

YMCA Soccer Warm-Up Activities for 8-9-Year-Olds

Warm Up Description	Page¹
<ol style="list-style-type: none"> 1. Players dribble in space—that is, run with the ball, keeping it within playing distance (one ball per player). 2. Players dribble and turn on signal. 	80
Players in pairs pass and move.	84
Players in pairs pass the ball hand to hand, throwing so that the hands must move to catch the ball.	86
Players play a 1 v 1 game, using a full goal; the goalkeeper dives to save the shot. Players trade off being GK. Attacking player can try to score by throwing or shooting.	90
Players play a 4 v 2 game in which their goal is to make six passes. Instruct players to move to support positions so that the passer can split (i.e., pass between) two defenders. Any pass that splits the defenders counts double.	96
Players pass and move in pairs. Increase distances and encourage players to get the ball off the ground.	100
Play a “tag” game, to encourage chasing opponents.	104
Play 1 v 1 games (in areas about 20 yards long, maximum) in which the defender pressures the opponent, trying to channel him or her toward the weak foot.	107
Players in pairs, 5 to 10 yards apart, practice quick passing, alternating passes with two touches and one touch.	110

¹ This page number refers to pages in the “Plans for 8- to 9-Year-Olds” document found on the “Season and Practice Plans” page in the YMCA’s **Coaching Soccer** online course.

Warm Up Description	Page¹
Players free dribble, changing pace and direction. They try to beat the coach when he or she gets in the way.	113
GK1 distributes the ball to A1, who dribbles down field and crosses to A2. A2 dribbles and shoots toward cones guarded by GK2. GK2 then distributes to A2, who dribbles and crosses to A1, who shoots on GK1. Then A3 and A4 take A1's and A2's places.	116
1 v 1—Players dribble and shoot into goal under pressure. Place a defender behind the attacker; the defender cannot move until the attacker begins the run to goal. The defender, slightly behind the attacker, chases the attacker to the goal as the attacker dribbles and shoots.	120
Play 1 v 1 in a 20- x 10-yard area. Review individual marking skills.	124