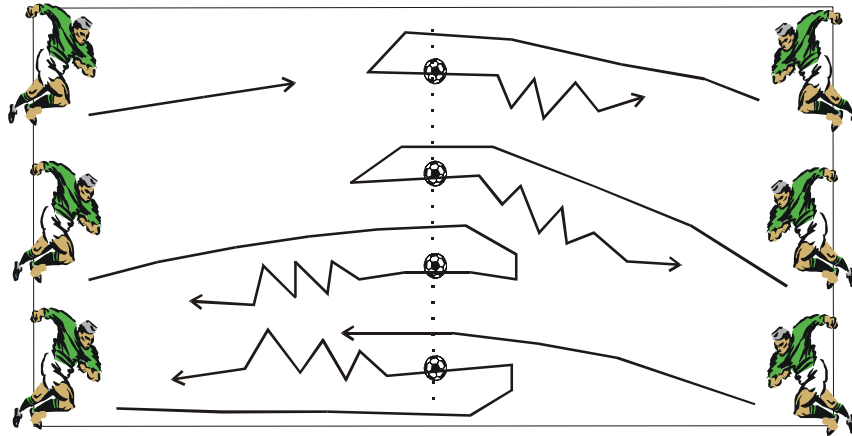
Number Of Players Required: Full U-8 Team

Equipment: 6 – 8 soccer balls and 6 cones

Grid Requirement: A 25 X 40 yard grid

Organization: Using cones layout a 25 X 40 yard grid, divided by a midline. Divide the team into two equal groups and place one group on each endline, facing the center of the grid. Place balls along the midline (two fewer than the number of players).

How The Game Is Played: The coach will yell, “go”. Players from both sides rush to the midline and compete for possession of a ball and attempt to return to their endline by dribbling. The players who did not get a ball will try to steal a ball from someone from the other team and return it to their endline. Game is over when all the balls have been dribbled and are stopped on an end line. Play the game 5 times.



Variations: Keep reducing the number of balls and player (those who didn't get a ball) so that the last round is 1 v 1 with one ball on the midline.