

SCAN
ME

Age U 8

Time 60 min.



Dribbling Warm Up

Time 10 minutes

Setup

Field/space 20x20 +-

Pick 2 players to start as the Blob

The Blob holds hands and moves to steal the players balls.

Mini Blobs can separate when every Blob has at least 2

Coaching Points

Just have fun

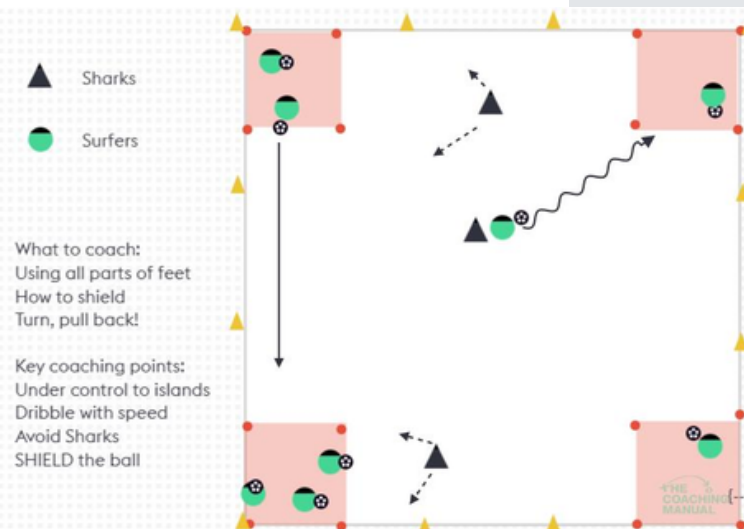
The Blob should communicate and say who they are going after!

Game ends when everyone is caught by the Blob

Water Break

Sharks vs Surfers

Teamwork and Communication



Time 10 minutes

Setup

Field/space 20x20 +-

All players should have a ball

4 Corner Squares

Kids are the surfers trying to get from safe zone to safe zone

Coaches are the sharks

Coaching Points

Keep the ball close

Shield your ball, protect it from the sharks and get to a safe zone

What turn can you use to turn away from the sharks?

Shielding with Partner

Time 10 minutes

Setup

using a ball in the middle of a grid a player defends (shields) the ball from a partner

This is a fun competitive drill

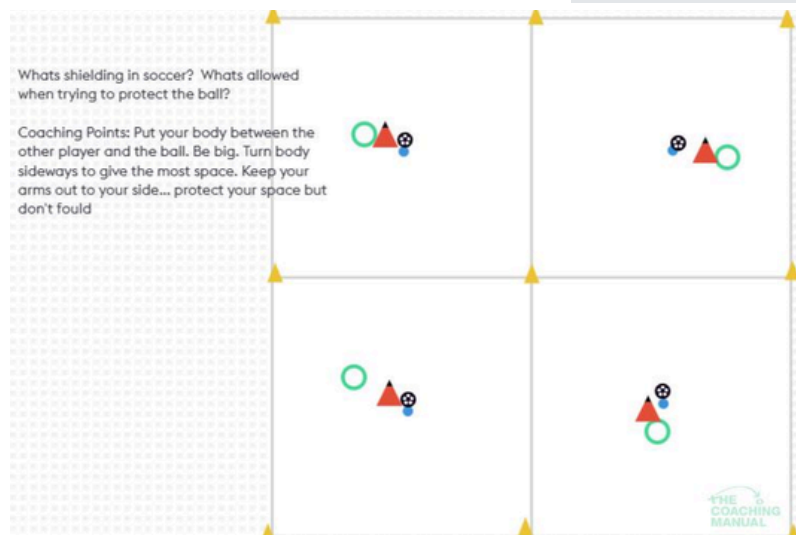
This is a fun competitive drill

Coaching Points

Body sideways

Arm out and down to side protecting the ball

Knee/chest over ball



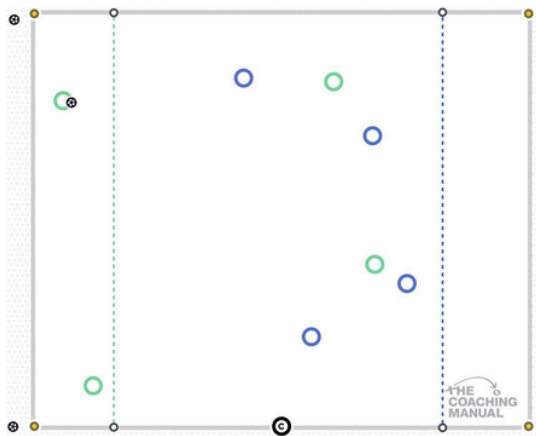
Practice Plan: Shielding

Age U 8

Time 60 min.



Water Break



Passing Into The Endzone

Time 10 minutes

Setup

Field should be 20x20 with endzones to play into

Equal numbers on both teams

2 coaches can run this but having 3 makes it better. 1 playing the ball in and 1 in each endzone to receive the ball

Progression

Play two balls in at one time. Use this to get a player who may be struggling to find success

Coaching Points

Quickly get your eyes up and find a teammate or a coach to pass to

Endzone coaches should move side to side and call for the ball at the right time

You cannot dribble into the end zone to score it must be a pass

Shielding Definition

Shielding the ball is when a player in possession places their body as a barrier between the ball and the opponent. The player literally uses their body as a “shield” to keep possession of the ball and make it harder for the opponent to steal.

Game Time

Remind Players to Shield

Time 20 minutes

