



Fun Five Series

Activities for 7/8 age groups



Purpose



- These five fun activities are geared for the U7/8 age groups.
- These are five activities that all coaches should utilize this season at least once.
- Guided Discovery section is also included so coaches know what types of questions to ask the players to enhance their learning.
- Have FUN!



"Gates"



Directions:

Players pair up and share one ball. Small goals or "gates" are made throughout the playing area. The players are instructed to pass the ball through each gate to their teammate who is on the other side.

See which pair can pass through the most gates.

Part II-Have a coach/parent walk around and "block" a gate. If a gate is blocked then the two can not go through.

Part III-Have a pair play against another pair. The way to score a point is to pass the ball through the gate but the other team can steal the ball.

Guided Discovery:

Ask the players what part of their feet should they use when making a pass to their teammates? (inside or outside of their foot)

Ask the players how they can pass through more gates quicker? (by passing the ball as soon as they seen their teammate is ready on the other side.



“Moving Goal in Pairs”



Directions:

Players pair up and share one ball. The coach uses an assistant to help him/her walk around with a “goal” in between them. Pool noodles are good to use for this activity. The two players dribble their ball and try and score a goal while the moving goal is going around the playing area.

Rule: A player can not score more than two goals in a row. This will encourage them to share the ball with their teammates.

Guided Discovery:

Ask the players how can they score more goals?
(keeping our head up, striking the ball as soon as we see the goal)

Ask how should you work with your teammate to score goals? (by spreading out a little bit and not running side by side.)



“Retrieval in Pairs”



Directions:

This activity is great for the warm-up! Players “pair up” and share one ball. One pair at a time they give the coach the ball. The coach then tosses the ball out for the two players to go retrieve the ball and get it back to the coach. The coach gives them a variety of ways to bring the ball back.

Example: Bring the ball back with all four hands on it. Bring the ball back with three hands and an elbow.

Part II-Progress to having the pairs pas the ball back to the coach. Give them a specific number of passes to bring the ball back to you. Move around so the players have to find you.. This activity should replace LAPS!!

Guided Discovery:

Ask the players when you are walking around, how do they find you? (Get their eyes up-not down).

Ask the players what part of the foot can they use when passing the ball to their teammate?
(inside or outside)



“Get Outta Here”



Direction:

Create two teams. Make a small field 20-25 yards long by 15 wide. Make two goals on the ends. Each team lines up next to the coach. Each team sends two players to play against the other team's two. When the ball is scored or it goes out in any direction all four players on the field run off and another two from each team come on. This game moves fast and they LOVE it!

Guided Discovery:

Ask them what should they try to do when they see the goal? (shoot)

Ask them what parts of the foot can you use when you shoot? (inside, outside, laces)

Ask them what should they do if they can't shoot? (get the ball to their teammate so they can shoot)



“World Cup”



Directions:

Three teams of 2-3 players. One team act as the goal keepers. The other two teams play. When a team scores a goal, the other team then becomes the goal keepers. The goal keepers now come on the field and play. The pair that scores three goals first wins the World Cup!

Guided Discovery:

Ask them what should they try to do when the see the goal? (shoot)

Ask them what parts of the foot can you use when you shoot? (inside, outside, laces)

Ask them what should they do if they can't shoot? (get the ball to their teammate so they can shoot)