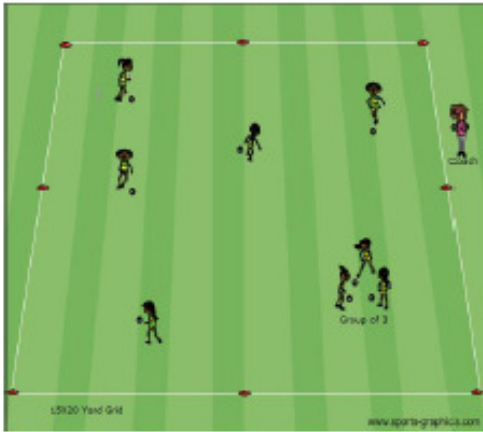



U7, U8 Dynamic Activities

Math Dribbling	Activity Description	Coaching Objective
 <p>15x20 Yard Grid www.sportsgraphics.com</p>	<ul style="list-style-type: none"> • Each player dribbles their soccer ball in a 15x20 yard grid. • When the coach calls out a number, the players must get into a group with that number of players in it. (if the coach calls out "3", the players must get into as many groups of 3 as possible) • If some of the players are not able to form a group of 3, they will have to do a goofy activity such as dance around their soccer ball. • The coach can also call out: 1+1, 4-1 or any other variation. 	<ul style="list-style-type: none"> • Dribbling technique • Cooperation, listening, anticipation and math skills.
 <p>Two 10x10 Yard Boxes www.sportsgraphics.com</p>	<ul style="list-style-type: none"> • Coach sets up two 10x10 yard boxes about 5 yards apart. • Coach divides the players into groups of 4. • 4 players start in each box with 1 soccer ball. • On the coach's command, the players begin to pass the soccer ball to their team mates within their box. • Coach can have the 2 teams race to see who can get 10 passes the fastest. • Now, when the coach calls switch, the 2 groups of 4 must switch boxes with their soccer ball. • The teams continue to pass in their new space. 	<ul style="list-style-type: none"> • Passing Technique • Speed and weight of passes • Player's ability to pass or dribble through traffic <p>*Variation-Players can dribble between boxes</p> <p>Players must pass between boxes</p>