



Training Game U-8 Players

The Web

Skill: Dribbling/Fitness

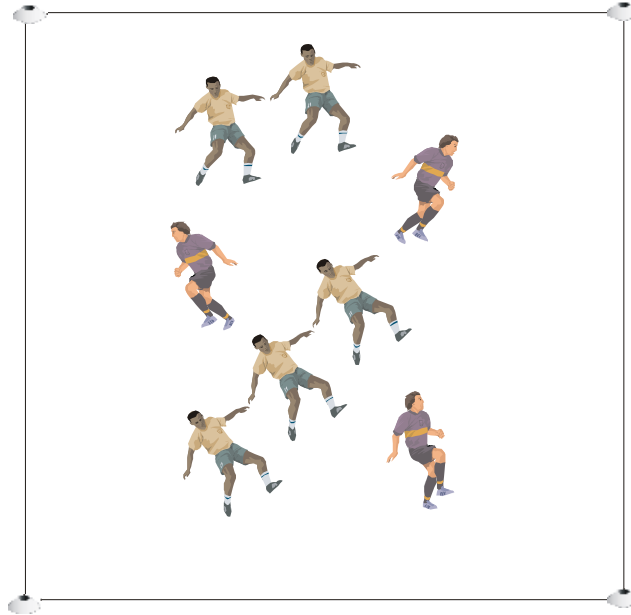
Number Of Players Required: Full U-8 Team

Equipment: 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. All players are within the grid. The coach will designate 2 players to be “it” and position them outside of the grid all other players are called “moths”.

How The Game Is Played: The coach yells “Build the Web (this means go). The “It” players enter the grid to chase after the “moths”. A “moth” that is tagged must join hands with the player who tagged him or her to form a chain. The last “moth” becomes “Super Moth”.



Variations: This is a very good warm-up activity.
Have all moths dribbling trying to avoid being tagged.