



Training Game U-8 Players

Shoot for the Shoes

Skill: Throw-In

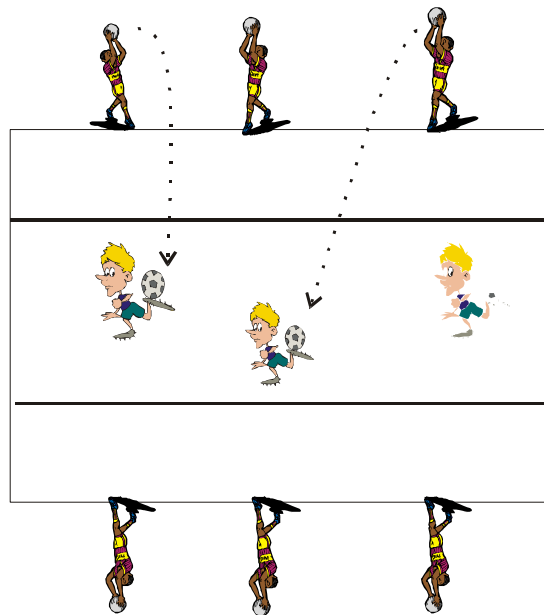
Number Of Players Required: Full U-8 team

Equipment: 20 or more cones to mark the grid, 1 ball for each player.

Grid Requirement: 15 X 20 yard grid

Organization: Create a 15 X 20 yard grid marked with cones. Create three groups of three players (depending on the number of players on the team). Using cones, mark a rectangular grid 15 X 20 yards, divided the grid into three zones. Place one group of players at the top of the grid each player with a soccer ball (throwers), one team in the center area of the grid (targets), and the last group on the other end of the grid (throwers).

How The Game Is Played: The coach yells, "go". Throwers attempt to hit targets in the feet (for sure below the waist). All throw-ins must be legal. Targets can move anywhere in the central grid. Players on the opposite end collect balls not hitting a target. A target player who is hit with a legally thrown ball returns the ball to one of the throwers and play continues. One (1) point for each hit below the waist, deduct a point for illegal throw, first team to ten (10) wins. Play three rounds.



Variations: None