

Date \_\_\_\_\_ Time \_\_\_\_\_ Field \_\_\_\_\_ Age Group U6-U8

# Players: \_\_\_\_\_ Duration \_\_\_\_\_ Equipment \_\_\_\_\_ Bibs ✓ \_\_\_\_\_ Balls ✓ \_\_\_\_\_ Water Bottles ✓ \_\_\_\_\_ Pumps ✓ \_\_\_\_\_

Primary Objective: Dribbling 2

Secondary Objective:

15

**Activity 1**

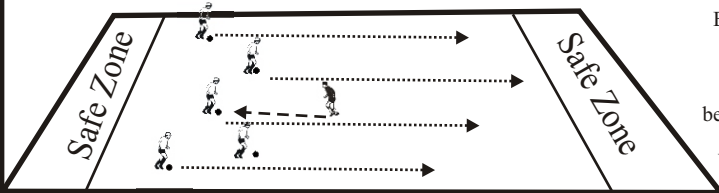
**Pirates**

**40x30 Grid**

All players with a ball

Key Factors

- 1) Keep the ball close to you
- 2) Small Touches
- 3) keep heads up



Each player with a ball. All the player start in a safe zone.  
 Their objective is for the players to reach the opposite safe zone without being tagged by the pirate in the middle.  
 If they are tag they become pirates.  
 Who is going to be the last survivor?  
 Change roles

15

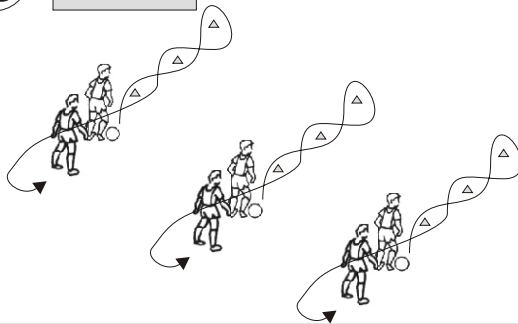
**Activity 2**

Dribble around the cones

**Groups of 2**

Key Factors

- 1) Keep the ball close to you
- 2) Small Touches
- 3) keep heads up



Each group will have a ball and 3 cones set up in front one meter apart.  
 The first player start to dribble around the cones and back to the starting line, followed by a 2nd players and so on.  
 Both feet  
 Right foot only  
 Left foot.

Competition  
 Race

15

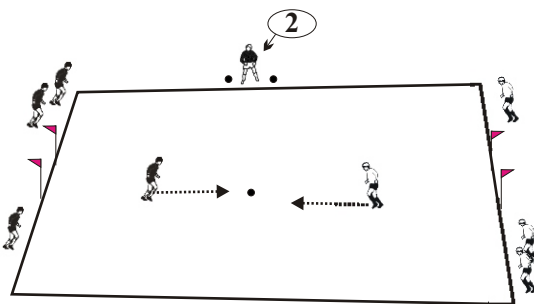
**Activity 3**

**Numbers game**

**Grid 25x20**

Key Factors

- 1) Keep the ball close to you
- 2) Small Touches
- 3) keep heads up



The group is divided in 2 groups. Each player of each team is given a number.  
 Players sit at the end line of the field. The coach positioned in the middle will call a number, at which time the corresponding players of both teams will get up and challenge for the ball to score a goal.

Which team score more goals in X time?

15

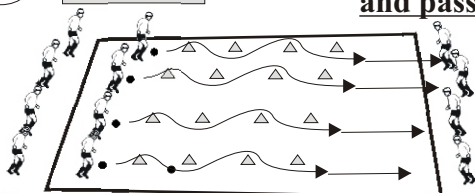
**Activity 4**

Dribble around the cones 2 and pass

**Grid 30x25**

Key Factors

- 1) Keep the ball close to you the cone
- 2) Inside of the foot pass
- 3) Body behind the ball



Players are lined up in group of 3. First player with the ball dribbles around the cones and passes the ball to the opposite play. The receiving player does the same.

Instructions  
 Inside foot both feet/right/left foot  
 Outside foot both feet/right/left foot

Competition  
 Team race

20

**Mini or Maxi Game**

**3v3 +2 Keepers**  
 on a 25x35