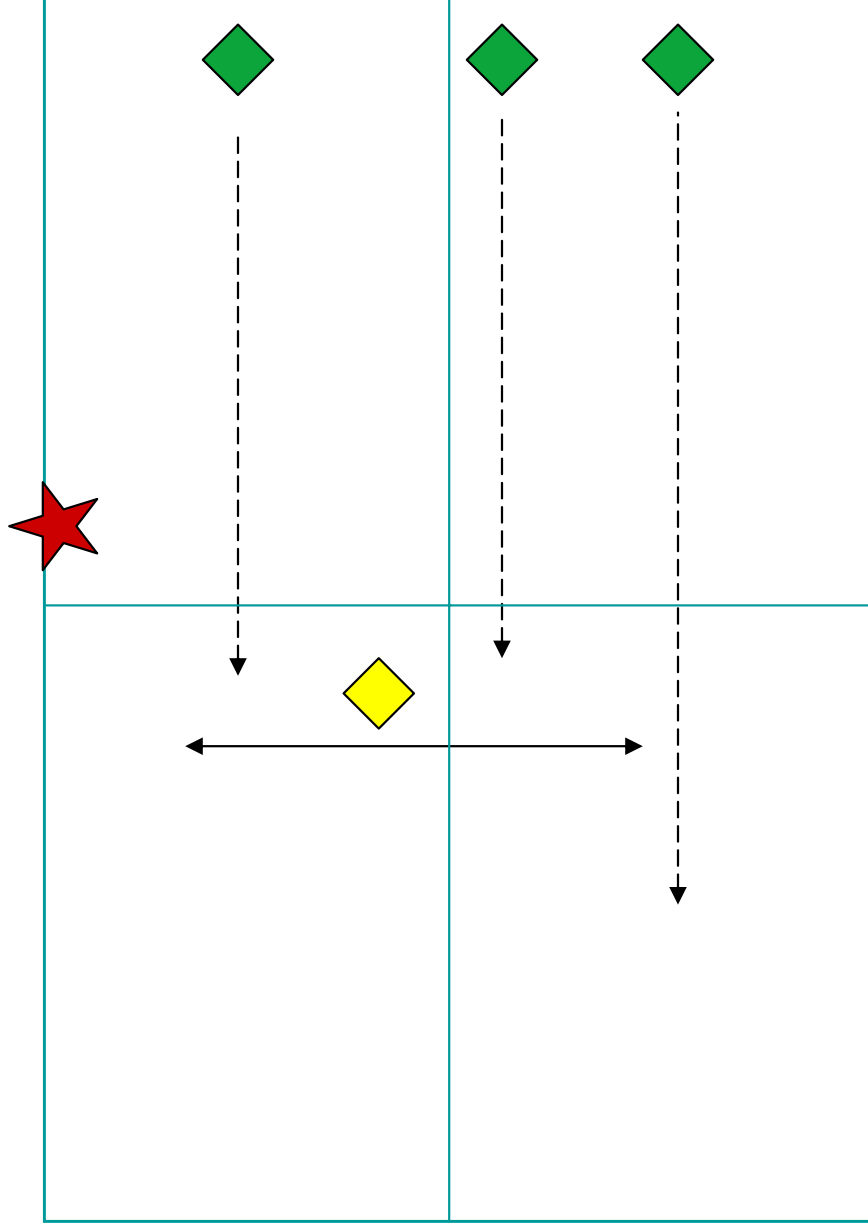


AUCSC U7 & U8 Practice

Ideas

Dribbling

Run Rabbit Run



16 x 16 Grid

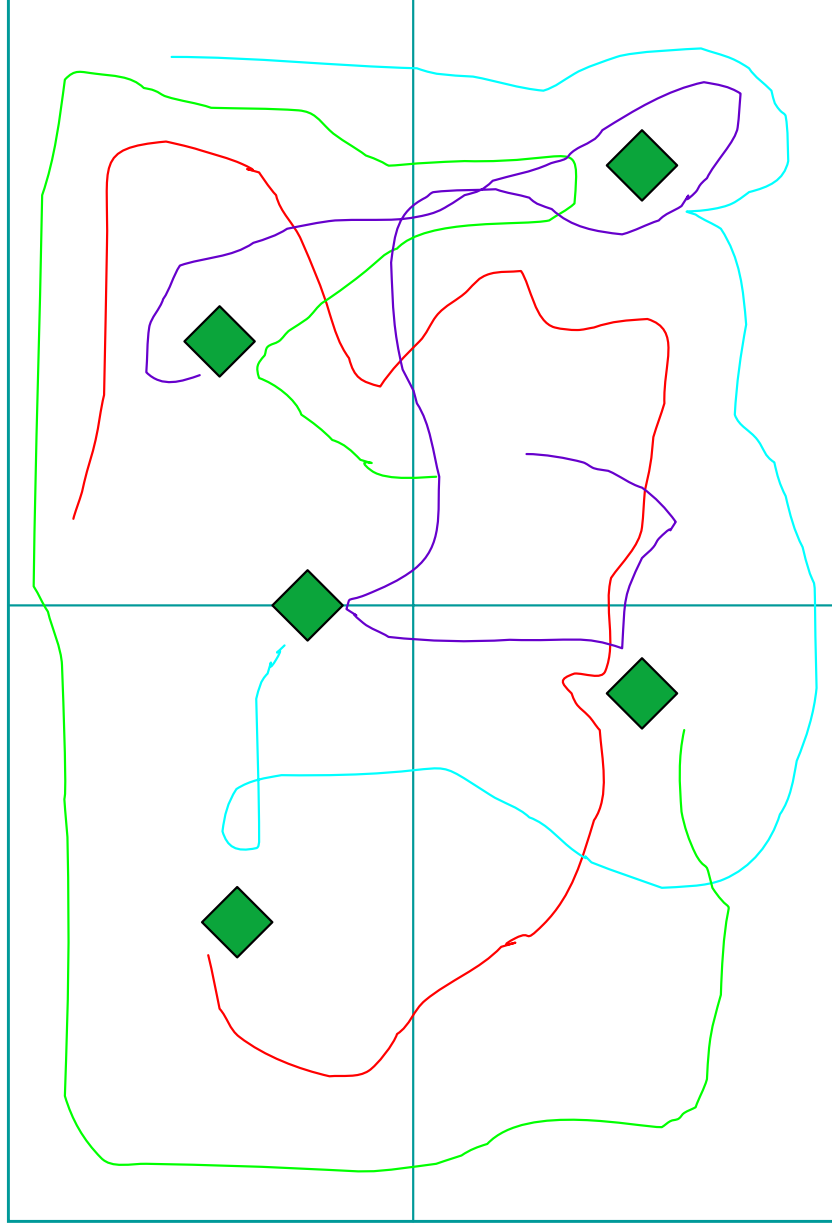
- One defender tries to prevent attackers from dribbling from one side of grid to another.
- 3 attackers see how many time they can get back and forth in set time, then switch out defender.
- Or, if defender wins ball, switches with attacker.

AUCSC U7 & U8 Practice

Ideas

Dribbling

Knock Out



•16 x 16 Grid

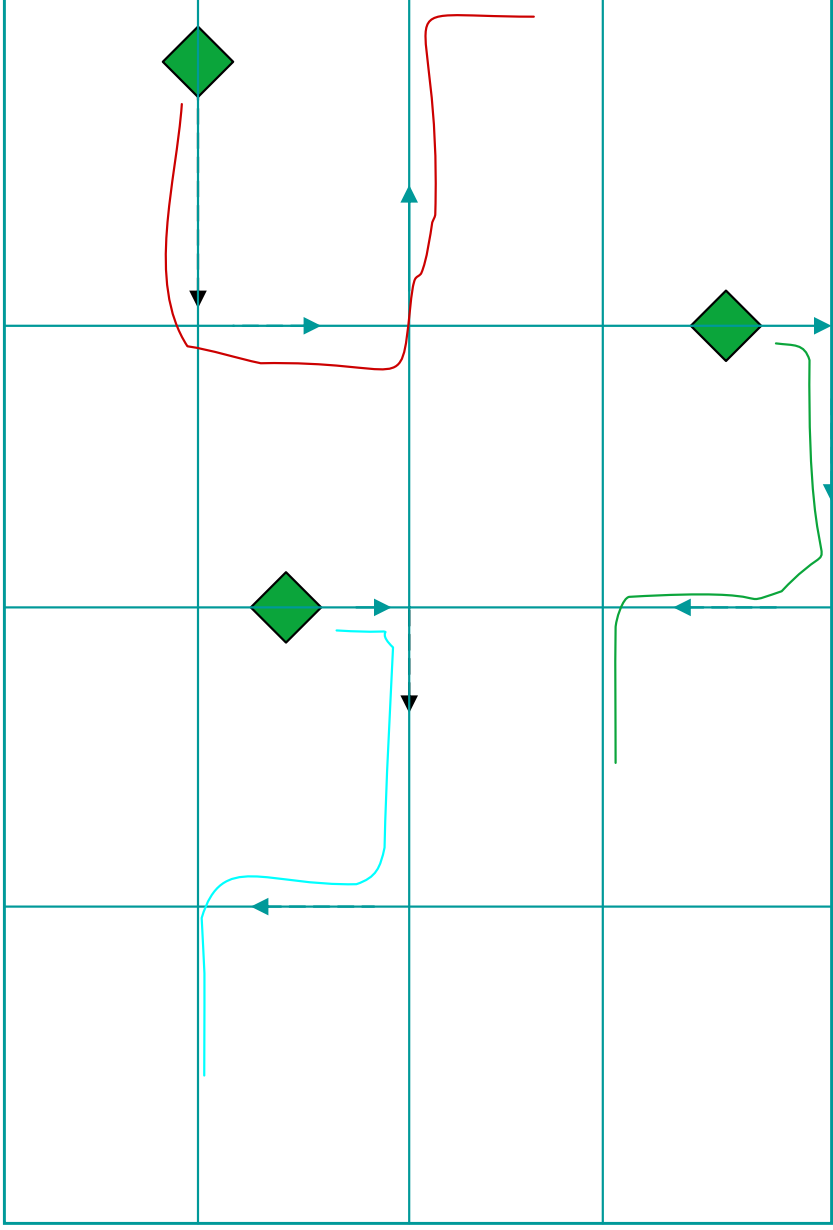
- Every player in the grid space has a ball.
- Players dribble throughout the space and try to kick other players balls out of the grid, while protecting their ball.
- If a player's ball goes out – let them back in after doing 10 toe taps, etc.
- Or players sit out to see who last player standing is.

AUCSC U7 & U8 Practice

Ideas

Dribbling

Patterns on Intersections



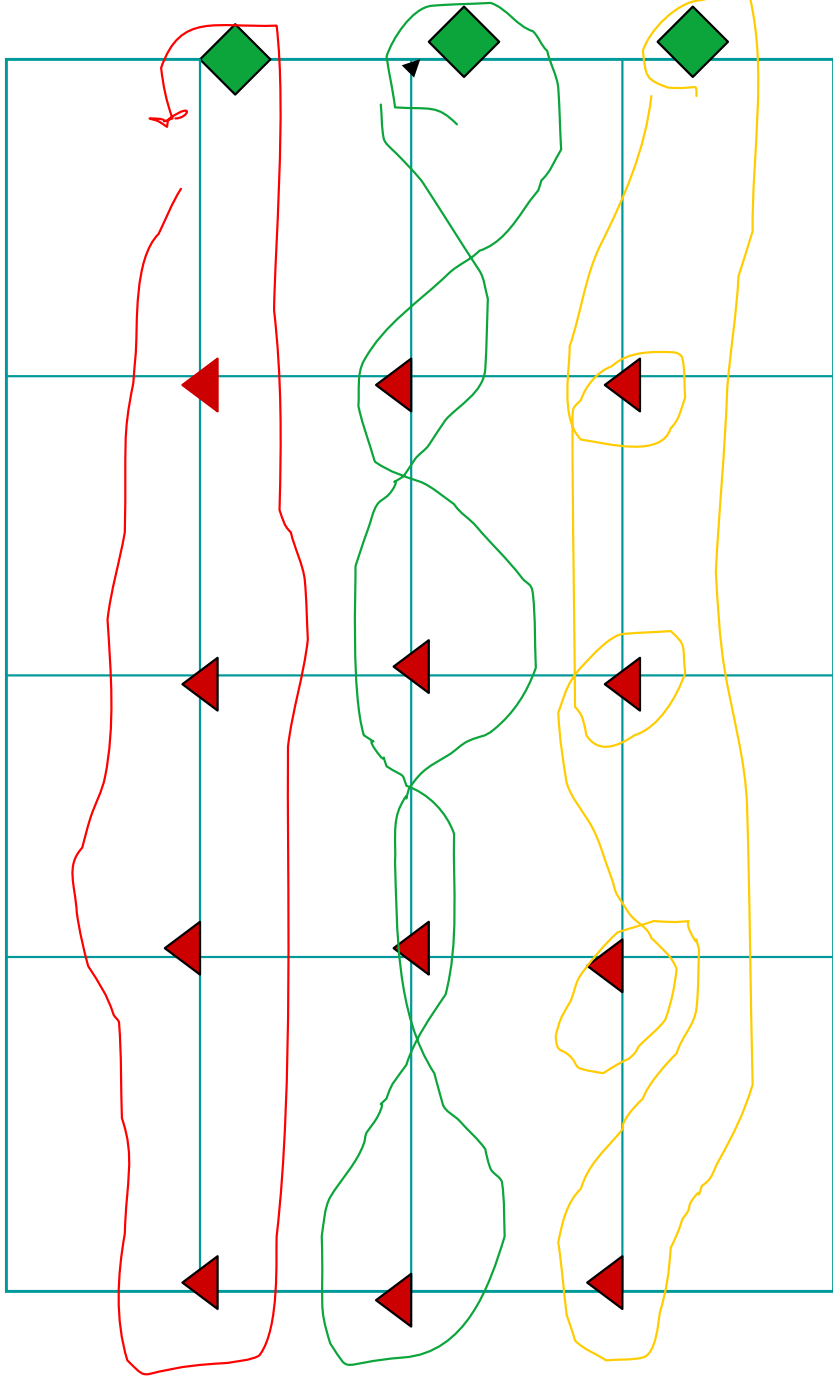
- Players dribble on grid, turning at each intersection.

AUCSC U7 & U8 Practice

Dribbling

Ideas

Relay Races using Lines



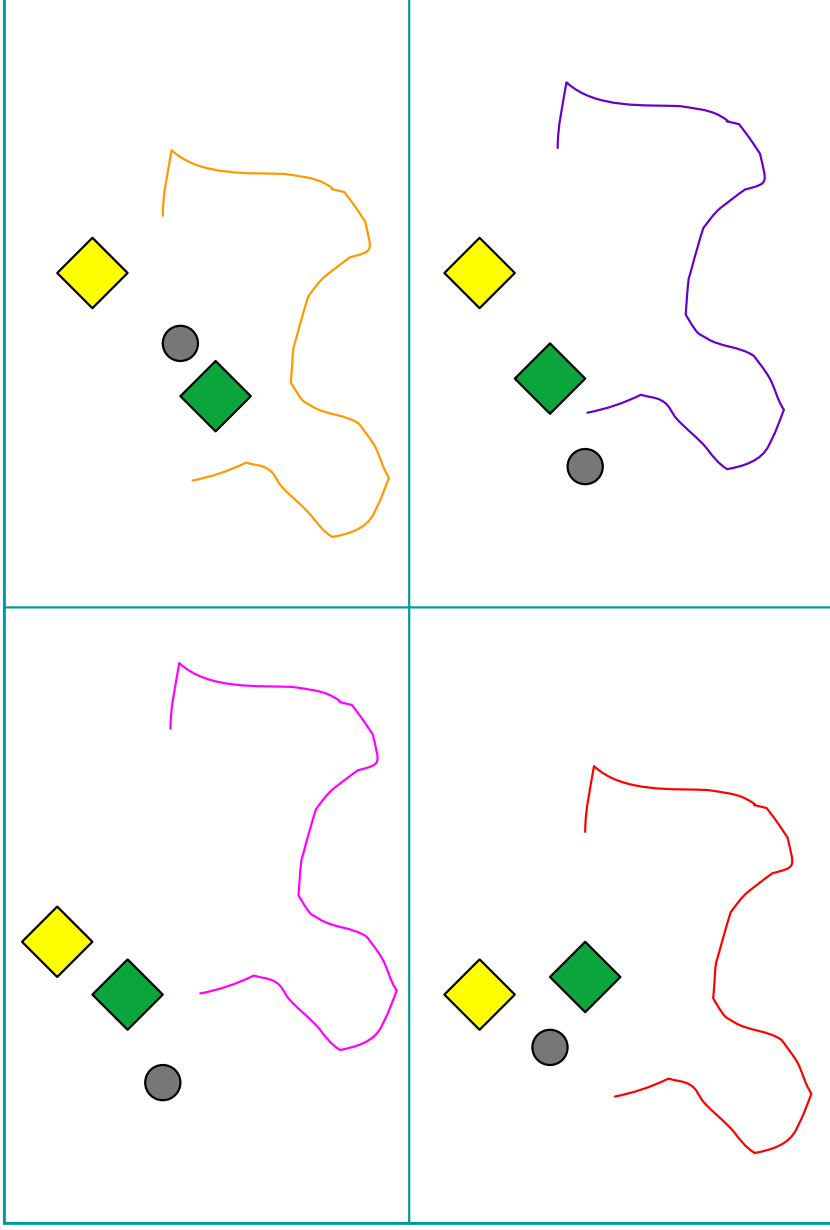
- Teams of 2 or 3 line up along one of grid lines.
- Set up cones at various distances on intersections.
- Give various instructions for each race.
- Slalom in and out
- Shuttle back and forth
- Dribble 360 degrees around each cone
- Racer must dribble around receiving player and lay ball up.

AUCSC U7 & U8 Practice

Ideas

Dribbling

1 vs 1



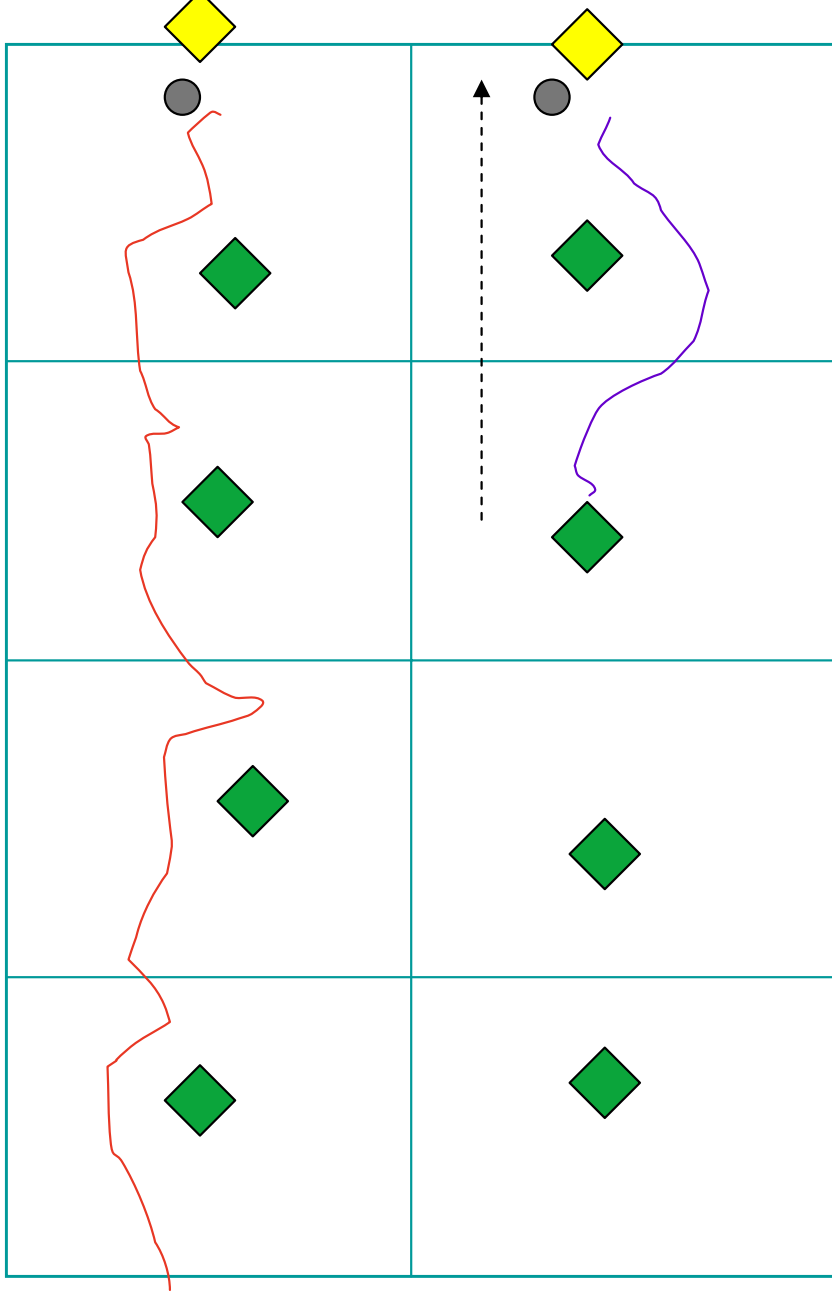
•8 x 8 Grid

- Two players in the box (8x8).
- One player starts with ball and tries to keep it away from opponent, while opponent tries to steal ball.
- Coach blows whistle every 30 seconds or so. Which ever player has possession at that time gets one point.

CASL U7 & U8 Practice Ideas

Dribbling

1 vs 4 across grid

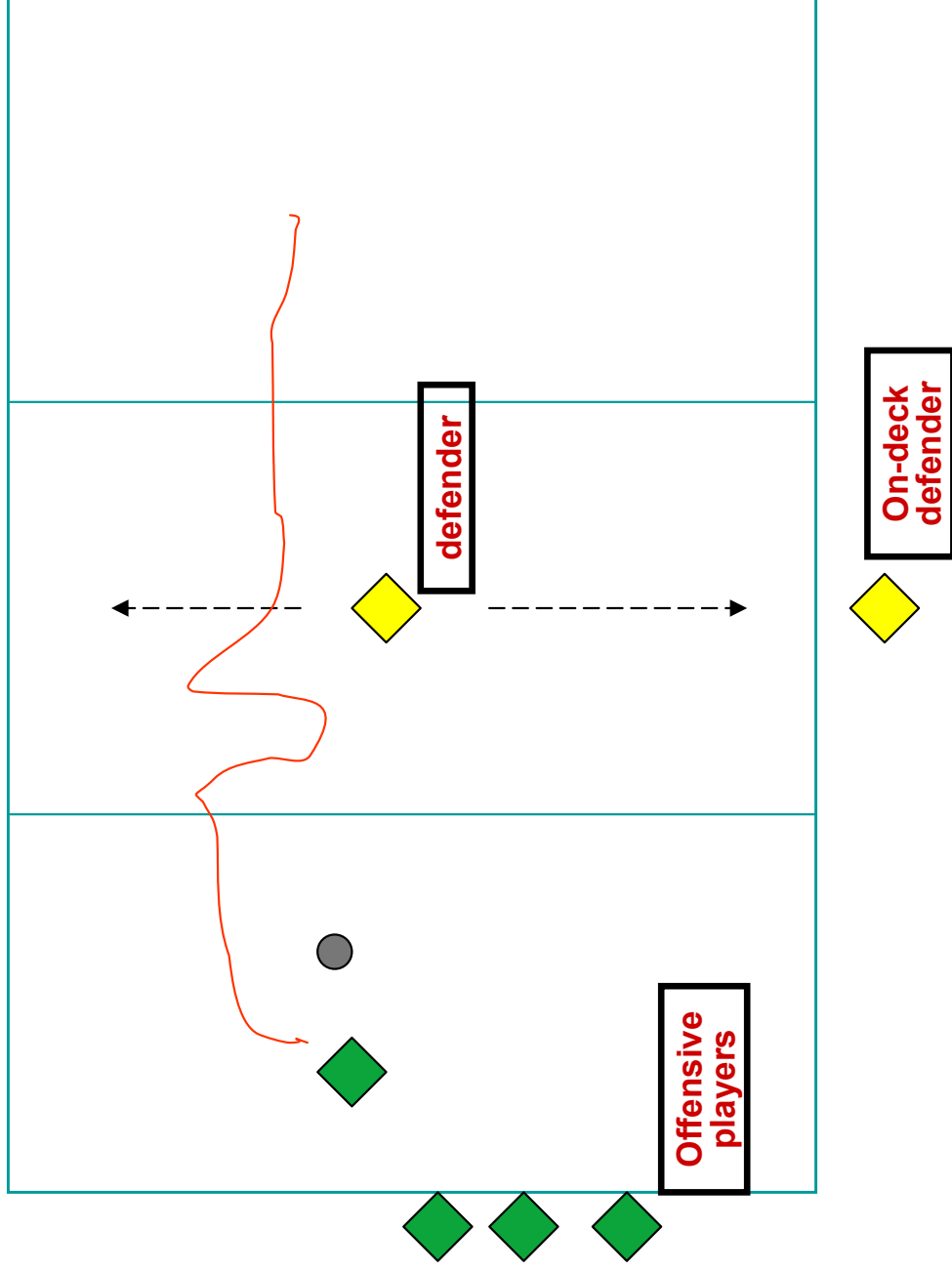


- Using 4 grids, 1 player tries to dribble across 4 grids, beating defenders in each box.
- If defender stops offensive player, players switch and defender becomes offensive player.
- See which players get through whole grid.
- Make sure all players get opportunity to take players on.

CASL U7 & U8 Practice Ideas

Dribbling

King/Queen of the Hill

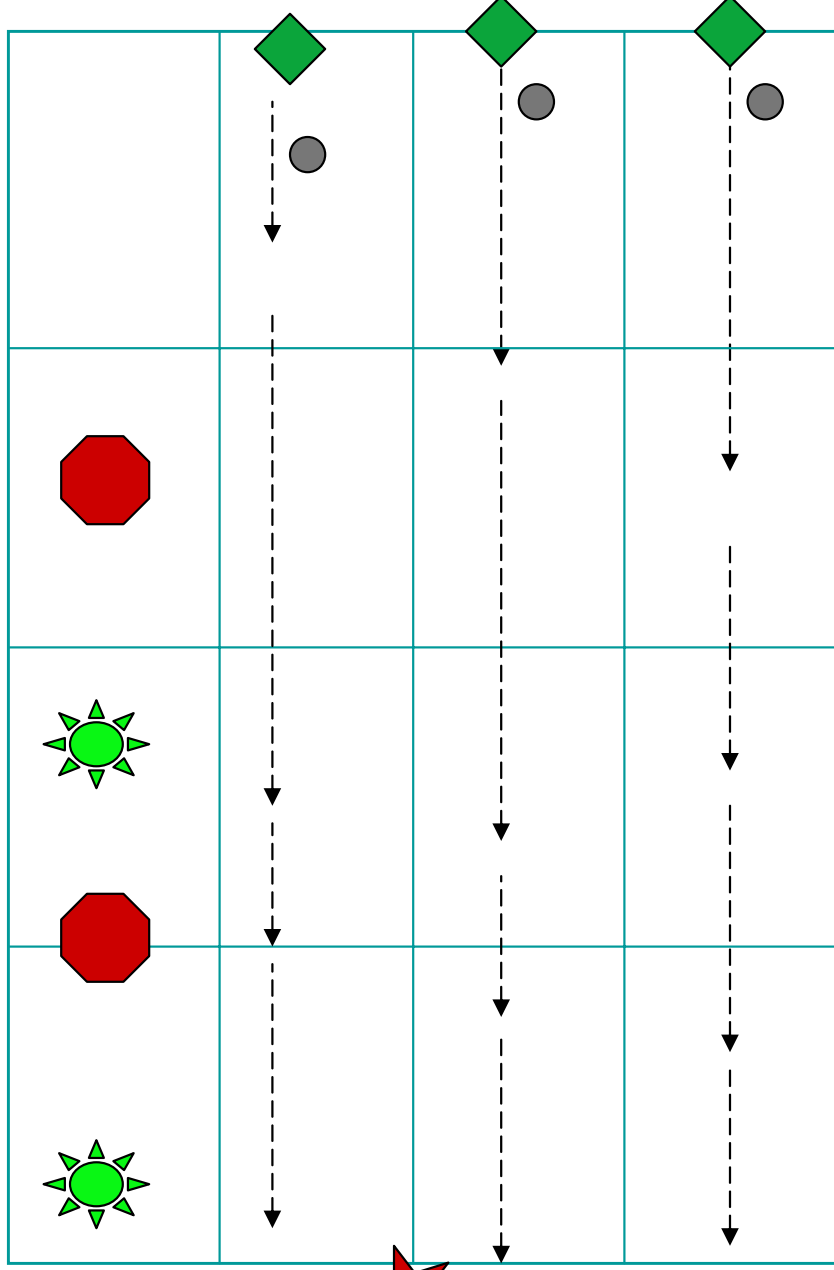


- Offensive player tries to dribble through the box protected by the defender.
- If defender prevents offense from getting through, defender gets point and stays in.
- If offensive player beats defender, 1) the defender moves to offensive line, 2) the on-deck defender takes the defender role, and 3) the offensive player goes to on-deck defender.

CASL U7 & U8 Practice Ideas

Dribbling

Red Light / Green Light



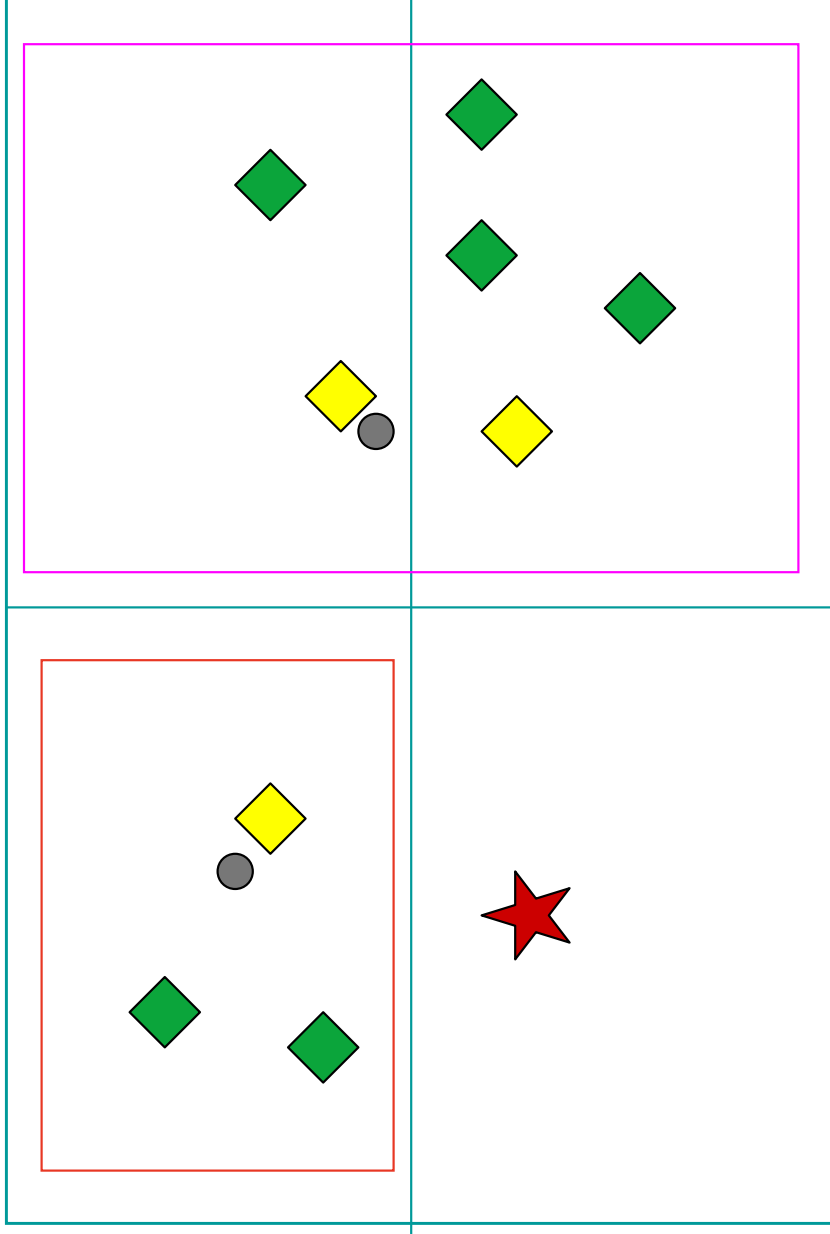
- Same rules as traditional kids game.
- Coach stands at one end of field, with players at other end, each with a ball.
- Green light - players dribble
- Red light – players must stop
- First player to reach coach wins.

AUCSC U7 & U8 Practice

Dribbling

Ideas

1v2; 2v4; 3v5 – Beating your man



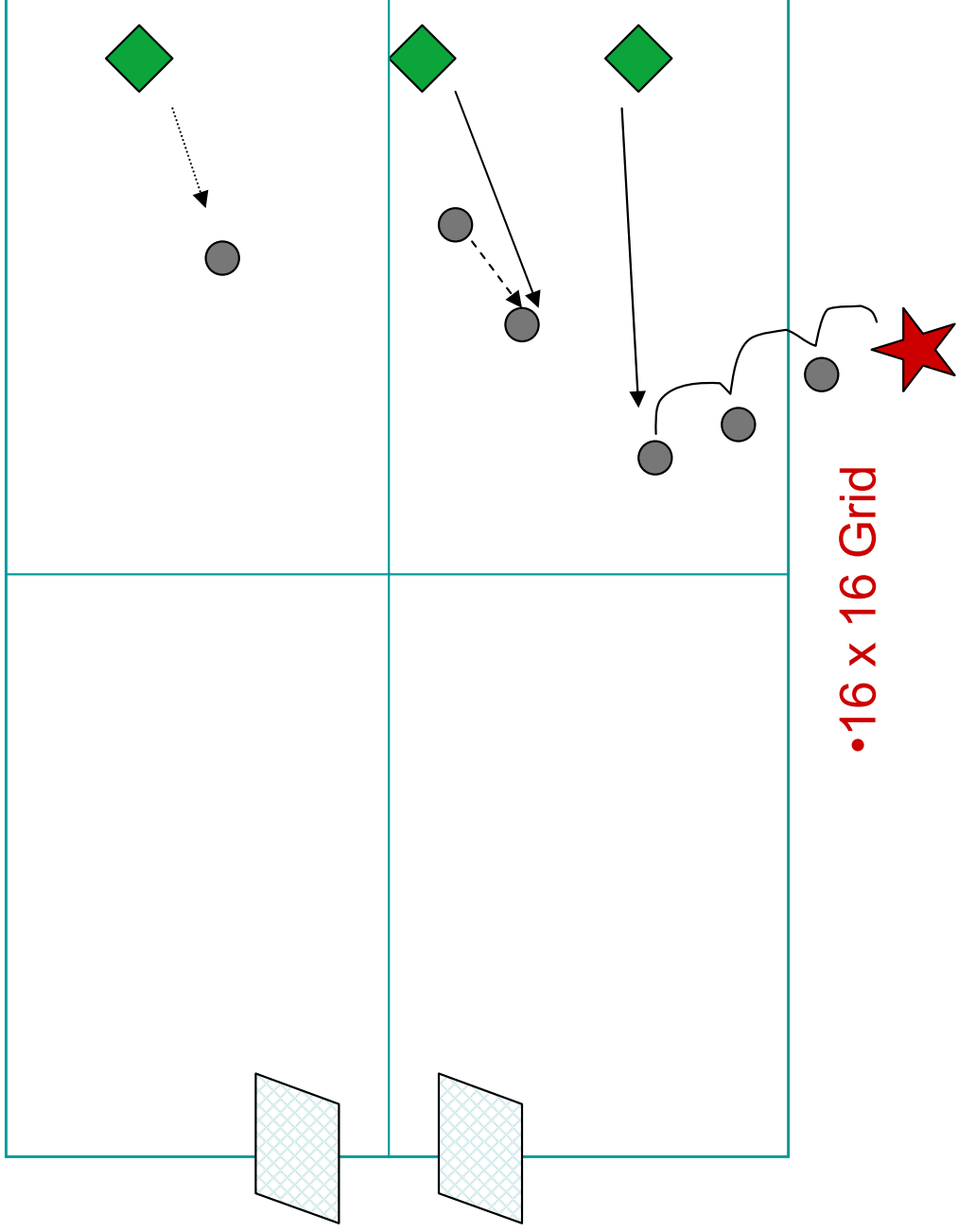
•8x8 or 8x16 Grid

- Numbers down teams try to beat their man on the dribble.
- Alternate players every 20-30 seconds
- Smallest game (1 v 2) is played in one grid box (red box). One player tries to dribble past 2 players using various moves.
- 2 v 4 and 3 v 5 are played on 16 x 8 field (2 boxes).
- Emphasize players taking on players.

CASL U7 & U8 Practice Ideas

Shooting

Deadball, rolling, bouncing

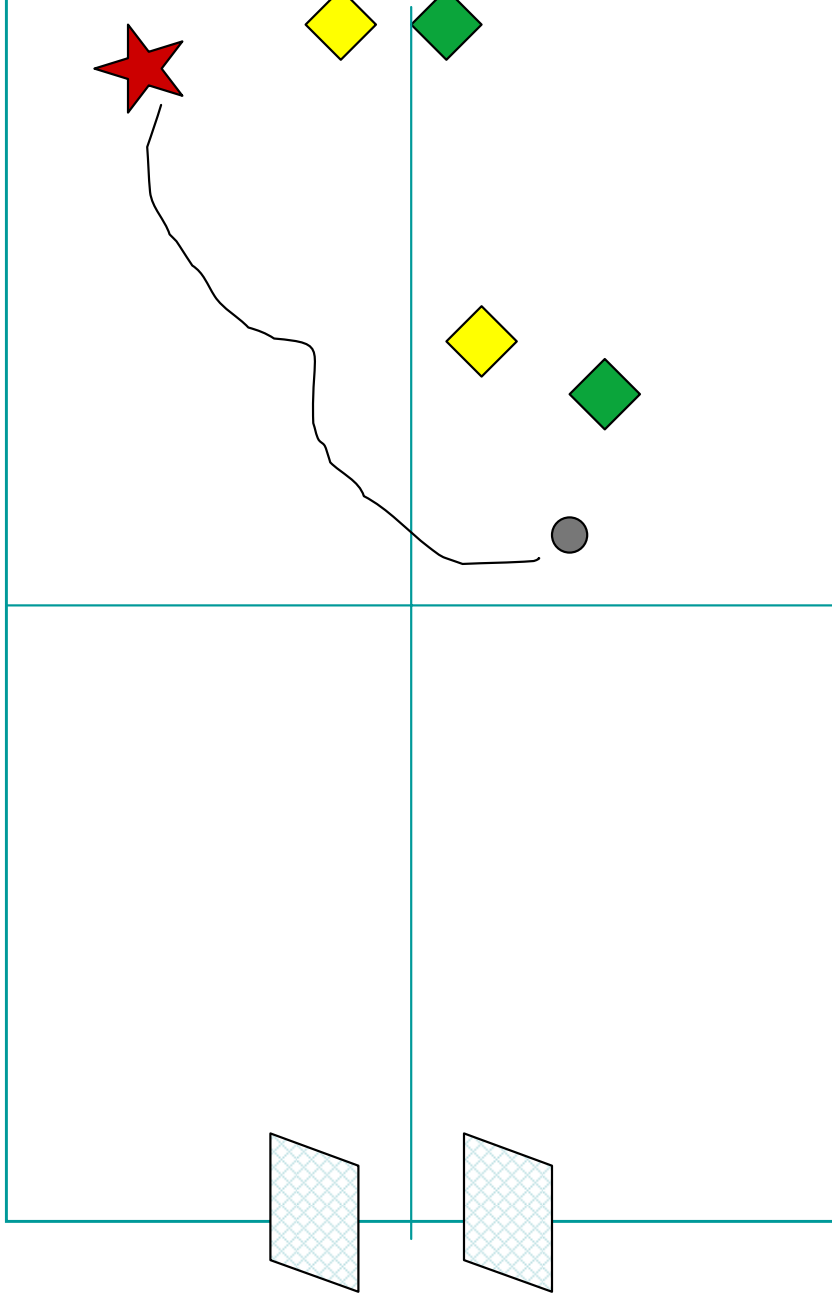


- Split teams in 2 groups.
- Group of 4 players are in line at top of grid.
- Players shoot deadball.
- Players push ball forward or to side and shoot.
- Coach feeds players balls from side (rolling and bouncing).
- Players retrieve ball and go to back of line.

CASL U7 & U8 Practice Ideas

Shooting

1 v 1 and shoot



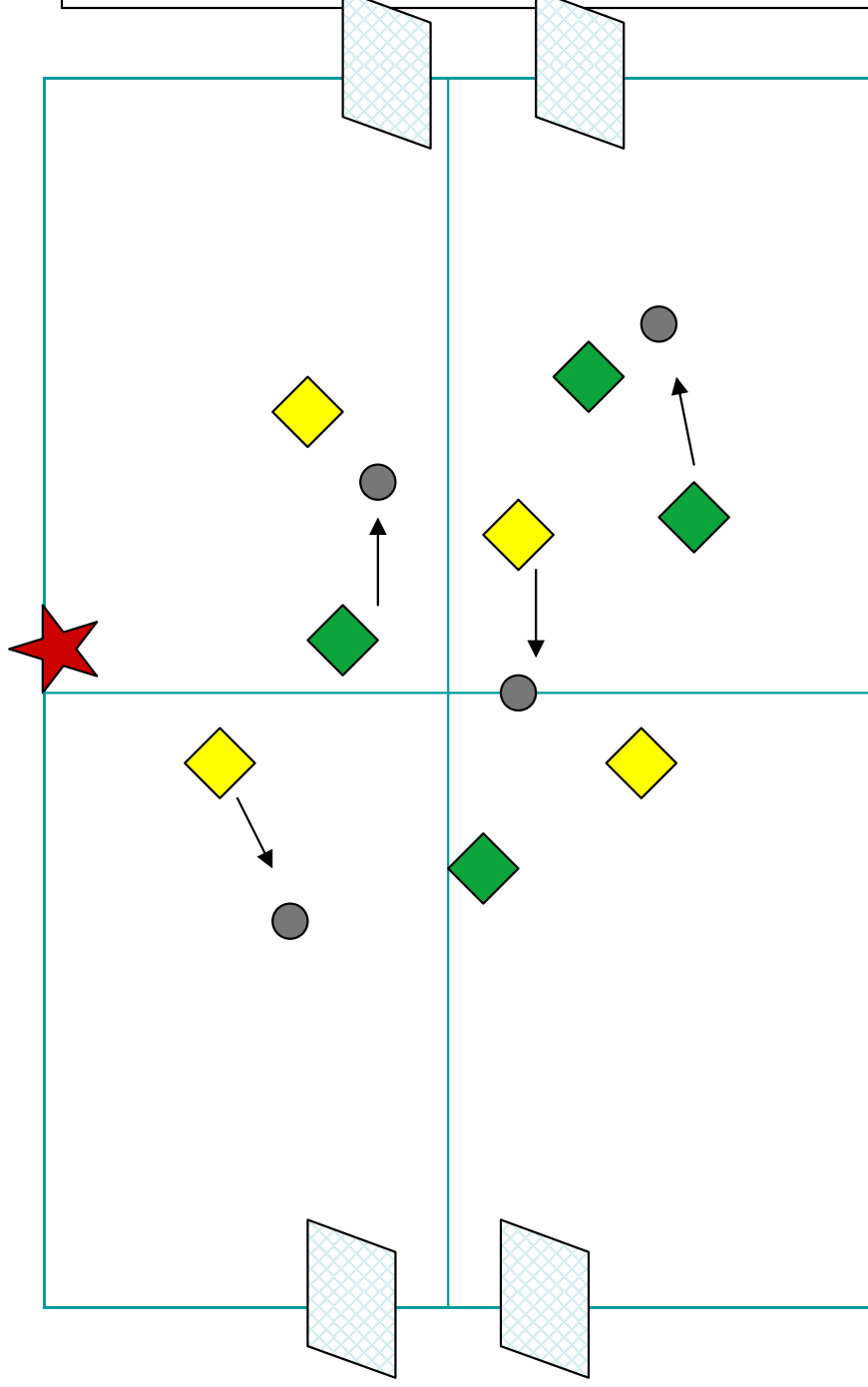
•16 x 16 Grid

- Split players into 2 teams and line up at midfield with opposing players paired off.
- Coach feeds ball into playing area.
- 2 opposing players chase down ball and try to score (quick shot or by beating their man).
- If 2 players don't score after 30 seconds, they go to back of line and coach puts ball into play for next 2 players.

CASL U7 & U8 Practice Ideas

Shooting

1 v 1 to 4 v 4 – quick shots



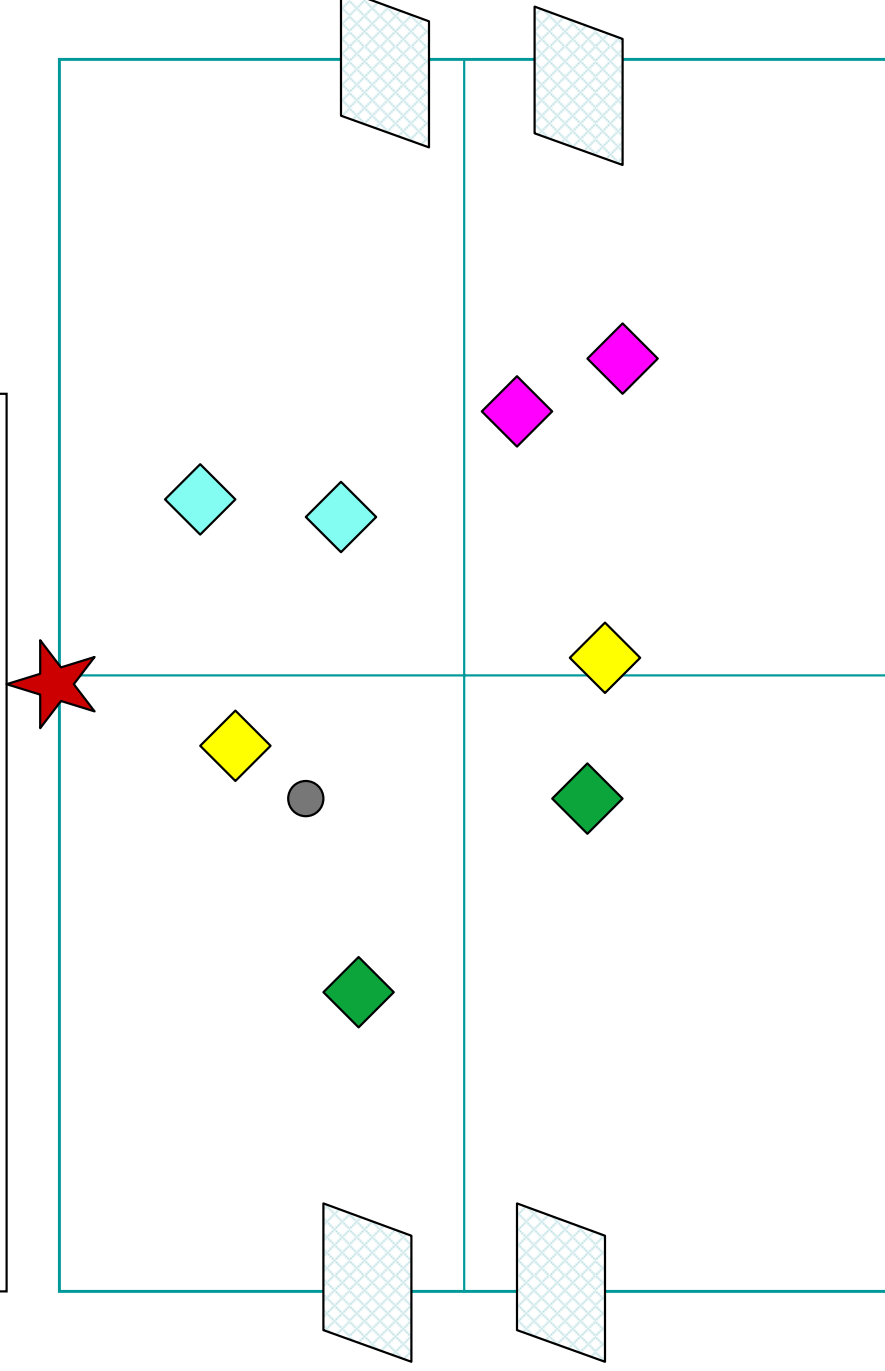
•16 x 16 Grid

- Shorten field to 2 boxes long.
- Split team in to 2 teams. Have plenty of balls ready.
- Coach feeds one ball into field and players shoot as quickly as possible (1 or 2 touches max).
- No dribbling, and very little defense is to be played.
- Increase number of balls in play and have assistant(s) feed balls to coach.

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Shooting

World Cup



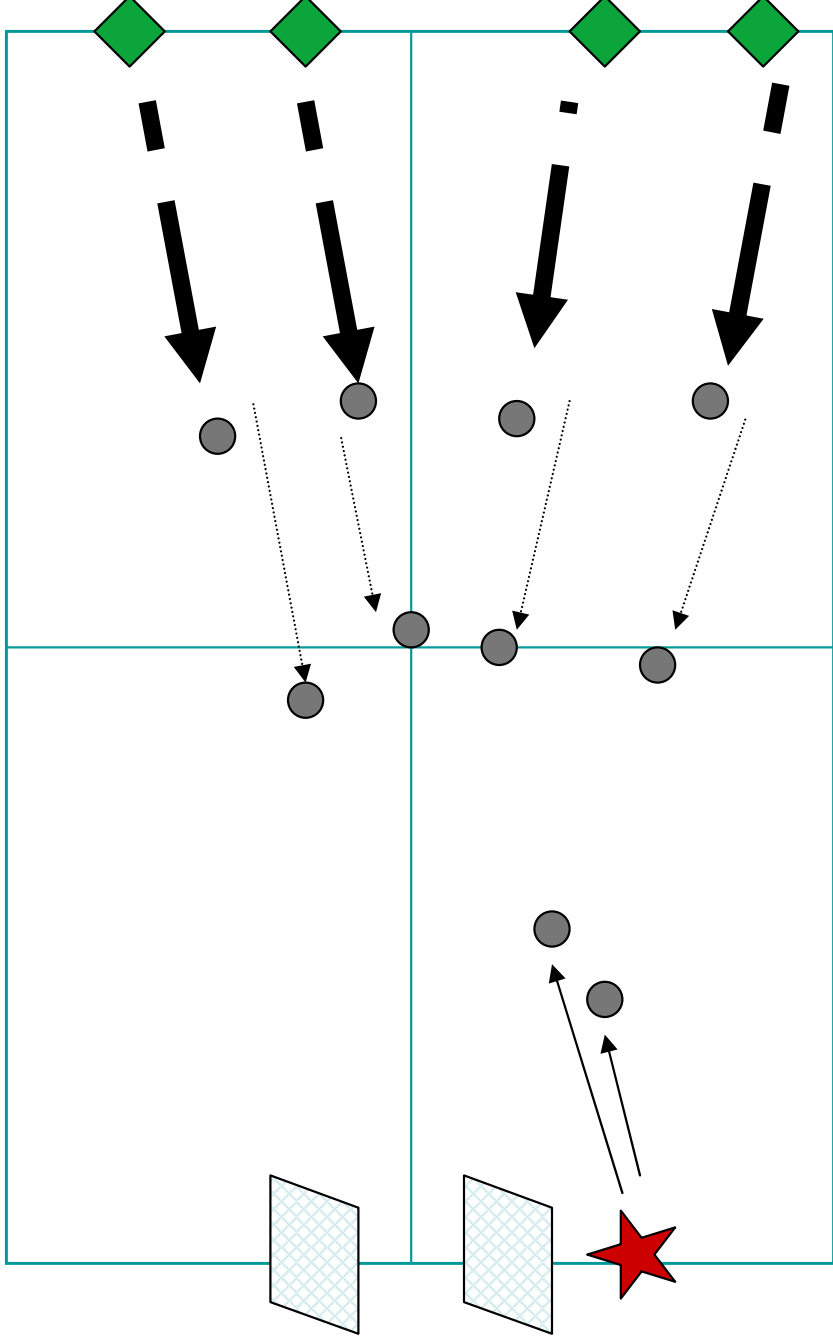
•16 x 16 Grid

- Split players in to teams of 2. Each team picks country name (Brazil, France, etc.) Create small field (16 x 16, or slightly bigger).
- All 4 teams are on field at once.
- Coach puts ball in play. First team to score yells out name and sits down. Continue until one team left.
- Next round is between top 3 teams. 3rd round produces champion.

CASL U7 & U8 Practice Ideas

Shooting

Power and Finesse



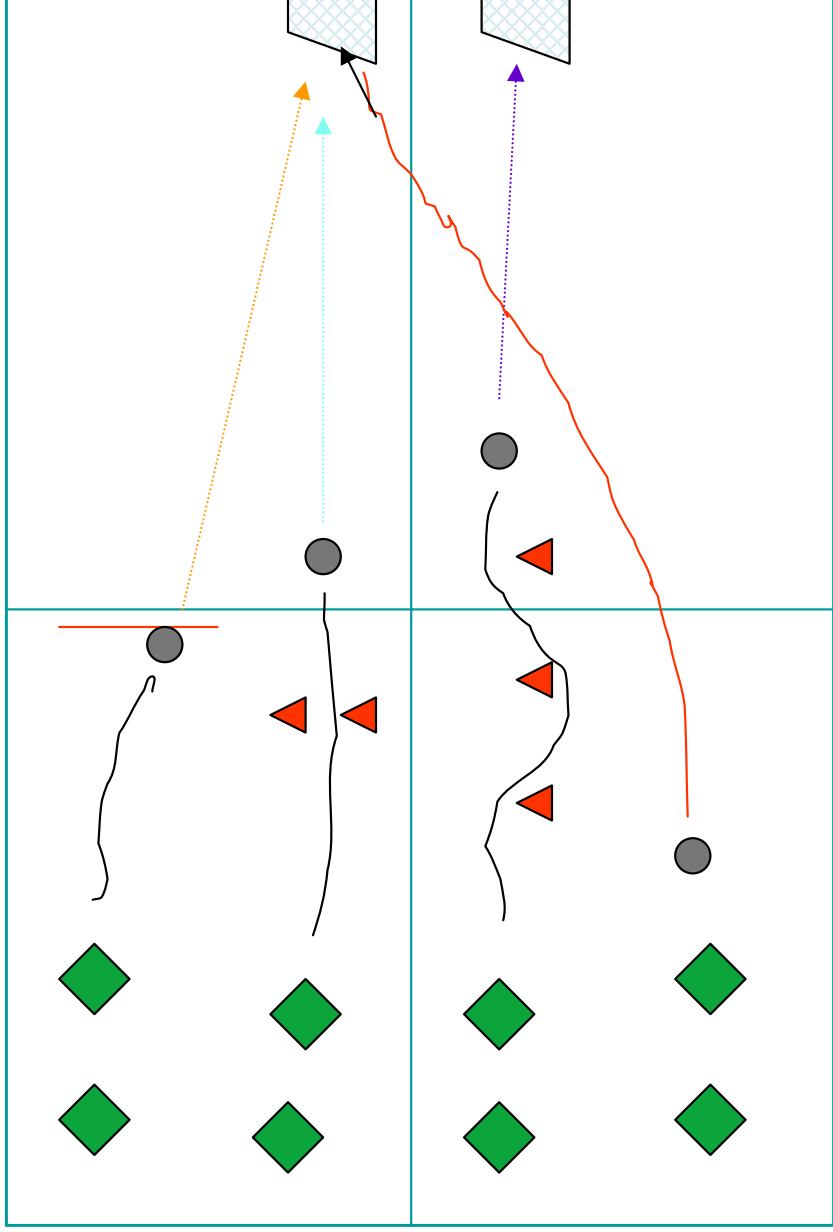
•16 x 16 Grid

- Players line up at top of 2nd grid line.
- One at a time, 1st player moves toward goal and strikes first shot with power.
- Moves to second ball and shoots ball with finesse.
- Second option is to have coach feed moving balls from side of goal.
- Encourages players to follow up shots.

CASL U7 & U8 Practice Ideas

Shooting

Team Shooting games



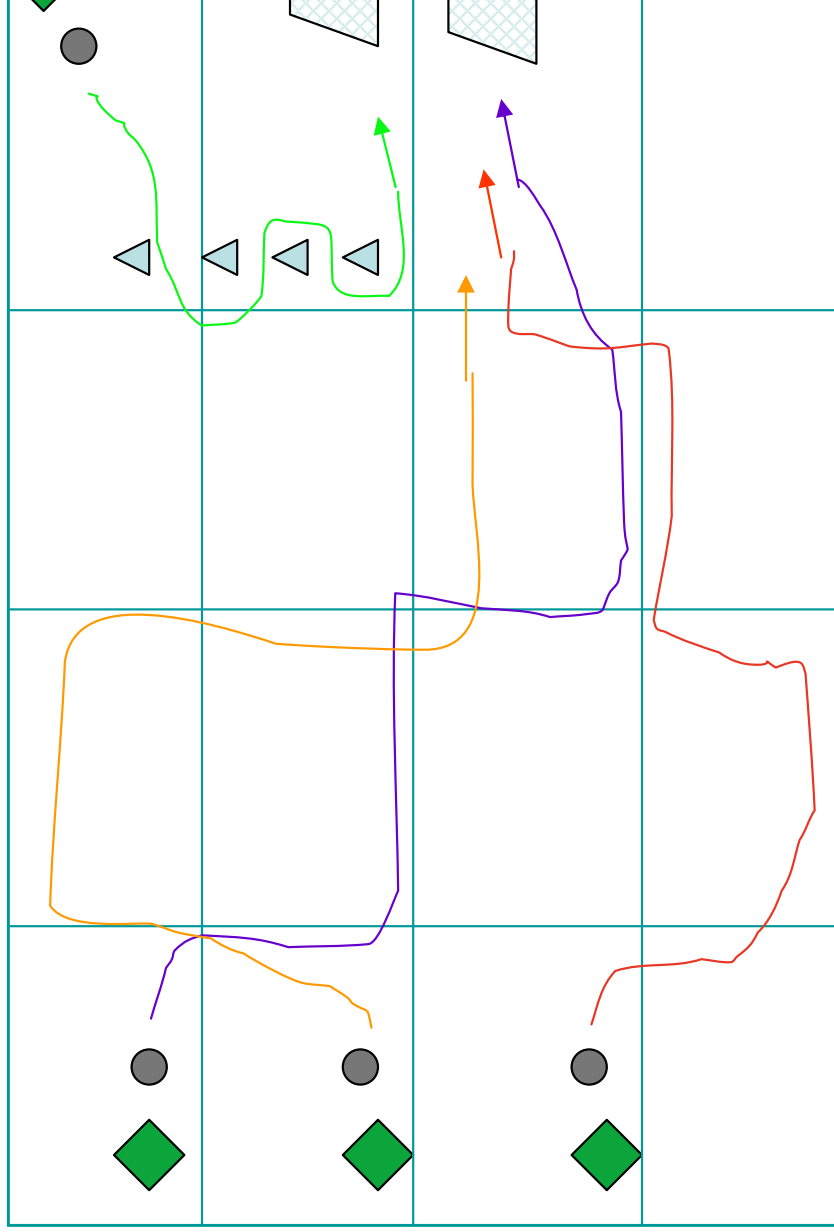
•16 x 16 Grid

- Split players into teams of 2-4 and create various ways to score.
- Each team member attempts to score.
- Team who scores most goals wins that particular event.
- Examples include shooting before grid line, dribbling through gate, dribbling through cones.

CASL U7 & U8 Practice Ideas

Shooting

Patterns and Shoot



- Players start several grid lines away from goal.

- Players move through grid changing directions at will and shooting from predetermined grid line.

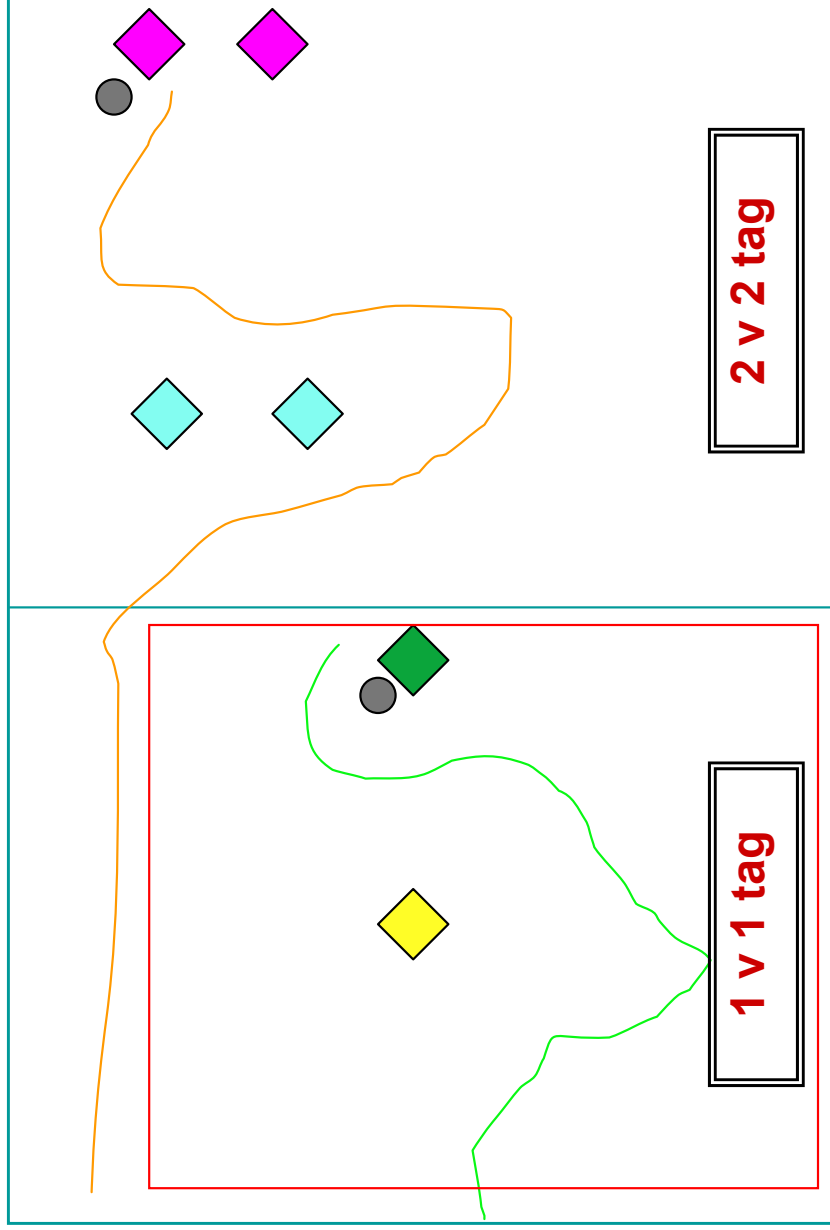
- Or, coach determines pattern and point of shot.

- Add cones and have players dribble through cones and shoot, using right and left foot.

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Defending

Tag



• Traditional game of tag.

• 1 v 1 in 1 box, or 2 v 2 in 2 boxes.

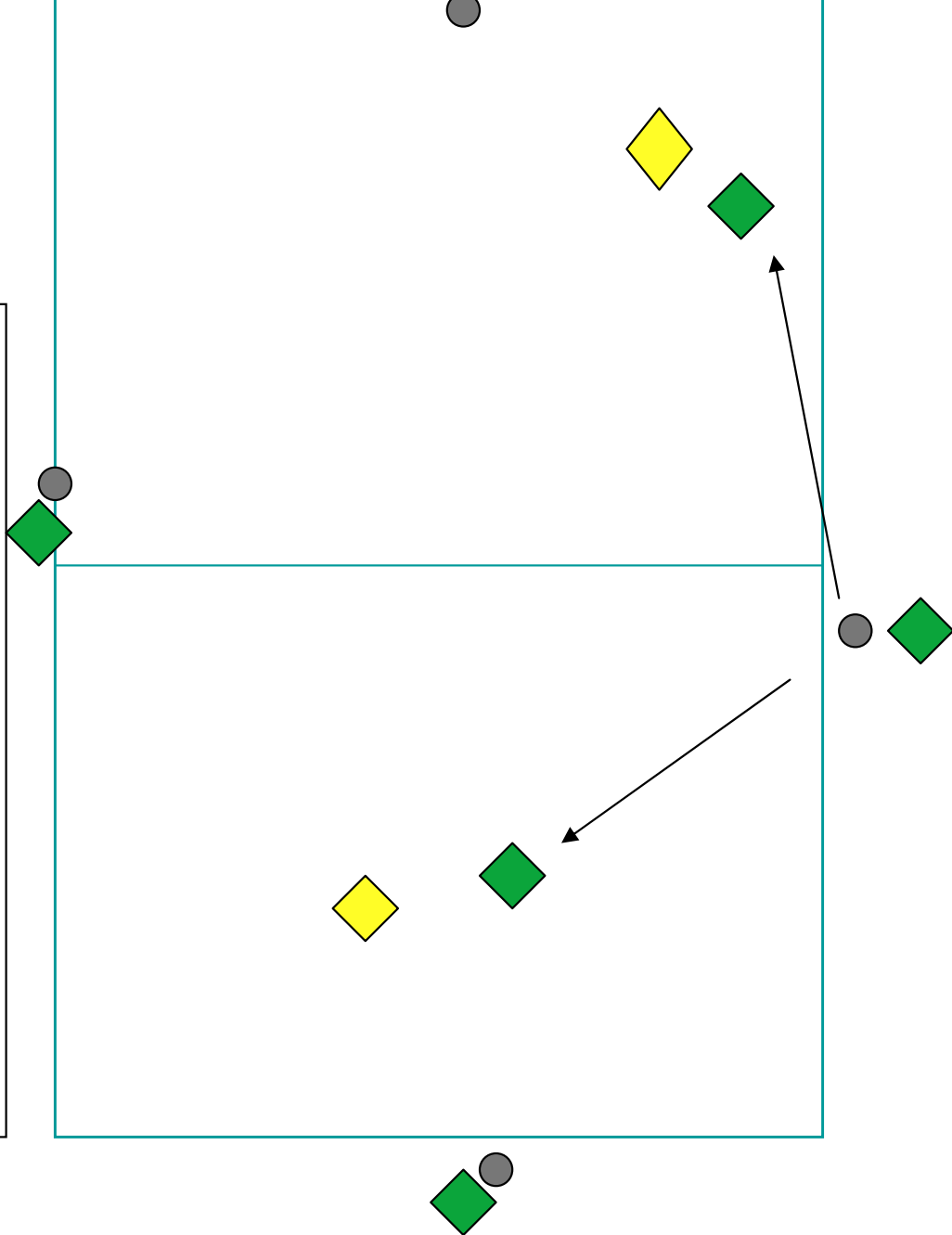
• Player tries to go from one end of box to the other with out being tagged by defender.

• Start without a ball, add a ball

CASL U7 & U8 Practice Ideas

Defending

Defending the Pass

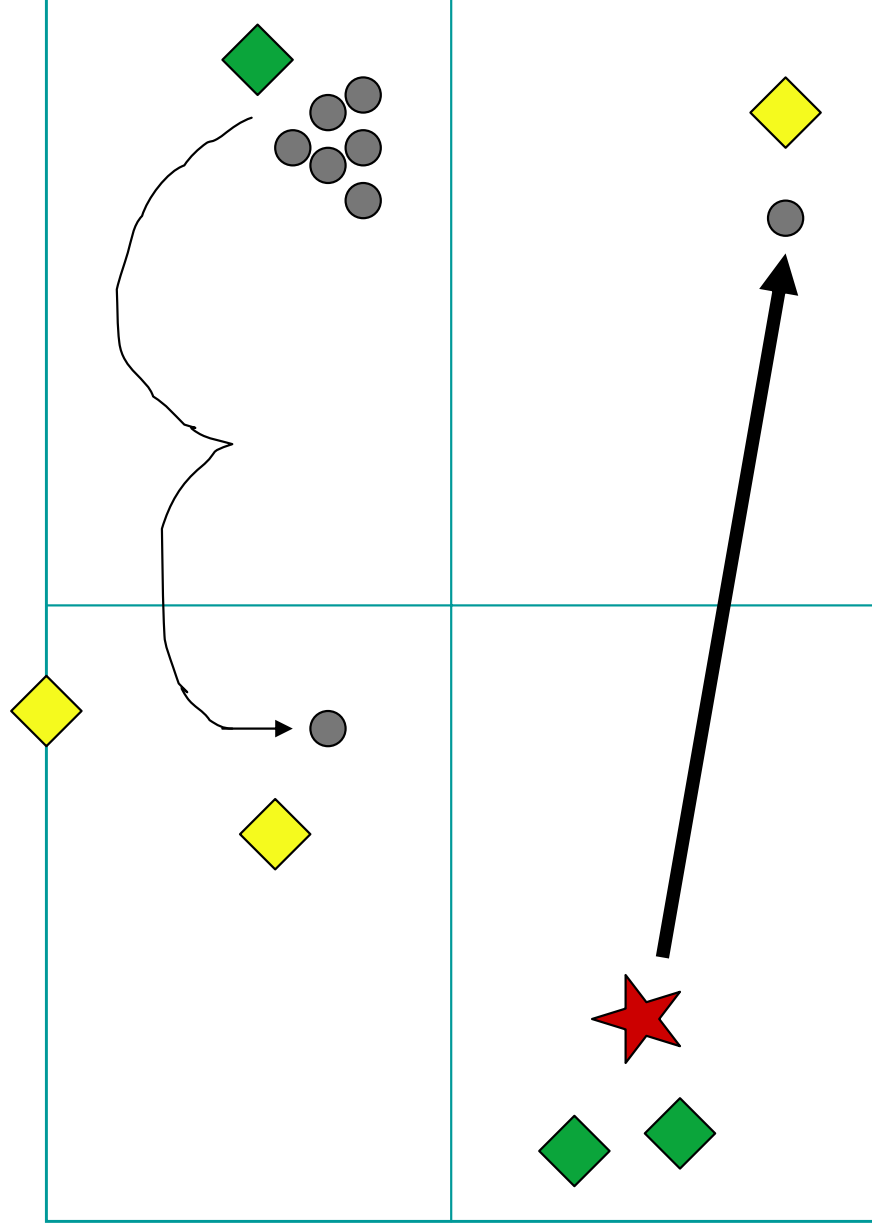


- 1 v1 in 1 box or 2 v 2 in 2 boxes.
- 1 offensive team and 1 defensive team.
- Teammates (positioned on each side) try to feed a pass to the offensive team, while the defense tries to prevent the offense from receiving the ball.
- Offense trying to find space, defender trying to close it down.
- Rotate players/ team.

CASL U7 & U8 Practice Ideas

Receiving

Keep in Grid



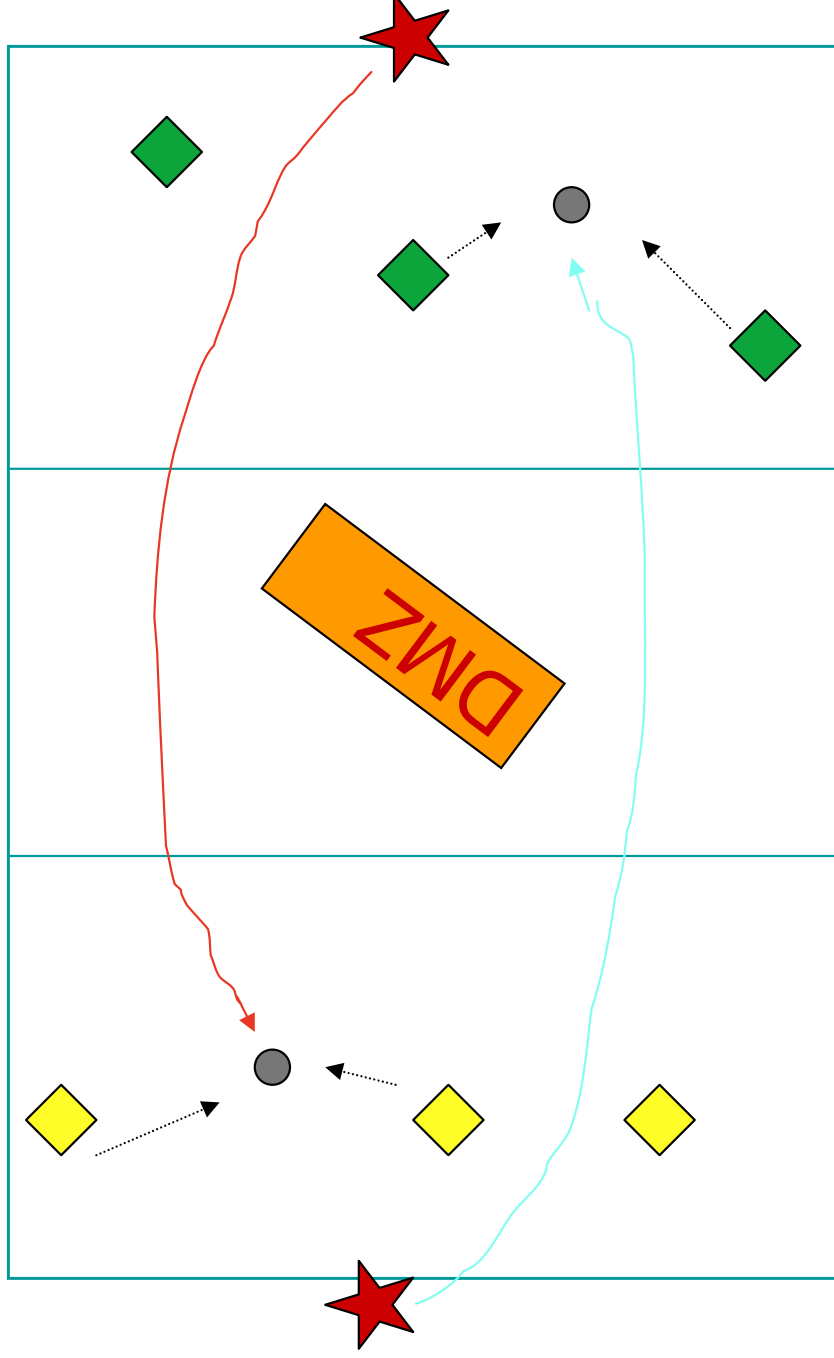
•16 x 16 Grid

- Split team into 2 groups of 4.
- 1 player stands in 1 box.
- Player or coach feeds ball into box.
- Players must trap ball and keep in the box.
- Coach/player should feed balls on the ground, in the air, on the bounce, etc.

CASL U7 & U8 Practice Ideas

Receiving

DMZ



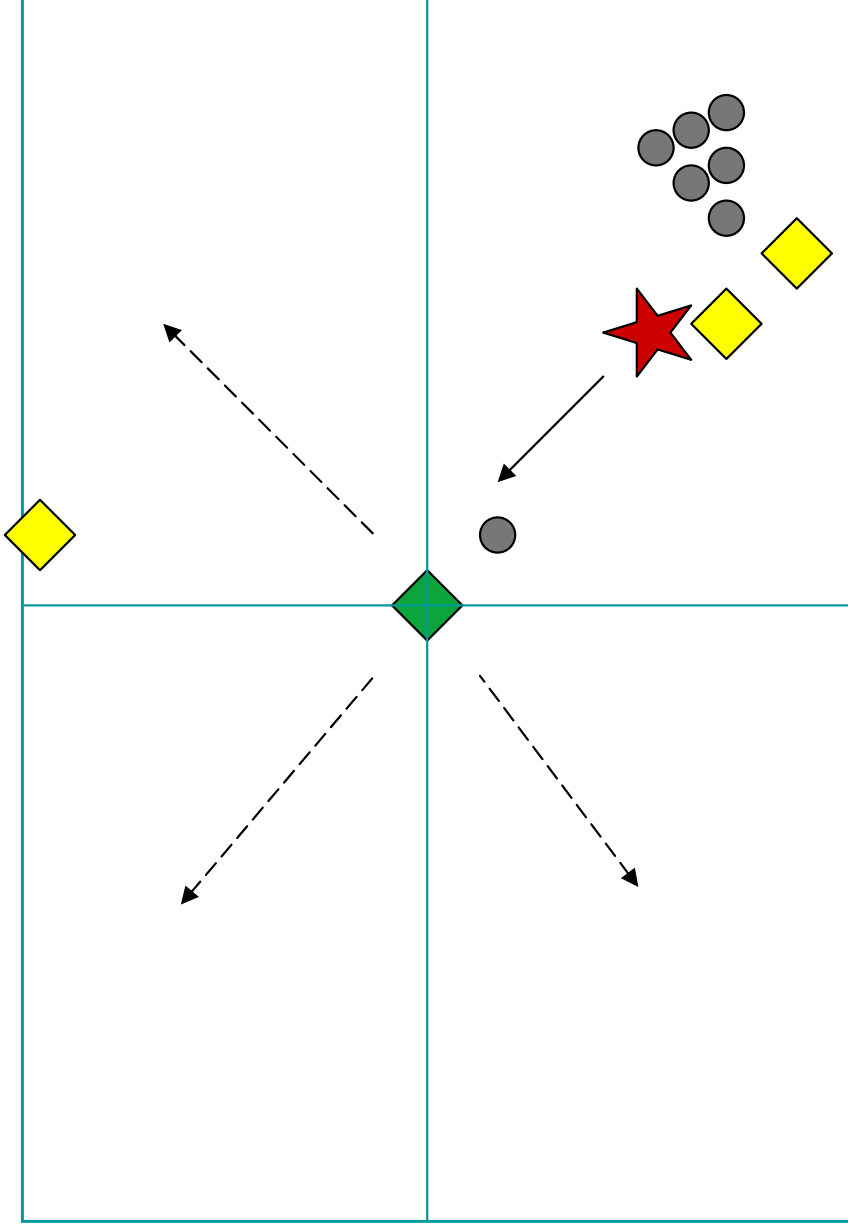
•8 x 24 Grid

- Split team into two teams. Each team goes to an end box, leaving middle DMZ.
- Each coach feeds balls across DMZ into opposing grid. Players move to ball and get a touch on ball before it hits the ground, also trying to keep ball in box.
- Optional Game – players serve balls like volley ball. Opposite players must return ball on 1 bounce, etc.

CASL U7 & U8 Practice Ideas

Receiving

Receive to grid on instruction



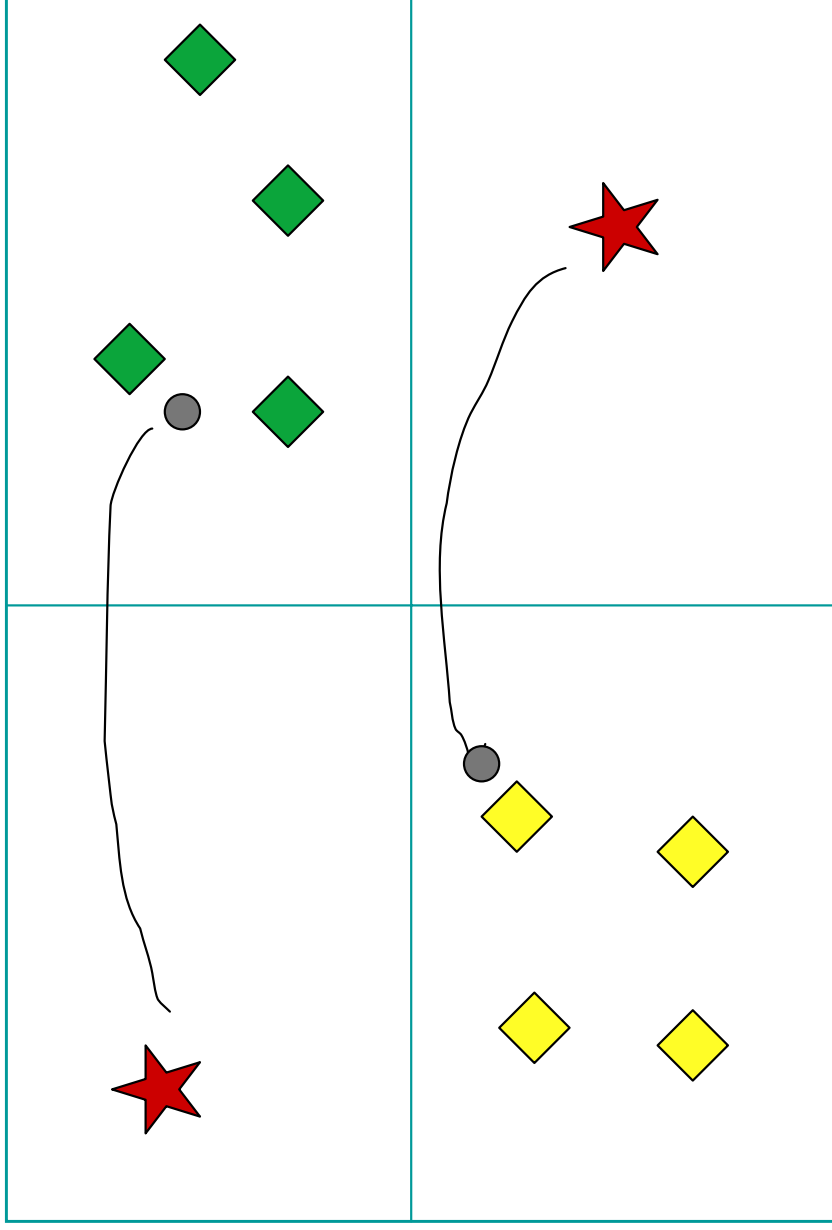
•16 x 16 Grid

- Player is positioned on intersection of grid.
- Coach or player feeds ball to player giving instruction to receive ball into a specific box on first touch.
- Player can be instructed to go right, left, and back.
- Rotate players through.

CASL U7 & U8 Practice Ideas

Receiving

Receive on all body parts



•16 x 16 Grid

•Split players into 2 teams and put each in one grid.

•Coach feeds ball into box with instructions regarding which body part players should use to receive ball.

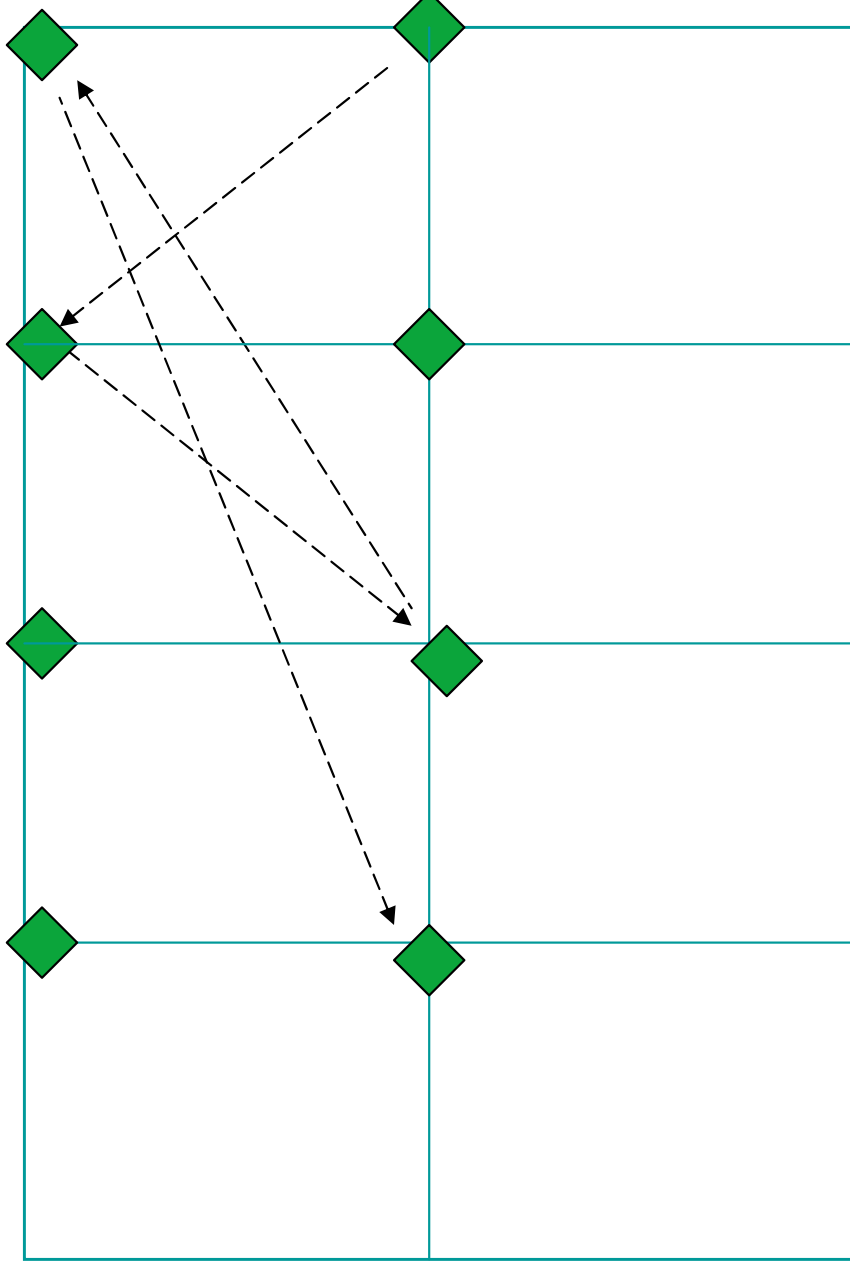
•Options include:

- Foot
- Side of foot
- Thigh
- Chest

CASL U7 & U8 Practice Ideas

Passing

Patterns – Pass and Follow

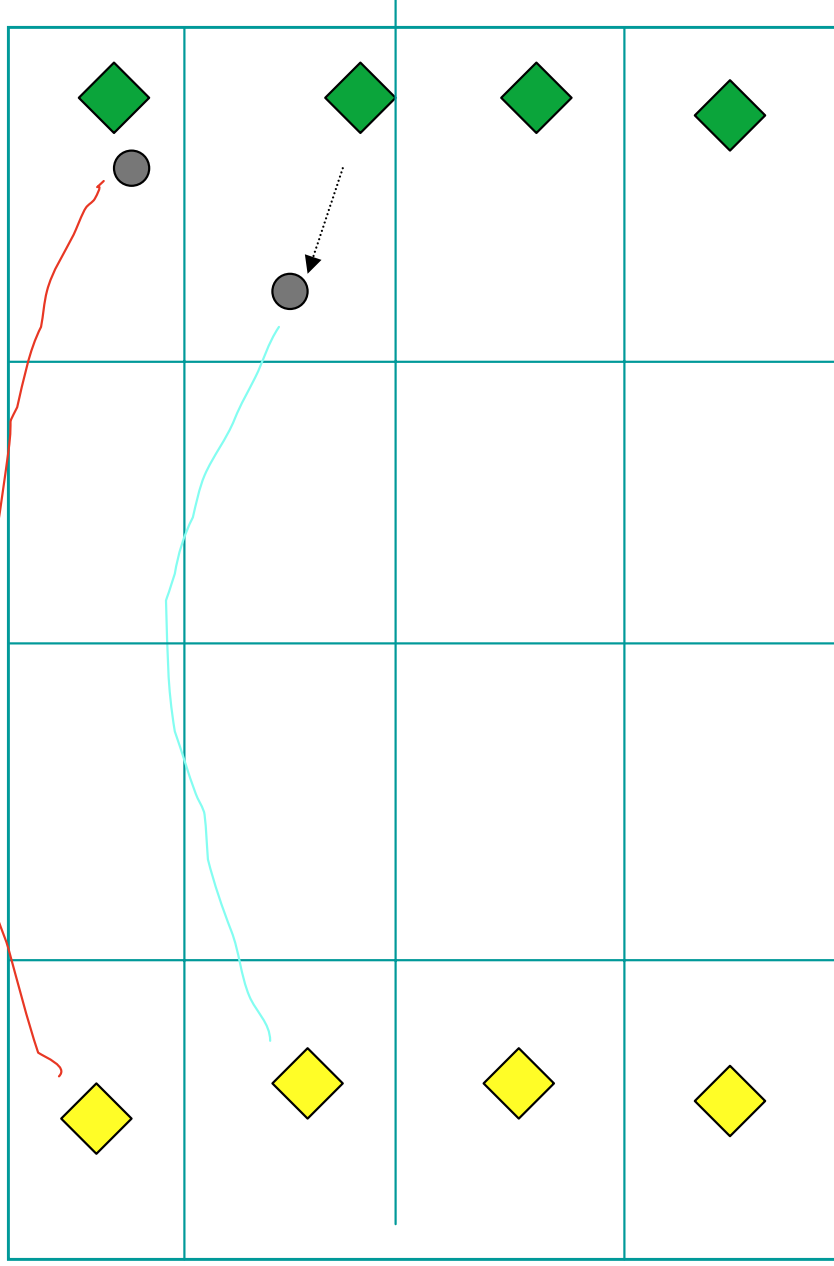


- Position players on intersections of grid & start with one ball.
- Player passes ball to any other player on grid and then sprints to that player's position (following the pass).
- The receiving player then passes to another player on the grid and follows pass.
- Add additional balls.
- Encourage players to call receiving player's name when passing.

CASL U7 & U8 Practice Ideas

Passing

Lofted balls – dead and on dribble

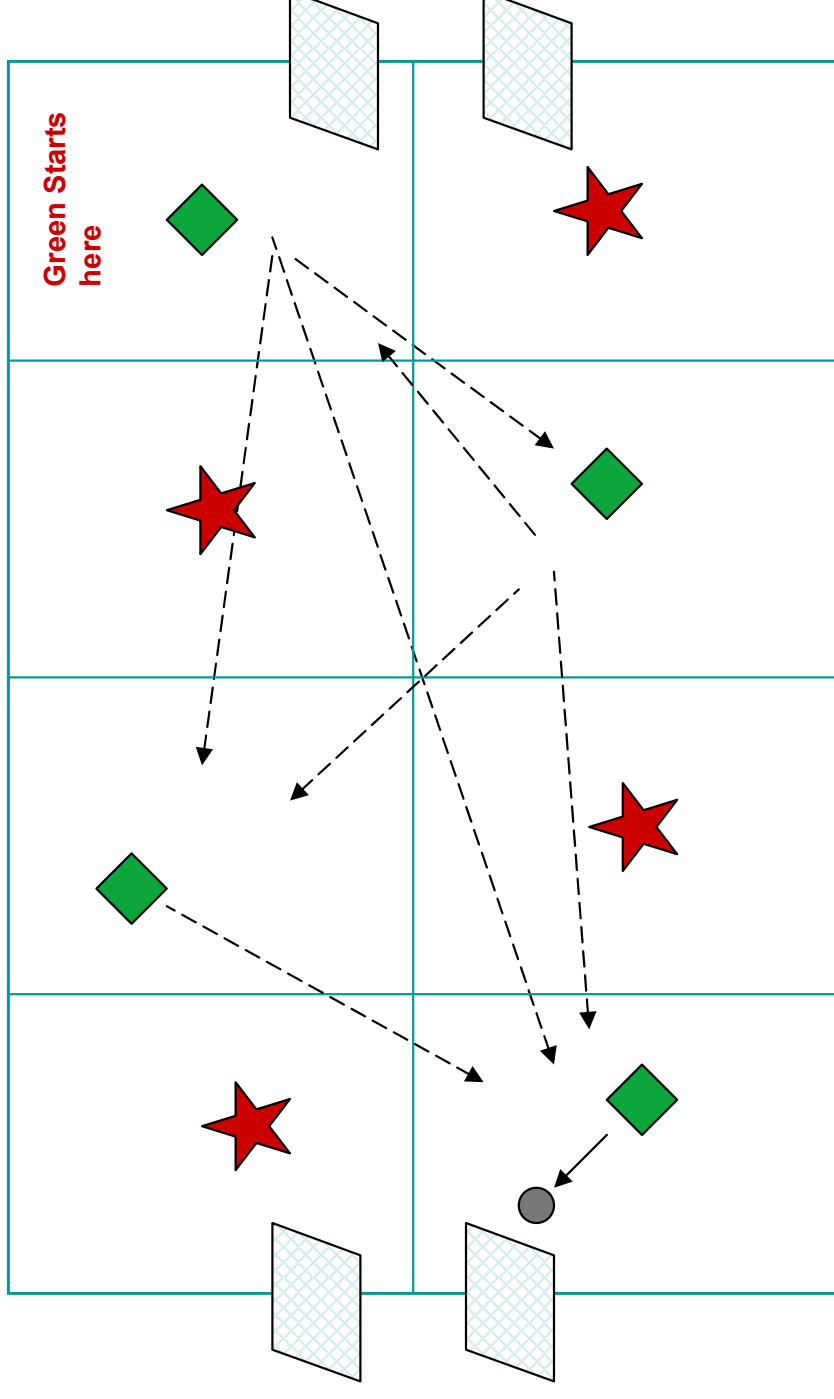


- Players practice passing accuracy by striking lofted passes to teammates several grid lines away.
- First practice lofting a dead ball, then striking a moving ball.
- Teammate receives ball and passes it back repeating the process.
- Change the distance as required.

CASL U7 & U8 Practice Ideas

Passing

Foosball in Grids

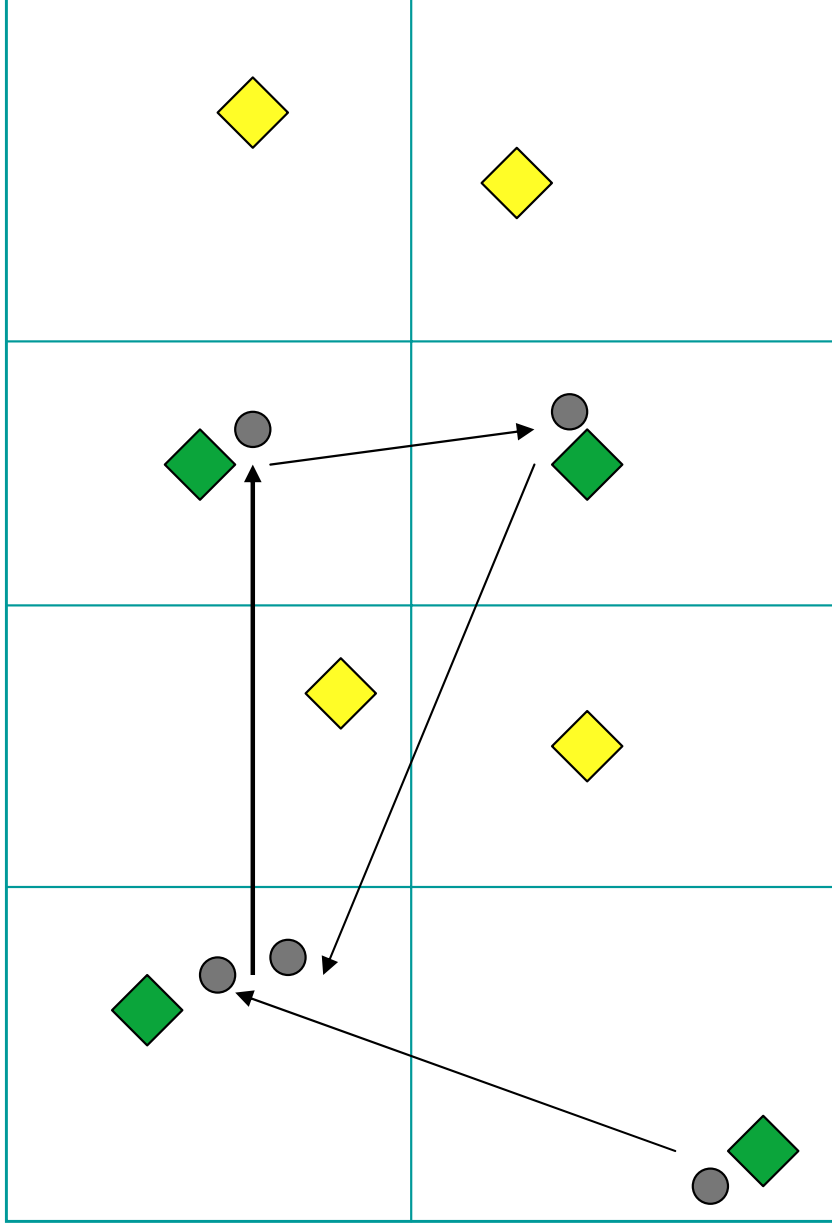


- 2 teams of 4 players
- Each player controls 1 box, but cannot move out of their box, or play a ball outside their box.
- First team starts with ball at their goal and tries to move the ball up field by passing to their teammates.
- Defending players try to cut off passing lanes through their box.
- Only player closest to goal can shoot on goal.

CASL U7 & U8 Practice Ideas

Passing

4 Line Keep Away

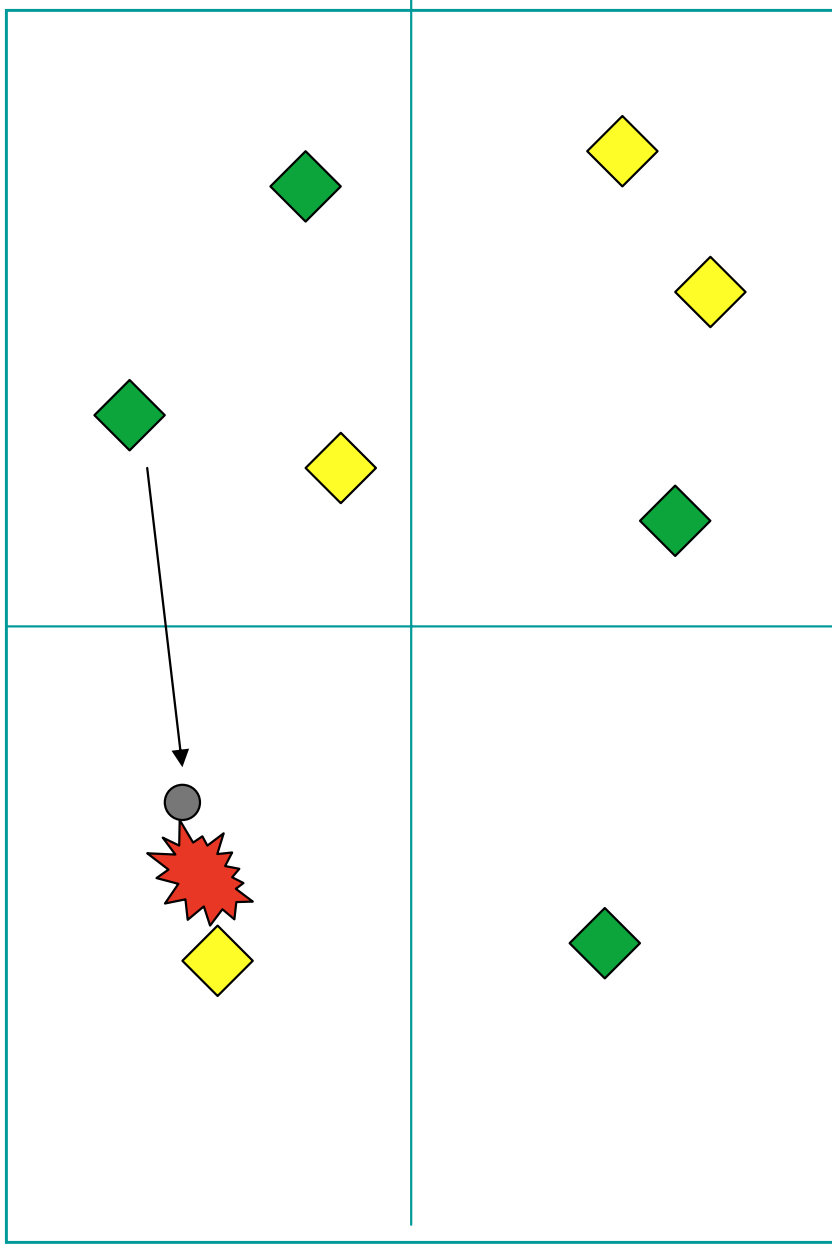


- Split players into 2 teams, and position in alternating grids lines.
- One team starts with ball and plays keep away, passing across opposition grids.
- Ball can move any direction.
- When opposing team steals ball, repeat process.
- Encourage players to move into space (within their box) to support teammate.

CASL U7 & U8 Practice Ideas

Passing

Freeze Tag



•16 x 16 Grid

- Split players into 2 teams. Each green team member has a ball.
- Green team tries to kick ball and hit yellow team (knees and below).
- If hit with ball, yellow player is frozen.
- To unfreeze a player, a yellow teammate must crawl through legs of frozen player.
- Switch roles several minutes.

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Juggling

Juggling Variations

- Pick Ups – (player starts with ball between feet. Jumps & bring knees and feet high, trying to catch ball in air)
 - catch behind, turn and catch, over your head.
- Part, Part, Catch – Start easy (thigh-catch, then thigh, thigh catch)
- Monster touch – 2 easy touches, 1 high touch
- 2 Person – start easy with bounce between players.
 - Head only
 - Any and all body parts
- Juggling on the move – Juggle the length of grid
- Various body parts

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Combos

Combos

- Dribble, Shoot
- Receive, dribble, shoot
- Receive, shoot
- Juggle, Shoot
- Receive, juggle, dribble
- Dribble, pass, move

CASL U7 & U8 Practice Ideas

Throw-ins

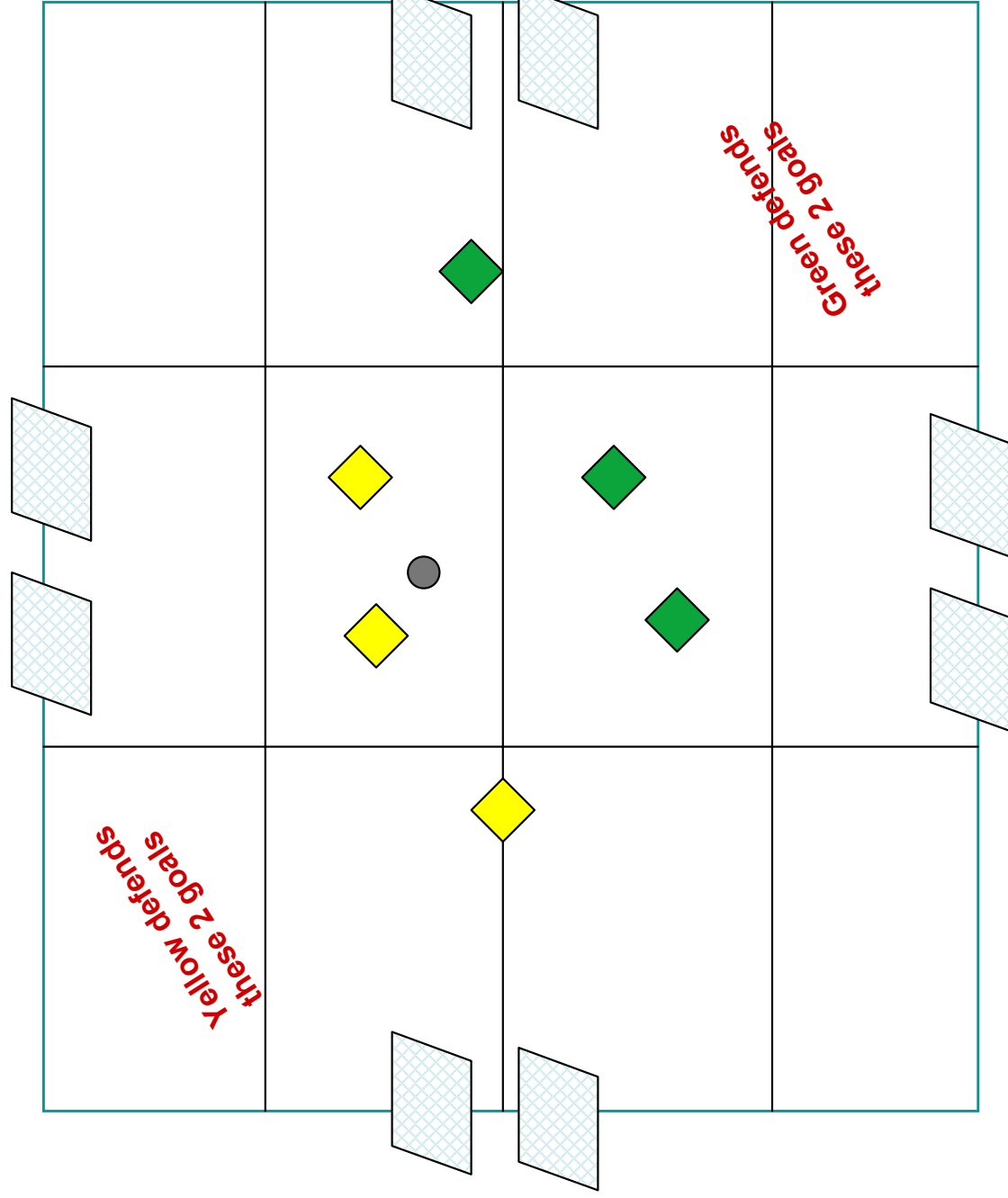
Throw-ins

- Proper Technique
 - Both feet on the ground, behind the line
 - Two hands on ball
 - Throw straight over head
- Incorporate into games and active learnings sessions
- Players 1 box apart throw back and forth, receiving player must trap ball with foot, thigh, chest, etc..

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Games

4 Goal Games; various even sides

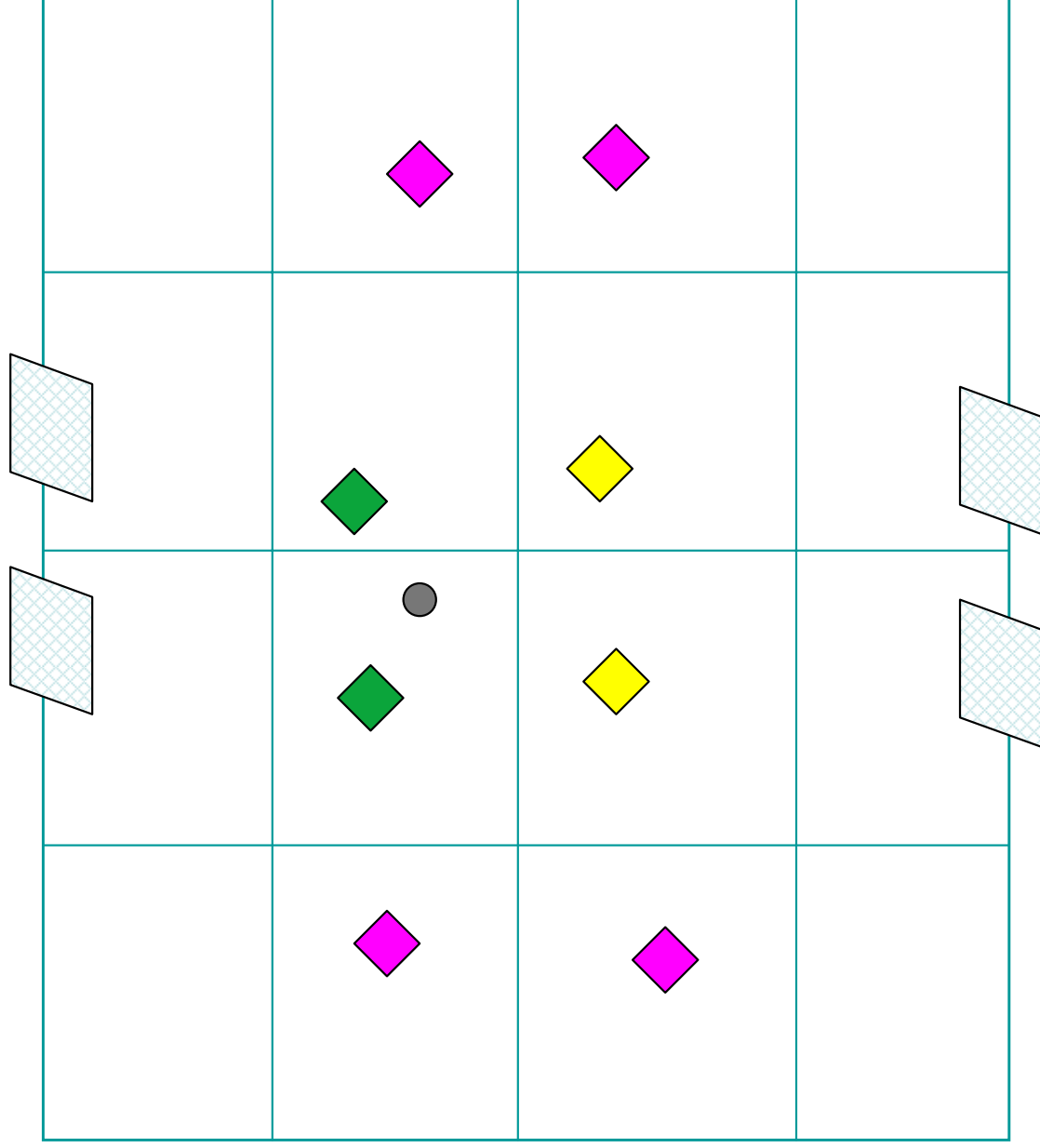


1. 2 teams with 4 goals – 1 goal on each end/side line.
 - Restrictions on which goal a team can shoot on.
2. 3 teams – 1 team rotates in after break
3. 2v2, 3v3, 4v4
4. Numbers down games – 3 v 2 – encourage players to take on players
5. Keep away – 3 v 3
 - 3 v 3 + y (neutral)

CASL U7 & U8 Practice Ideas

Games

2 v 2 with teammates on outside



- Two teams of 2 play in center boxes of grid.
- 2 players are positioned in outside boxes.
- Players in center can pass ball to outside players who return ball to passing team. They are on the side of whichever team passes ball to them.