




U7, U8 Dynamic Activities

Team Doctor-Doctor	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> • Coach sets up a 15x20 yard grid with 2 4x4 Hospital. 1 near each end. • All players except the Doctor have a soccer ball. • The coach divides the players into 2 teams (Doctors are neutral) • 1 team is tagging and the other team tries to get away. • The tagging team can hit a player with their soccer ball below the knees. • If a player get hit, they must hold their soccer ball over their head so the doctor knows to help them. • Any player who is hit can be saved by the Doctor's touch. • If either Doctor gets hit below the knees, game over. • Doctor is safe in either hospital but must come out to save their patients. • Each round last for 1 minute. Switch Doctors every 2 rounds. 	<ul style="list-style-type: none"> • Agility • Dribbling and Kicking technique • Simple Decision making