

“Striking the Ball” U8 and U-10

Coaching Points: **Ankle Locked, Eyes on the ball, Instep:** toe down, snap at knee, strike ball with shoelaces, **Inside:** toe up, strike from middle to heel of shoe, **Outside:** toe down and in, balance foot a bit wide

Warm-Up

Tag Game-Clone Tag- Inside a small area, players with the ball are it. Players without a ball run around and try to not get tagged with a ball. Players that are “it” run with ball and must tag players with the ball in their hands. Players who are not “it” are safe from being tagged if they stand back-back with someone else who isn’t “it”. “Clones” are only allowed to stand back to back for 3 seconds. The purpose for playing tag is to get their legs going and for fun. **Another variation** is to have the players that are “it”, throw the ball off of their foot (laces of shoe) and try and hit someone. Foot stays on ground and player throws ball off top of foot and ball pops up and hits player.

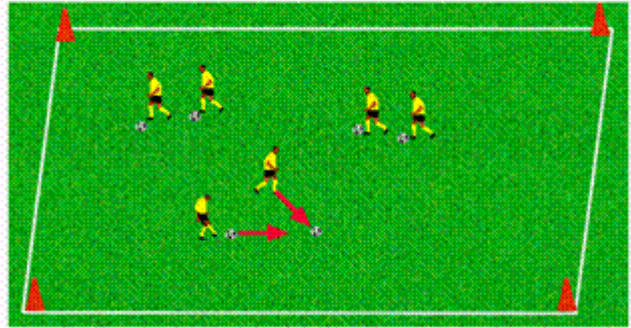
1st Activity “Moving Marbles”

All player s have a ball and are inside a playing area. Each player tries to pass and hit another players ball while they are moving. If they pass and hit someone else’s ball they get a point. **Variation:** Divide into two teams. One team is trying to hit the other team’s ball. One team is designated as the passing team, the other is the dribbling team. After time, they switch roles. Play 3 rounds and see which team has the most total amount of hits.



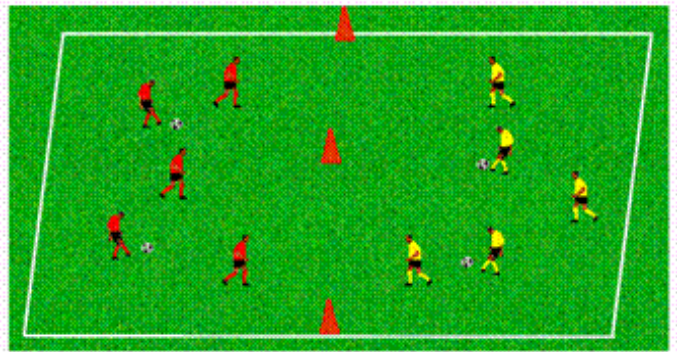
2nd Activity-“Duck Hunt”

Players get into pairs. Each player has a ball. One person is in front of the other like “follow the leader”. The person in front dribbles anywhere, but cannot lose his/her partner who is following right behind with a ball. When the coach says “pull”, the person in front passes their ball to the side and the person behind has to pass immediately and try and hit the ball that was just passed. If a ball is hit then a point is scored. Players switch roles after 3 times. Variation is to allow players in front to decide themselves when they pass a ball out instead of listening to the coaches’ yell.



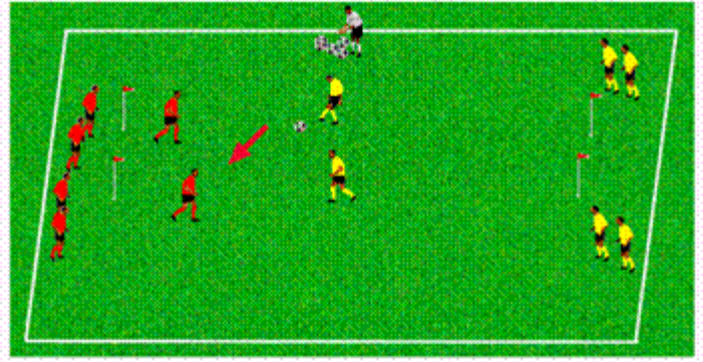
3rd Activity-“Junkyard” Soccer

Divide team into two teams. Each team goes to a half. Use an odd number of balls, like 5. The objective of the game is to strike the ball into the other team’s yard. Each team wants to have a clean yard when the coach calls time. The team that has the fewest balls on their side when time is called gets a point. Play to a certain amount of points or for time. **Variation:** Give each team a point every time they can strike the ball past the back line of the playing area. **Another variation** is to require a pass to be made to a teammate before the ball can be struck back to the other half.



4th Activity-Number Shootout

Two teams each take a place behind the goals. The coach will yell out a number of players and a direction like “2 Right”. Two players from each team run by the right side of the goal and then come in. The coach can call any number and direction. After the coach yells out a number and a direction, they roll in a ball for the players. Play for time or a certain amount of points. Players should be looking for the earliest chance to strike the ball towards goal.



Concluding Activity-4v4 “Millionaire Soccer”

Play is 4v4 or small numbers and players get a million points for every goal that is scored! Have balls on the side of the field to keep the game going or behind the goals. Coach could be on the side playing balls in as soon as a ball goes out. The field is shorter than normal so that players are encouraged to shoot.

When finished-Celebrate their success!

