4v4 Activity for players U6 - U8 - Dribble thru cones and shoot

OBJECTIVE: Dribbling and Shooting
PLAYER ACTIONS: Shoot, Pass/dribble

KEY QUALITIES: Read game/make decisions, Optimal technical, Optimal physical

ORGANIZATION:
4v4 dribble and shoot. 1. Each player with a ball in a grid with a mini goal. 2. Players dribble thru each cones and shoot on mini goal. 3. Switch players between grids.

NOTES:
Make a competition out of it - First player to shoot on mini goal. Encourage close control, players to look up when dribbling, etc.

MOMENT:
Attacking

AGE:
U7-U8 / 4v4

PLAYERS:
1

DURATION:
15.0 min