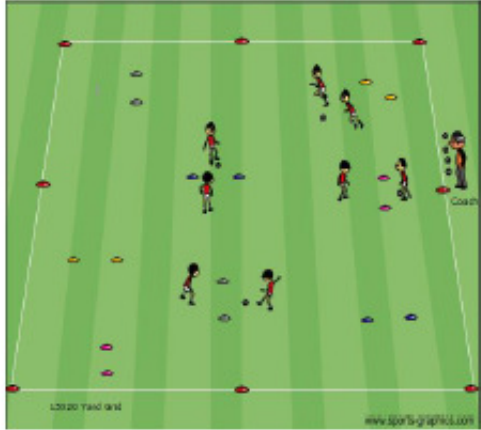
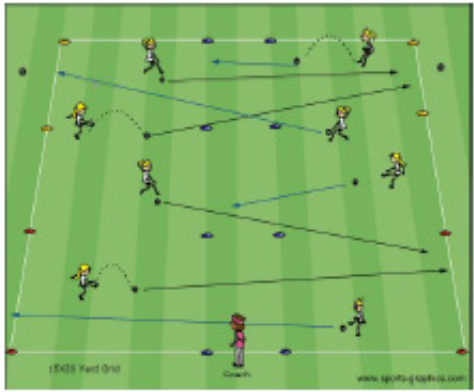




U7, U8 Dynamic Activities

Gates with Partners	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> • Same set up as Gates Dribbling • Coach divides players into groups of 2. • Each pair of players starts at 1 gate. • Players pass the soccer ball back and forth at the same gate. (no more than 2 minutes total) • Now players have to make 1 pass through a gate and to their partner for a point. • Players move to a different gate to repeat the same pass for another point. • How many goals (points) can you score in 30 seconds? • In the next round, each group of 2 tries to beat their score by at least 1. 	<ul style="list-style-type: none"> • Sharing the ball with a teammate by passing. • Very brief passing technique, i.e. using the inside of their foot. • Working as a team to get to the next gate together.
	<ul style="list-style-type: none"> • Each player with their soccer ball in a 15x20 yard Grid with 2 big goals on each end line and a 4 yard neutral zone in the center. • Coach divides ½ the players on one side of the neutral zone and the other ½ on the other side of the neutral zone. (Coach can clear balls from neutral zone) • Both teams try to score on either of the other team's goals. • After a player shoots her soccer ball, she can get any other soccer ball in her ½ of the field and try to score again. 	<ul style="list-style-type: none"> • Basic shooting technique, i.e. where to strike the ball and what part of the foot to use. • Simple decision making by looking for the open goal. • Lots of shooting repetition. Shoot every time they find a ball.