

U8-U10 Activities

<b><u>Name:</u></b>	<b><u>Description:</u></b>	<b><u>Progressions:</u></b>	<b><u>Skills:</u></b>	<b><u>Distancing Modifications:</u></b>
<b>Around the World</b>	Set out four or five cones on the perimeter of a large area. Ask the children for names of towns in their area. Assign each cone a town name. As the players dribble in the area the coach calls out a town name and the players must dribble around that cone and then return to dribbling in the area.		Dribbling, Stopping, Movement in Traffic	alter: set out as many cones as there are players, only one person per town
<b>Bingo</b>	A number of tall cones are distributed throughout the field. Two coaches are replacers. Each player has a ball. The players dribble around and try to knock down as many cones as they can, yelling "bingo" as they do so. The coaches stand the cones back up immediately. What can get the most bingos?	Coach specifies how the players must kick the ball (inside, outside, left, or right foot)	Dribbling, Kicking, Movement in Traffic	replace with bowling
<b>Coconut Shy Game</b>	Everyone pairs up and stands 6 ft apart from each other. One of the players needs a ball. In between the players is a ball on top of a disc cone. The players pass the ball back and forth trying to knock the coconut (ball) off of the cone. The person who knocks the ball off the cone puts it back on while the other person retrieves the game ball.	Coach specifies how the players must kick the ball (inside, outside, left, or right foot)	Kicking, Accuracy	none needed
<b>Cross the Bridge</b>	Divide the players into two groups, one on each endline of the field. Mark the centerline with a flag on each sideline, this is the bridge. On the coaches command the teams switch places, dribbling across the bridge. Which team can switch places the fastest?	Slide the cones towards the centre of the field to make the bridge shorter. Add a bridge keeper to kick balls away	Dribbling, Movement in Traffic	mention 2 bridges, each one way, stay 6 ft apart as they are crossing
<b>Cross the Ohio River</b>	The players go boating (run) from one shore (a line) to another shore. In the river between there are piranhas (start off with two) that try to tag the boaters. If tagged, the boaters either become a piranha as well or the two can switch places.	Add a ball for the players.	Dribbling, Movement in Traffic	I wonder if coaches could be the piranhas, as coaches are temporarily allowed near children
<b>Dog and Master</b>	Each player (master) dribbles with a ball (dog). The coach calls out various commands: Keep him on a short leash (dribble keeping the ball close), the dog runs away and then is caught by his master (kick ball and run after it, catching it before it stops rolling), run with the dog, walkers swap dogs, etc.		Dribbling, Kicking, Stopping, Movement in Traffic, Passing	Add in one direction and spacing.
<b>Driving my Car</b>	Everyone is driving their "car" around making engine noises, coach tells players when to switch into first gear (slow), 2nd gear (little faster) and 3rd gear (real fast)	Add turns and hit the brakes	Ball Movement	Add in one direction and no passing cars.
<b>Edge of the World</b>	Each player gets a ball and stands on one sideline of an area. The objective is for everyone to pass their ball so that it stops as close to the other sideline as possible. If the ball goes past the sideline it falls off the edge of the world. Players get points for getting their ball within 3 feet of the line without going over.	Coach specifies how the players must kick the ball (inside, outside, left, or right foot)	Passing	

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<b>Follow the Grasshopper</b>	Follow the grasshopper (coach) 20 secs, let each player lead for 20 secs.	Add balls	Movement	Add in no passing each other, keep distance.
<b>Goal Chase</b>	The coach sets up several small goals or gates (two cones a yard apart) inside a larger area. There should be at least one or two more gates than there are players. Have the players start running around; on the coaches signal the players try to run through as many gates as possible, keeping track of how many. Play for 30 seconds at a time.	Each player has a ball	Dribbling, Movement in Traffic	Take out the chase, just make it gates or tunnels or something
<b>Goofy Stop and Go</b>	All players dribble their ball in the grid. When coach says, "STOP!", players must stop their ball and freeze in a goofy position		Dribbling, Stopping, Movement in Traffic	Add in keep distance
<b>Island Game</b>	Use cones to set up small islands (small squares) in a large playing area. Have everyone dribble around in the area. On the coaches signal everyone must dribble with speed to an island; however, only two people are allowed per island. The players who get to the island get a point. Play to see who has the most points.	Add balls	Dribbling	Heads up and go around each other
<b>Mirror Man</b>	Add ball for each player and coach. Role ball from side to side using sole of foot. Move ball back and forth using sole of foot. Dribble ball to left using inside of right foot. Dribble ball to right using inside of left foot. Drag ball backwards using sole of foot. Dribble ball forward using inside of foot. Always stop the ball before moving onto the next direction.	Players face the coach. As the coach moves, so must players, as if to looking in a mirror. Move left, right, back, forward.	Dribbling, Listening	Add keep space
<b>Moving Targets</b>	Everyone has a ball and is dribbling in an area. Two coaches hold a practice vest between them, forming a goal. The players must try to kick their ball through the goal. However, the coaches should move around into open space so that the players have to dribble around and kick their ball through a moving target		Dribbling, Kicking, Movement in Traffic	Need to change up a bit
<b>Ouch</b>	Each player has a ball. The coach jogs around in a rectangle and the players try to kick their ball so that it hits the coach. The players get a point each time they hit the coach. The coach should yell "ouch" each time they are hit to make the game more exciting.	Specify how the players must strike the ball (right foot, left foot, inside or outside)	Kicking	Add in players stay in one spot
<b>School of Fish</b>	All players have a ball. Four people that may be coaches and/or parents each go on a side of the square. The parents/coaches are instructed to raise their arms, one at a time and when the players get close to them, put their arm down in which another parent/coach may raise their arm up. The players are instructed to dribble towards the arm that is up.		Dribbling with head up, Changing Direction, Ball Control	none needed
<b>Shadow Running</b>	Everyone has a pair again. This time, one person moves around in an area while the other tries to shadow them, doing everything they do. Play for 20 seconds at a time and then switch players leading.		Kicking, Dribbling, Following, Stopping	Add in keep distance.

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<b>Sharks and Minnows</b>	The minnows have a ball and line up at one end. Two players are the sharks and are positioned 1/2 way across. On the coaches command, the minnows must dribble their ball through the grid and get to the other side without getting their ball stolen or kicked away by the sharks. If a player loses their ball while crossing, he/she becomes a shark.		Dribbling, Decision making, change of speed and direction.	Change to Big Kicks and the minnows just do a running kick in their own area. The sharks have to stay in their area and try to get the ball. Spread out.
<b>Soccer Golf</b>	Set up a golf course in the area and have the players "golf" in pairs. In order to complete a hole the players could be asked to pass their ball into a corner flag or to make the ball stop in a small grid.		Kicking, Accuracy	Add in keep distance.
<b>Soccer Marble</b>	Everyone needs to be in pairs with a ball for everyone. One player kicks their ball and the other player tries to play their ball and hit the first ball while it is still moving. If the person misses the first person quickly goes to their ball and tries to play it to hit the second players ball.	Coach specifies how the players must kick the ball (inside, outside, left, or right foot)	Kicking, Accuracy	Add in keep distance.
<b>Steal the Bacon</b>	Set up a square and have one player stand at each corner. A supply of balls should be in the middle of the square. On the coaches command the players must run to the middle and grab balls with their hands and take them back to their corner.	Players must dribble the balls	Movement in Traffic, Dribbling	Alter somehow
<b>Torpedo</b>	Have the players form two teams and face each other. Everyone on one of the teams needs a ball. Two coaches should pass the ball between the two teams. The players with the balls try to pass their ball(torpedo) to hit the ball the coaches are passing. If the player misses, the person across from them collects the ball and tries to hit the coaches ball on the next pass.	Coach specifies how the players must kick the ball (inside, outside, left, or right foot)	Kicking, Passing	Just spread out
<b>Traffic Officer</b>	Set up four small grids in a large area. Have a group of players running around in each grid. The coach (traffic office) stands in the middle of the large are and directs the traffice where to go.	Add a ball for each player. Send multipy groups to same grid.	Dribbling, Movement in Traffic	Alter to have players go same direction, follow the leader pattern.
<b>Tunnel Passing</b>	One player spreads their legs to form a tunnel. Two other players pass the ball back and forth through the tunnel. Have players count how many times they can each pass through the tunnel in 30 seconds.	coach specifies how the players must kick the ball (inside, outside, left, or right foot).	Passing, Stopping, Accuracy	Add hoola hoop
<b>Tunnel Soccer</b>	Each player has a ball. The coach has no ball but moves about the field with the players. From time to time the coach stops and spreads their legs to form a tunnel. The players dribble after the coach and try to shoot throught the tunnel whenever the coach stops. After three shots or so the coach moves on again. Who can score the most points in one minute?	Coach specifies how the players must kick the ball (inside, outside, left, or right foot)	Dribbling, Kicking, Movement in Traffic	Add in Hoola Hoops work well for tunnels.