U6 u8 solo

Created By - Austin Stacks U7

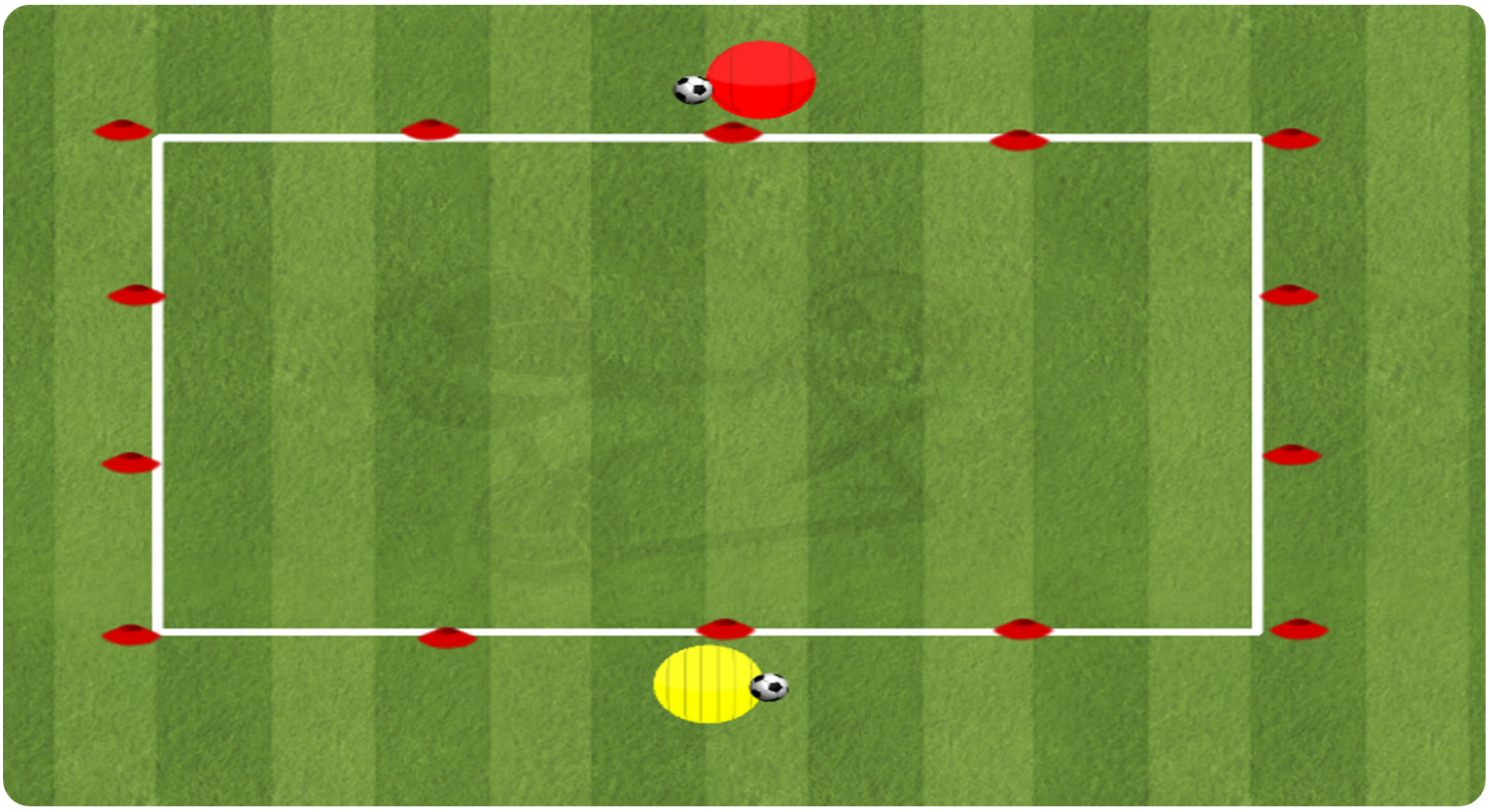
Created On - January 9, 2026

SOLO CHASE

Skill Games

Time: Any | **Sport:** Football | **Age Group:** U7/8s, U9/10s, U11/12s, U13/14s

Solo Run



RULES

Each player starts with a ball on the opposite side of the grid. On Coach's whistle both players solo to try to catch and tag the opposite player.
As a progression the coach can nominate a tagger but put in the condition the the player being chased can turn at any stage to become the tagger if they choose.
Vary the legs the players can solo off

QUESTIONS

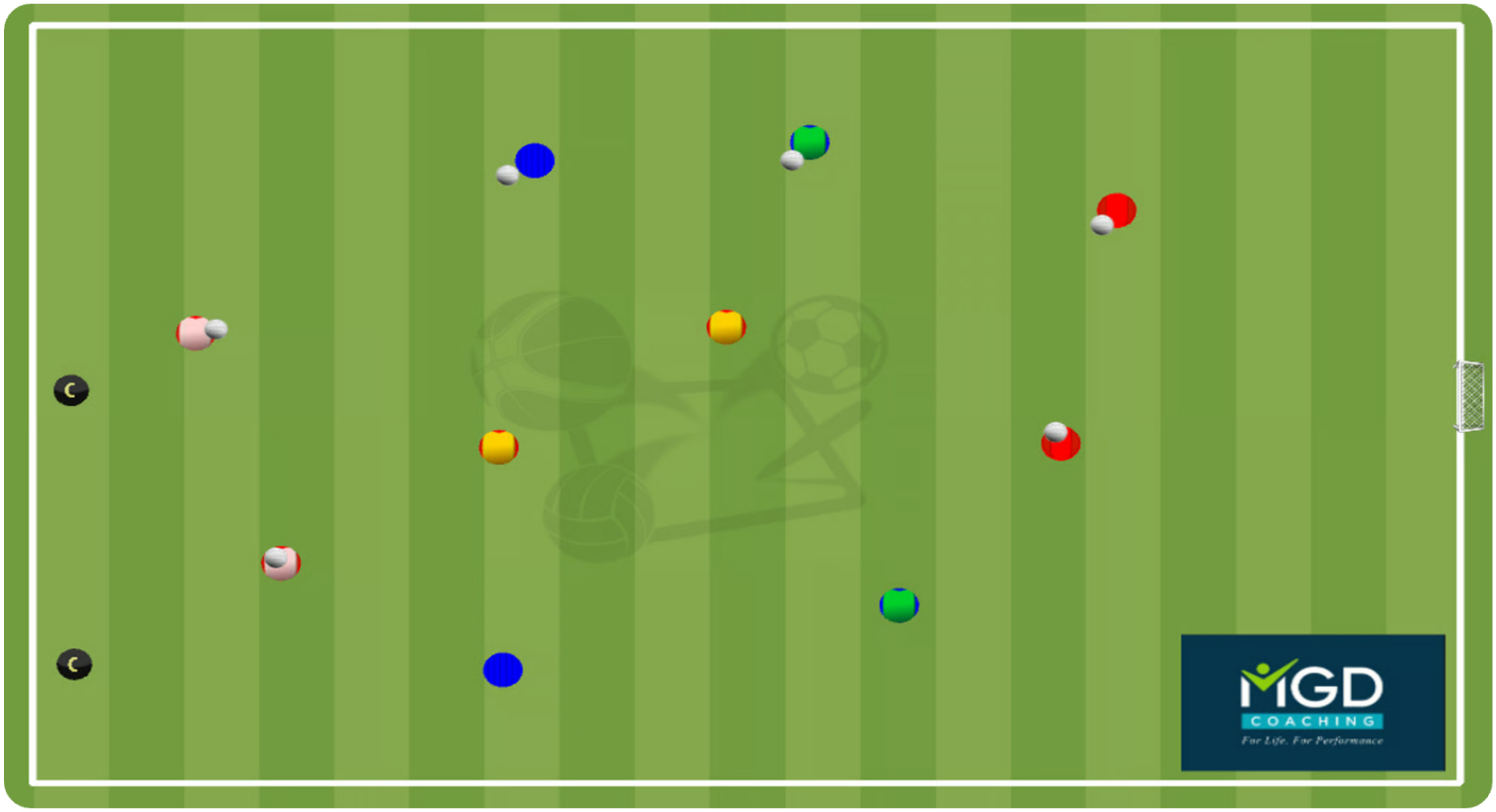
NOTES

SOLO STEALERS

Skill Games

Time: Any | **Sport:** Hurling, Football | **Age Group:** U7/8s, U9/10s

MGD Coaching



RULES

Every player has a bib tucked into the back of their shorts.
Players solo the ball around trying to do two things:
1. Steal other bibs
2. Protect their own bibs
If your bib is stolen you can still try to steal other bibs

QUESTIONS

NOTES