



Training Game U-8 Players

The Race

Skill: Dribbling/Passing

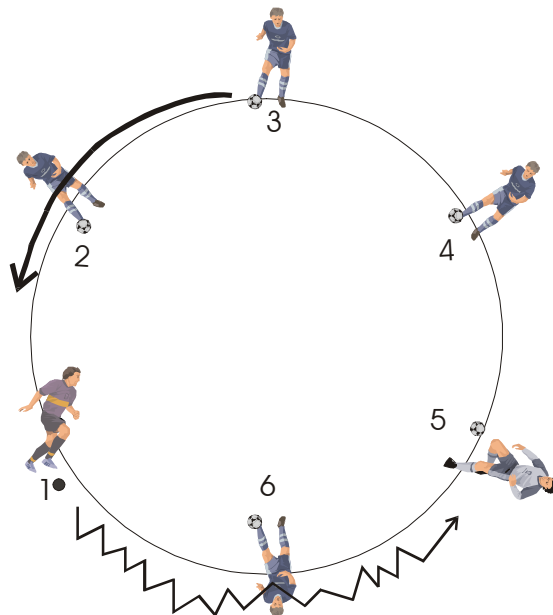
Number Of Players Required: Full U-8 Team

Equipment: 12 or more cones to mark the grid (circle) and 1 soccer ball per player.

Grid Requirement: A circle 20 to 30 yards in diameter.

Organization: Using cones layout a circle 20 to 30 yards in diameter. Number all players 1 – 10 (depending on the number of players at practice). Position all players on the perimeter of the circle.

How The Game Is Played: The coach will call a number and that numbered player will immediately start dribbling counter clockwise around the grid. The player that is one number removed from the number that was called will leave his or her ball in place and will immediately pursue the number that was called trying to tag the called player before he or she reaches his/her starting position. So if the number 1 is called, #1 dribbles and 3 chases.



Variations: Change the size of the circle as needed. Change the chaser to be two numbers removed from the number that was called if needed to gain required results. Have both players dribble.