



# U8 - U12 Sessions



**1) Freeze Tag**—Everyone has a ball and coach can pick one or two players who are the Freeze monsters. Freeze monsters (with ball) try and dribble around and tag other players (who also have a ball and are dribbling around). The frozen player must stand still holding their ball over their head. Players can become unfrozen if the coach comes over and unfreezes them OR the coach can have the other players unfreeze each other (by simply touching them again). If all players are frozen, game ends and the coach can have new Freeze monsters. *Version 2:* Freeze monsters can now try to freeze (tag) the other players by kicking their soccer ball at someone else's soccer ball or at their feet. *Version 3:* Coach can be the freeze monster and try to tag all the players; players can unfreeze each other. (8 minutes)

**2) Sharks and Minnows**—Set up a grid roughly 10yds x 15yds. Have 3-4 players inside the grid acting as sharks. The sharks do not have a soccer ball. The rest of the players (Minnows) start at one end of the grid and when the coach says "Go", they attempt to dribble their soccer balls to the other end of the grid. The sharks try to kick their soccer balls out of the grid. If a dribbler's ball goes out of the grid, that player becomes a shark as well. If the minnows reach the other end of the grid with their soccer ball, they wait for the coach's command and play again. Play continues until all players turn into sharks. (8 minutes)

**3) Ball Master** – Divide players in groups of 2 or 4. The players dribble to the coach and hand him/her the ball. The coach tosses away the ball and the players retrieve the ball and get it back to the coach. The coach can give a different passing challenge to the players when he/she tosses out the ball.

**4) Dragon Tag** -Designate two players as dragons. Dragons pass ball between each other and try to hit other players below the knee. Any player that's hit joins the dragons. Dragons can work in groups with one ball or pairs with a ball each.

**5) Knock Out**— Every player has a ball and dribbles around the grid. They try to kick other players' balls off the field. If your ball is stops rolling or is kicked out, then the player must dribble around the grid before they can come back in

**6) Cops and Robbers**—Coach sets up 8-10 stand-up cones in a 15yd x 15yd space. Robbers all have soccer balls and knock over the cones (banks) by kicking their balls into the cones and knocking them over. Cops (have 2 or 3 cops for each game) do not have soccer balls and need to stand the cones back up (before all the banks are robbed). Rotate who gets to be cops. *Variation (If don't have stand- up cones):* ½ group (cops) take soccer balls and put on top of disc cones. Other ½ of group (robbers) try to knock over those soccer balls by kicking their