

# SoccerPracticePlans™

**From Coerver ClubMax**

**Practice No. 201**



## **BALL SKILLS** For 8-10 year olds

**5 fun games to improve skills & build confidence**

### **OBJECTIVES:**

- Lots of contact with the ball
- Lots of movement
- Build confidence by experiencing success

**VARIATIONS:** Adjust these factors to your players' age and abilities by changing:

- Field size
- Number of players
- Number and size of goals

## GAME NO.1: Steal and Shoot!

### 1v1, Vision and Quickness

#### BEGINNERS:

1. Half as many balls as players.
2. Players steal the ball and shoot through one of the goals.
3. If player knocks down a cone, the player must set it up again
4. Most goals in 5-8 minutes wins.



#### MAIN POINTS:

1. **Heads Up and look for goals.**

#### INTERMEDIATE & ADVANCED:

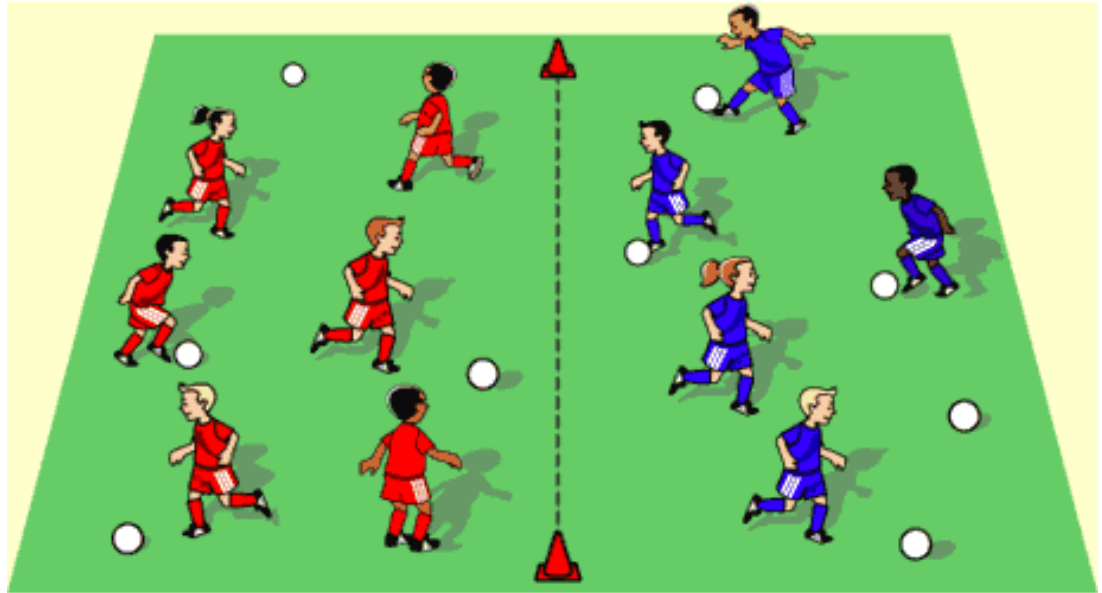
5. Players go 1v1 on goals. Each pair has a ball.
6. Due to intensity, play each pair for 1 minute intervals.
7. 1 minute of play followed by 1 minute of active rest (players pass to their partners through the small goals at a relaxed pace..)

## GAME NO.2: Clean Your Field

### Kicking and Passing

#### BEGINNERS:

1. Use inside of foot to pass ball to other side.
2. Shoot or pass around various obstacles on the half way line.



#### MAIN POINTS:

1. Players cannot cross center line.
2. Coach calls "freeze" and team with fewest balls on its half gets 1 point.
3. Repeat several times.

#### INTERMEDIATE:

3. Shoot after 2 touches.
4. Shoot using a certain technique, such as with the laces or inside.
5. After each shot, players must perform an extra activity ( push ups, etc.) before they shoot again.

#### ADVANCED:

6. Juggle the ball and then head it to the other side.
7. Ball must touch foot and thigh before heading it.
8. Player juggles the ball high to a second player who heads it to the other side.
9. After each header, players must perform another activity (lying flat, pushups, etc.).

## GAME NO.3: Hunters and Rabbits

Close control,  
accurate passing  
and vision.

### BEGINNERS:

1. Coach is "rabbit" moving at a slow speed.
2. Players are "hunters" and chase the rabbit trying to hit the rabbit with a ball by passing the ball at the rabbit.
3. Each hit is worth 1 point to the player who passed the ball.
4. The player scoring the most points wins.



### MAIN POINTS:

1. Maintain **close control** of the ball and keep your **head up**.
2. **Accurate passing** using the **inside of the foot**.
3. Hunter must hit rabbit **below the rabbit's knees** to get points.

### INTERMEDIATE:

5. Two hunters get balls and chase rabbits.
6. Rabbits who get hit get a spare ball and become hunters.
7. Last two rabbits left are winners.

### ADVANCED:

8. Players in groups of three. Two hunters, each with a ball, and one rabbit per group. Play on an eight yard by eighty yard field.
9. In three minute rounds, hit the rabbit as many times as possible, but only hits below the knee count.
10. Switch one hunter for one rabbit per group at the end of each round.
11. The hunter scoring the most hits is the winner.

## GAME NO.4: Cone Hunting

### Passing, Vision and 1v1.

#### BEGINNERS:

1. Each player has a ball except for the two "conekeepers".
  2. Players use balls to knock over cones, and conekeepers set them up again.
  3. Switch roles frequently.
  4. The player who knocks over the most cones wins.
- (More)



#### MAIN POINTS:

1. Shoot with **inside of foot**.
2. **Heads up** for good field vision.

#### INTERMEDIATE:

5. Half the players have balls
6. Players without balls must steal or win a ball to knock down cones.
7. A player who knocks down a cone must set it up again before going after another ball.
8. The player who knocks down the most cones in five to eight minutes is the winner.

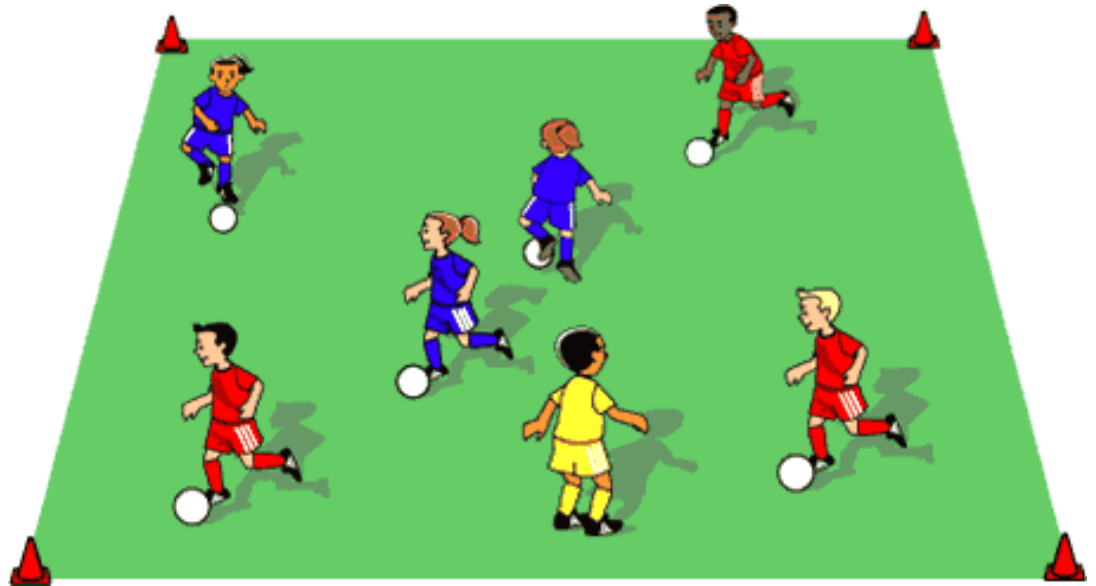
#### ADVANCED:

9. Players are divided into two teams, each with six cones.
10. Only one third of the players have balls.
11. The objective is to knock over all of the opposing team's cones
12. Two "conekeepers" are needed to show knocked down cones to coach, who is keeping score.

## GAME NO.5: Tigerball

Close control,  
shielding, fakes  
& feints

1. All players except one have a ball. The player without a ball is a tiger.
2. The Tiger steals a ball and holds it up in his hands for the coach to see.
3. The ball is removed from play and the player who lost the ball becomes another tiger.
4. Last player with a ball wins and starts the next round as the tiger
5. Repeat several times to see which player wins most often. (More)



### MAIN POINTS:

1. Keep ball very close when dribbling.
2. Shield ball when necessary.
3. Fake to go one way and then go in another direction.

**INTERMEDIATE:**

5. All players have balls except for three tigers.
6. Tiger steals balls and player losing the ball becomes a tiger and receives one negative point for losing the ball.
7. The player with the fewest negative points is the winner.

**ADVANCED:**

8. Players are divided into two equally matched teams and play on two goals.
9. Every player on one team has a ball while no player on the opposing team has a ball.
10. Both teams start off on their respective goal lines.
11. The team with all the balls tries to score, while the team without any balls must win balls in order to try and score.
12. When a ball goes into a goal or off the field it is removed from the game.
13. When all of the balls have been removed from the game, the team with the most goals is the winning team.