



## Training Game U-8 Players

### The Shadow

**Skill:** Dribbling

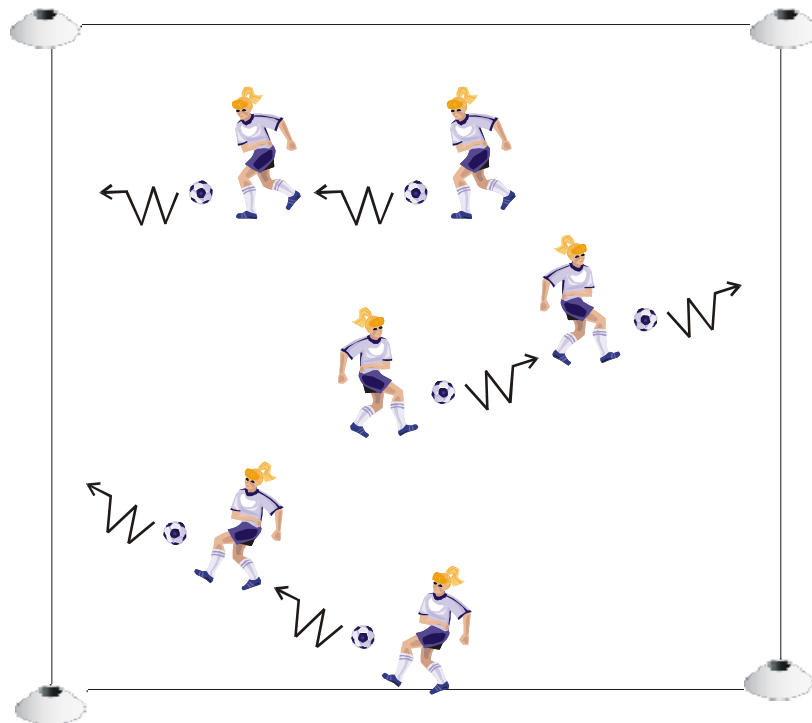
**Number Of Players Required:** Full U-8 Team

**Equipment:** 1 soccer ball per player and 4 or more cones to mark the grid.

**Grid Requirement:** A 30 X 30 yard grid

**Organization:** Using cones layout a 30 X 30 yard grid. Divide the team into pairs. All players are within the grid, with one ball per player.

**How The Game Is Played:** Players begin to move in any direction throughout the grid one partner leading and the other closely following. The trailing player tries to imitate the dribbling movements of the lead player. Coach will blow his or her whistle after about 20 to 30 seconds, the leader than becomes the follower.



**Variations:** This is a very good warm-up activity.