

Select a Date

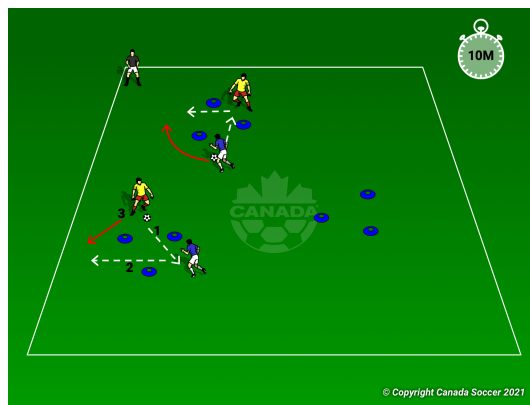
Coach

Age group:

U8s

Session

Time



### Organization:

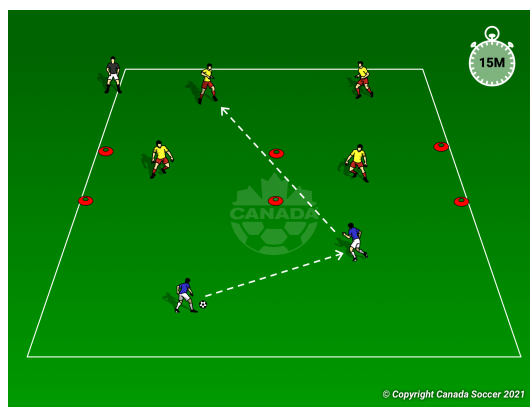
Set up triangles inside the playing area with cones  
Groups of 2 with one ball per group  
The aim is for the groups of 2 to pass through two sides of the triangle  
Once the aim is accomplished, players repeat the sequence at a different triangle  
Eventually, give the players a time limit (45" secs) and count how many triangles they pass through

### Facilitator Feedback:

Communicate  
Connect your passes  
Provide an angle  
How can you and your teammate time the passes ?

### Progressions:

Make the triangles smaller so the gaps are tighter to pass through  
Set a target number of triangles for players to pass through within a time limit



### Organization:

15m x 25m area - 3 Zones - 2 End zones & middle zone (End zones are longer than the middle zone - adjust space to players capacity - Ensure to rotate players - 2 players in each zone)  
Aim of the players in end zones is to pass through the middle zone (Ball below waist height) to opposite end zone - KEEP SCORE!!  
After passing from one end zone to the opposite, game continues

### Facilitator Feedback:

Where is the gap ?  
Scan to see options  
What opportunities to you see?

### Progressions:

Reduce Space for the end zones  
1 Middle Zone player can pressure inside the end zones  
1 touch passes from one end zone to the opposite side is double points



### Organization:

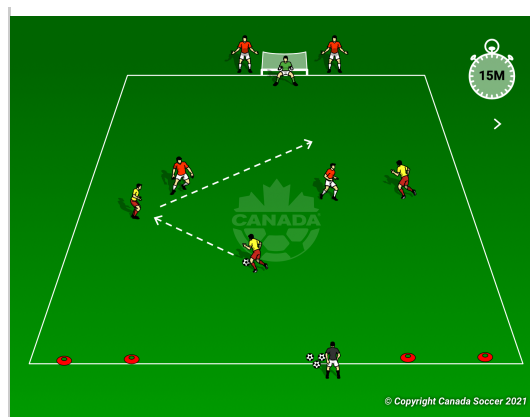
1 x defender passes ball out to 2 x attackers then defends the large goal. 2 x attackers attempt to combine score. 1 x defender attempts to defend outnumbered, if win possession can counter attack over the line for 1 point. Rotate players so that all players are defenders attackers.

### Facilitator Feedback:

Stop opposition from playing forward  
Use Body position to delay  
Show attackers away from goal - body position

### Progression

3v2  
2v1 with a second defender joining after a delayed amount of time



### Organization:

3v2 with another group of players rotating into as defenders/attackers  
3 Attackers aim to score on the regular goal with the keeper (can play without goalie) and the 2 Defenders have two counter goals to score on when they have possession  
Coach must be ready with lots of balls to restart play  
Keep score - Rotate Attackers & Defenders equally

### Facilitator Feedback:

Create your Triangle  
Pass & Move  
What forward passing options do you see ?

### Progressions:

Add a third Counter Goal for Defenders  
Add time limits for the 3 attackers to quicken play (Ex. 8 seconds to get a shot on goal)  
Keep accumulative scores for both groups when they score on the big goal or counter goals