

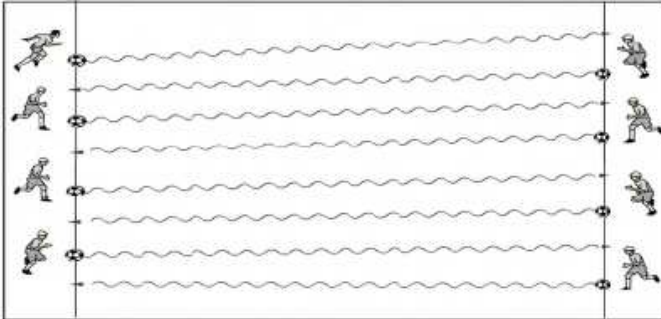


Fullerton Rangers Youth Soccer Club

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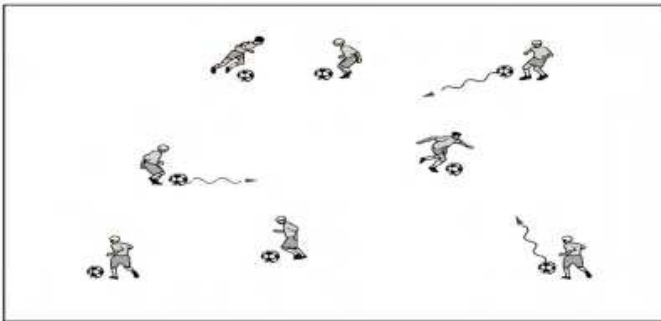
UNDER-8 - FUN GAMES

1. Braveheart



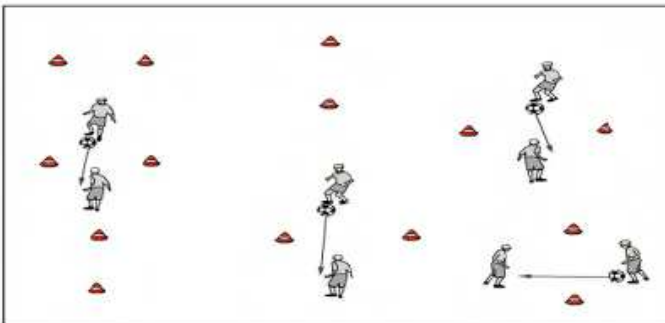
Organization: Divide players into two equal teams. All players have a ball and start on opposite end lines. When the coach shouts "charge," they each dribble towards each other and try to get to the opposite end line and stop the ball on the line. The team that has 3 players on the line first gets a point. Start by walking with the ball, then progress to running with the ball.

2. Everybody's It



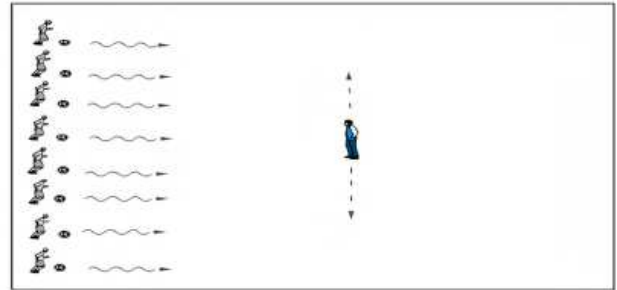
Organization: Each player has a ball. Players dribble around trying to tag as many people as possible while maintaining control of their own ball. Players get a point for each time they tag another player. Play each game for 30 seconds.

3. Multi Goal Dribbling and Passing



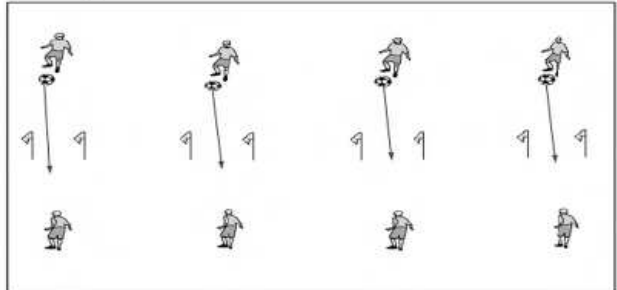
Organization: Set up random goals (cones 2-3 yards apart). Divide players into pairs with one ball between each pair. On the coach's command the players try and score as many goals as possible by passing the ball through the goals to their partner and then moving to another goal. Play 30-60 seconds each round. Players lose a point if they knock over a cone. Add conditions to the game such as pass with right foot only, outside of foot only, etc.

4. Bulldog



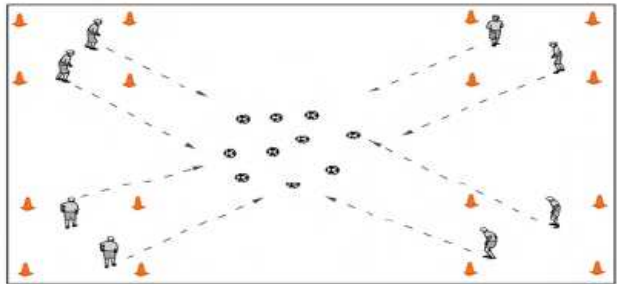
Organization: The coach starts as the bulldog in the middle of the playing area. All the players are at one end of the playing area with a ball. On the coach's command of "go bulldogs" the players must get to the opposite side of the playing area without their ball being kicked out by the coach. If a player's ball is kicked out they become a bulldog. The last player with a ball wins the game and becomes the bulldog for the next game.

5. Pong



Organization: Although passing should not be focus at U8, Pong is a fun way to introduce passing to your team. Two players play against each other and share a ball. They place two cones anywhere from 2-8 yards apart. They choose! Players pass back and forth to each other. The rules are the ball must never stop, it must always stay on the ground, and it must go through the two cones without touching them. Whenever this is violated the other person receives a point. Because of the rule that the ball must never stop, players have to play 1 or 2 touch. The closer the two cones are, the closer the pairs are probably going to be. The farther apart they are, the more they will have to move laterally and look more like the old arcade "Pong" game. Play and see who can become the PONG Champ!

6. Four Corners



Organization: Divide the team into 4 groups of 2. Each group of two starts in their own corner. Eight balls are placed in the center of the training area. On the coach's command players run to the middle and dribble one ball back to their own corner. Players cannot defend their corner or tackle other players. After all the balls are gone from the middle, players can then raid the corners of the other teams. After a set time period the team with the most balls in their corner wins the game.



BY RAFAEL GUZMAN - DIRECTOR OF TRAINING
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