

Select a Date

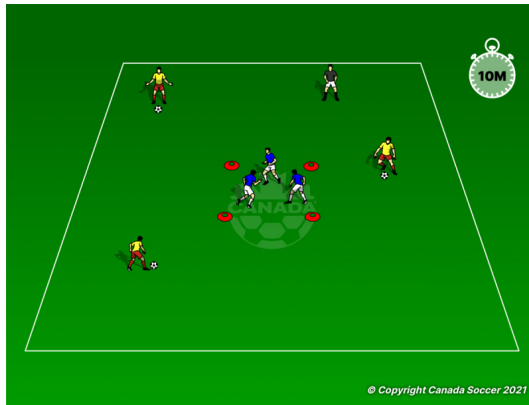
Coach

Age group:

U8s

Session

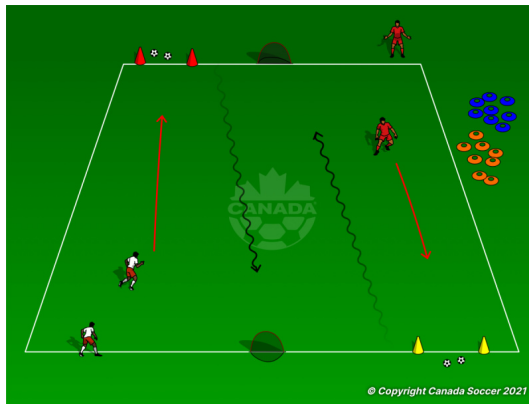
Time



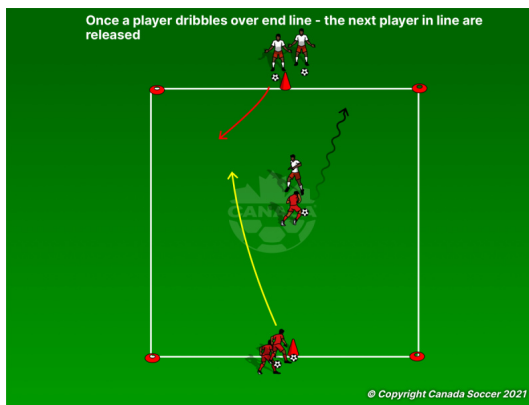
Organization:
 Split groups –3- 5 players (yellow) have a ball each & 3-5 players (blue) no ball
 yellows dribble & blues move around inside the middle space. When the coach signals, blues leave the middle zone & pressure the yellows
 When blues win the ball, they bring the ball inside their middle zone. Yellows can try to win the ball back
 Switch/Rotate roles after each round
 Rounds are 45" seconds

Facilitator Feedback:
 Close down the opponent
 Pressure
 Win the ball
 How can you win the ball back ?

Progressions:
 When the attacker (Blue) loses the ball, they go to the coach & get another a new ball
 Count how many successful possession regains for each team



On coaches command, players race to opposite side to grab a ball, turn and race to be the first player to shoot and score on net. Once first person shoots. First team to score goes and picks up a cone - first team to pick up 5 cones wins.
 Coaches can make it fun by putting surprises under cones - example place a whistle under the cone - if the team picks that cone they reset to 0



SETUP:
 Make several 16×10yd grids.
 Two lines, one on each endline.
 Max of 3-4 players per line.
 Two players play 1v1 in center.
 Game is directional.
 A goal is scored by dribbling over opposing endline.
 Once goal is scored, the player first in line on that side dribbles in and plays 1v1 against the first person in the other line.
 Players return to their own lines.
 If ball goes out of bounds, restart in a dribble in.
 Keep score

Facilitator Feedback:
 Keep ball close when attempting to get around defender.
 Take a larger touch when in the space beside/behind defender so you can build up speed faster.
 Once past a defender, your first touch should be behind them to cut off their angle of recovery.



SETUP:
 Make a field 30×20 yds
 Two full size goals, each with a goalkeeper
 Two lines, one on each endline with balls split between them
 Play starts with the 1st player dribbling out and playing 1v1 against opposing player If shot goes over endline, both players leave field.
 The first person in the line it went out on dribbles their ball in to play 1v1 against the first person in the other line. If goal is scored, the goal scorer stays on the field, and first person of the competing line dribbles out to play 1v1
 Goalkeepers cannot score.
 If a shot is saved, the ball is still in play

Facilitator feedback:
 Attack with speed and deception!
 Shooting on goal quickly when space exists