

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

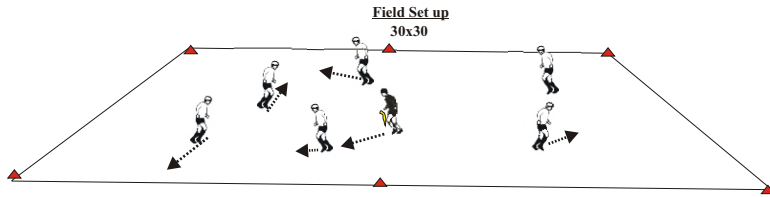
# Players: \_\_\_\_\_ Duration: **80m** Equipment \_\_\_\_\_ Bibs \_\_\_\_\_ Balls \_\_\_\_\_ Water Bottles \_\_\_\_\_  
 Pumps \_\_\_\_\_

Primary Objective: **Shooting 4** Secondary Objective: **Coordination**

**15** Activity 1

**Tag Game**

**Set Up**



Players are restricted in a 30x30 grid.  
 One player is IT.  
 He will carry a bib and will try to tag the players inside the grid.  
 If a player is tagged, She/he will have to stop and put their hand on top of their heads.

How much time before every player is tagged?  
 Last player tagged becomes IT or Takes a rest.

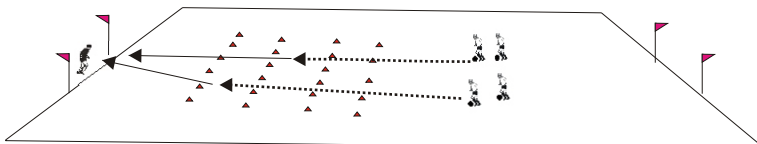
**Variations**

- 1) Use more than one player to be IT.
- 2) Allowed tagged players to be freed by teammates by having them crawl under their open legs.

**15** Activity 2

**Set-up**  
**33x20**

**Key Factors**



Each player will dribble the ball in sequence to the area closest to the keeper and takes a shot.  
 If he scores, he will take the next shot from the next area closest to the keeper., if he does not score he will keep on taking shots from the same area.  
 The player the score first from the area furthest away from the keeper wins the game

- 1) Part of the foot
- 2) Eyes on the ball
- 3) Follow thru

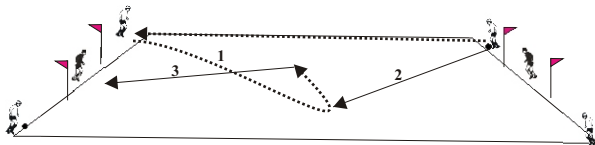
**15** Activity 3

**Pass, Receive, turn, and shot.**

**Set Up**

20x15 yards  
 Goal size 5 Yards

**Key Factors**



Set up as shown in the graph.  
 1) This player makes a run to the middle of the grid  
 2) this player passes the ball  
 3) Player 1 controls the ball turns and takes a shot

Same sequence from the opposite side  
 1 will go to 2 position

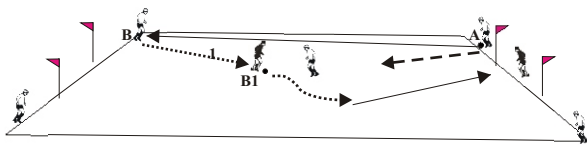
- 1) Part of the foot
- 2) Eyes on the ball
- 3) Follow thru

**15** Activity 4

**1v1+2 keepers**

**Set Up**  
**Same set up**

**Key Factors**



Player A passes the ball to B, and challenges.  
 B receives the ball and tries to take a shot on goal.  
 Players switch positions

**Variations**

If defender wins the ball can score on opposite goal

- 1) Part of the foot
- 2) Keep close to the ball
- 3) Follow thru

**20** Mini or Maxi Game

**3v3+Keepers** on a 25x35 .  
 Coach to encourage taking shots on goal