

Select a Date

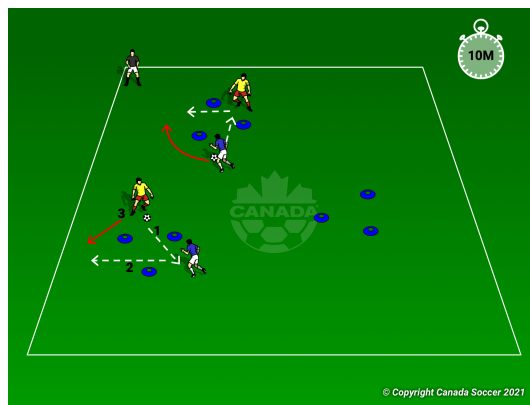
Coach

Age group:

U8s

Session

Time



Organization:

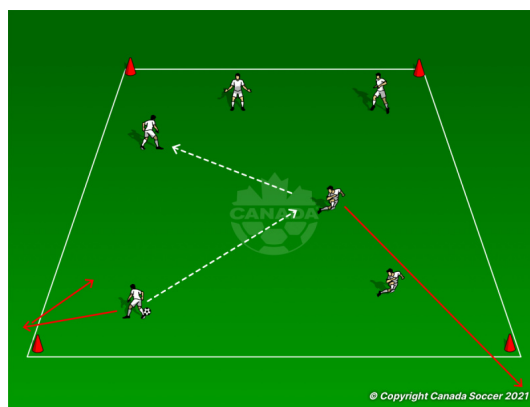
Set up triangles inside the playing area with cones
Groups of 2 with one ball per group
The aim is for the groups of 2 to pass through two sides of the triangle
Once the aim is accomplished, players repeat the sequence at a different triangle
Eventually, give the players a time limit (45" secs) and count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



Equipment - 4 cones, 2-3balls - 15 mins

Organisation - 30 x 30 area

Players will pass the ball around the box

a) 2 touch max

b) progress to one touch

After they pass the ball they will run around the outside cone and come back into the box

Coaches Points

First touch positive (prep) second to play
Proper technique. Emphasize that the toe is slightly up and the heel down in both passing and receiving. Find the proper weight for each pass. Visual and verbal cues. Do not let players stand, players should always be moving. Spatial awareness and movement off the ball.



Organization:

1 x defender passes ball out to 3 x attackers then defends the large goal. 3 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



Scroll to minute 1:08

Strike out - 3 hits and player is out