

U-8 PRACTICE IDEA: "GET EM"

Here is a game which involves both passing and dribbling that is fun and engages players quickly. Also, although primarily an individual exercise that allows for differences in ability level, if the players are ready, it can quickly become a cooperative game where players work together to solve a challenge.

The Game: Each player will need a ball. Player 'A' is "It" and is the only player to start with a ball. All the other players are around the outside of the grided space.

Player 'A' dribbles and tries to hit the other players below the waist with the ball. When hit, that player gets a ball and joins player 'A'.

The game is over when all of the players have been caught.

The last player caught starts with the ball for the next game.

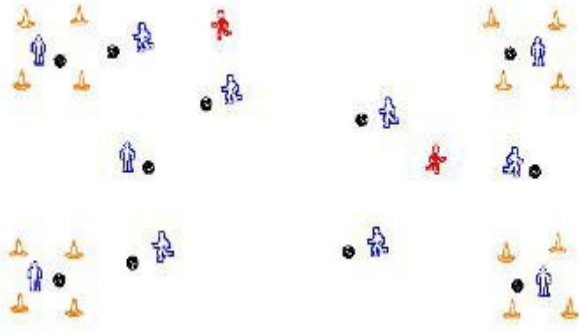
If you think the task will be too difficult for the one player to get another at the start of the game, start with 2 players being "It".

Encourage quick movements and sudden changes of direction to catch players off guard.

Encourage deceptive passing of the ball: look one-way and pass the other; use the outside of the foot.

Players not caught should run, jump, and use zig-zag movements.

U-8 PRACTICE IDEA: "RUNNING BASES"



Here is another game that emphasizes dribbling that is fun and challenging for players. Again, primarily, it is an individual game that could lend itself to small group cooperation if the players are ready.

The Game: Each player will need a ball, except those that have been designated as "It". Players that are "It" need to carry a colored pinnie or flag in their hand.

Players with a ball try to dribble without being tagged. If they are, they exchange places with the "tagger" (The "tagger" hands the pinnie to the dribbler and takes their ball).

Dribblers are safe in one of the designated bases. Only one player is allowed in a base at a time. If a new player enters a base, the old player must leave the base.

Add "taggers" when the players find the game to be easy.

It seems about right to have one base for every 3 players, but, this number can be adjusted either way to make the game constantly interesting.

This game can also be played by only allowing the "tagger" to "get" someone by kicking their ball away, not just "tagging" the person.

Experiment with different combinations of "taggers" and bases to keep the players engaged.