

More Fun Games for 8 and Under

DRIBBLING:

Four Square – Set up 4 cones in a square approximately 10-15 feet apart. Line up the players one each side of the square equally (if there are 8 players then 2 per side) with each having a soccer ball. When the coach says go the player dribbles across the square to the other side while trying to avoid the cross traffic. Once to the other side they turn around and go back to the original side they started (have them practice different turn arounds). They continue back and forth until they reach 10 with each side reached equals one. This helps the players learn to dribble in traffic.

Dribble/Pass Relay – Set up 2 cones about 15 feet apart. Can set up 2 or more sets of the 2 cones side by side with each set having a small line (~3 players) of players. After the coach says go the person at the front of the line will dribble to and around the other cone. Once around the other cone they can then pass back to the next player at the beginning of the line then run to the end of the line. The next player will then dribble around the cone and pass back to the next player. Each player will go twice. Can make the players turn to the left or right to change which feet they have to use to turn around the cone.

Get out of Here – Use the micro soccer field. Set up two lines of players (can use a cone to identify the two lines) on one side of the field about 5 feet on either side of the midfield line. Also put one cone about 10 to 15 feet in front of each line. The coach has all of the soccer balls and stands between the two lines of players. When the coach says “go” the player at the front of each line runs toward the cone in front of them and goes around the cone. The first player around the cone the coach will roll the soccer ball to. The player with the ball will then try to score in the goal opposite of them. The player without the ball becomes the defender.

PASSING:

Pass Through Gates – Line up the players across from each other about 10-15 feet apart with each player having an partner (spread the lines out so they aren't right next to each other). Place two cones (gates) in between each pair of players with the cones about 2-3 feet apart. Have the players pass/trap between each other through the gates keeping track of how many times they make it through the gates. Time them for about a minute then have them say how many they made at the end of the time. Focus on technique of inside of the foot passing with the planting foot pointed where they want to pass.

Triangle – Set up 3 cones in a triangle approximately 10-15 feet apart. 4 players will be on each set of 3 cones. Have one player on each cone with an extra player with the soccer ball start on one of the cones (so one cone will begin with 2 players). The player with the ball passes to the adjacent cone (can try going both directions) then runs to that cone. The player

at the cone receives the ball then traps/passes to the next cone. After passing the players run to the next cone the wait and be ready for the ball to make it around the triangle.

Spread Out – Set boundaries by either using ~half of the micro soccer field or use 4 cones to define an area ~25' by 25'. Split 6 or 8 players into 2 teams of 3 or 4. Identify one team by using pennies. This game is best taught using hands to pass the ball like basketball. One team will start with the soccer ball. The player with the ball must stay stationary and pass the ball to an open teammate using a throw in pass. The receiving player then must be stationary and find another open player. After passing, the passer should be encouraged to run to an open space to receive the next pass. The defensive team should be encouraged to guard a player and intercept a pass. If the defensive team intercepts the ball they will then be the passers/receivers. When the players become more advanced coaches can switch to using the feet to pass. This teaches the players to pass to an open player (versus one that is guarded) and moving on offense to open space without the ball. It also teaches guarding a player on defense.

Two Touch Pass – Set up 3 cones in a line about 6 feet apart from one another. 2 players will use each set of 3 cones. One player will be on each side of the cones on opposite ends of the cones. The first player will “push” the ball forward past the middle cone the pass between the cones to the other player. The second player will “push” the ball forward past the middle cone the pass between the cones to the other player. After the players pass the ball then need to back pedal to be ready for the pass back from the other player.