



U7, U8 Dynamic Activities

Free Dribble	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> • Each player dribbles a soccer ball in a 15x20 yard grid. • Players should use as many surfaces of their feet as they can. • Coach will prompt players to work on change of speed, direction, quick feet and simple turns. 	<ul style="list-style-type: none"> • Players can be challenged to use different surfaces of foot. • Players must dribble with their head up. • Encourage players to try something new.
	<ul style="list-style-type: none"> • Each player with a soccer ball in a 15x20 yard grid. • Coach sets up several gates. (different colored if possible and 1 gate per player) Players dribble through one gate then find another gate to dribble through. • How many gates can the players dribble through in 30 seconds? • During round two, players have to try to dribble through one more goal than previous round. 	<ul style="list-style-type: none"> • Players go slow when close to gates and accelerate in open space. • Dribble with head up to find next gate.
	<ul style="list-style-type: none"> • Each player dribbles a ball in a 15x20 yard grid. • When coach say, "Hit the Dirt," each player must touch his chest to the ground. • When the coach says "UP," all players get up quickly and resume dribbling. 	<ul style="list-style-type: none"> • Agility and flexibility • Anticipation • Movement education <p>*Variation: Players can go down to the ground and back to their feet as quickly as possible.</p>