



Training Game U-8 Players

Find the Number

Skill: Dribbling

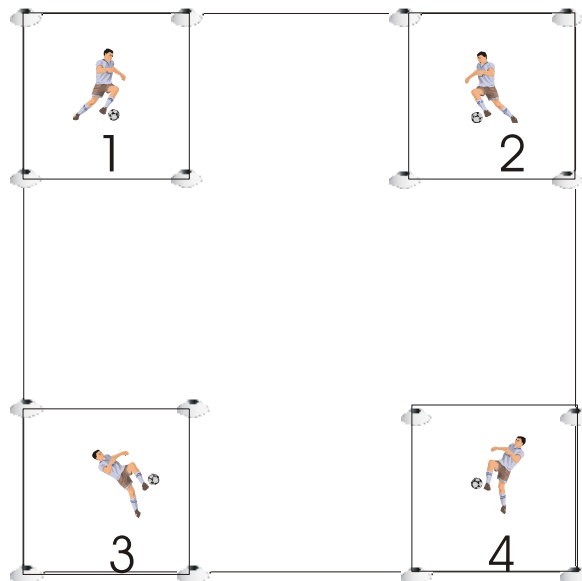
Number Of Players Required: Full U-8 Team

Equipment: 12 or more cones to mark a grid and 1 soccer ball per player.

Grid Requirement: A 30 X 30 yard grid with 5 X 5 yard grids in each corner of the large grid.

Organization: Using cones layout a 30 X 30 yard grid with 5 X 5 yard grids in each corner of the large grid. Place one or two players (depending on the # of players you have at practice) in one of the corner grids, each with a soccer ball.

How The Game Is Played: The coach will designate a number 1 – 4 for each of the small grids. Each small grid will have at least one player who will be randomly dribbling within the grid. The coach will yell a number 1-4 and all players will dribble as fast as they can to the grid number that was called. The player who was playing in the grid that was called must dribble to any one of the three grids that are now empty. First player to the new grid wins. The coach assigning starting grids for all players restarts game.



Variations: None