

Williamson County Soccer Association  
U7/U8 Session

**EVERYBODY’S IT!**

Every player starts with a ball in a grid. On command they dribble their ball and attempt to tag teammates on the back without leaving their ball. You cannot tag the same player twice in a row. Players try to get as many tags as possible within the allotted time.



**SHARKS AND MINNONS/ NEMOS AND BRUCES**

All players start in a line at one end of the grid, with the coach in the middle. The coach says “go” and coach tries to tag knock ball out of bounds from players who, in turn, try to reach the other side of the grid safely. If they do, they turn around and wait for the coach to call again. If they lose their ball then they are “it” in the middle with the Coach. Do this also with each player dribbling a ball. This helps them to learn to look up while dribbling.



**STEAL THE BACON**

Divide the players into two teams of no more than five (create more fields if too many players) which line up on their respective sides of the field. Give each player on one team a number and players on the other team the same numbers. Call a number and the two corresponding players race to get the ball (having to run through own goal first). The player that gets to the ball first tries to dribble and score in opponents goal. The other player tries to steal the ball and score on opposite goal. Each success scores a point. For variety, call more than one number for 2v2 or 3v3 play. The team with the most points wins.



**FOUR-GOAL GAME**

Each team defends and attacks two small goals. Play develops as in a regular soccer game. This game encourages players to spread out, look around the field and make lateral passes. No more than 4v4. Create another field if needed.



**SCRIMMAGE**

Divide team into no more than 4 players per team and scrimmage each other to cone goals (or standup goals). Create more than one field if needed.