



GOAL:

Improve building up in the opponent's half

AGE GROUP

PLAYER ACTIONS

Dribble forward, Score, Play forward when possible

8U

KEY QUALITIES

Read & Understand the game, take initiative, be pro-active

MOMENT

Attacking

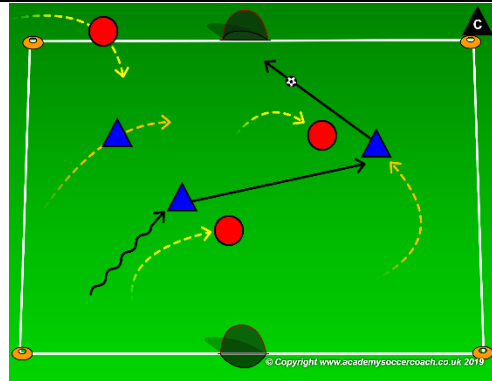
DURATION

60 Minutes

4v4

1st PLAY PHASE (intentional Free Play)

18 Min.-Play multiple 3-4 minute games



Objective: to pass or dribble past an opponent then score goals

Organization: On your (25Wx35L) game field, set up two 17Wx25L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3, start a second game on the field next to it.

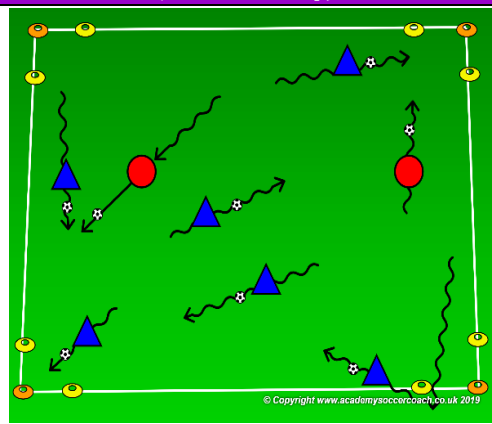
Key Words: go to goal, score goals

Guided Questions: If you see an opening in front of you, where should you go? When should you pass instead of dribble?

Answers: Play forward to goal whenever possible. If all the openings in front of you are closed, quickly pass to a teammate to see if they can find an opening forward.

PRACTICE (Core Activity): Wreck It Ralph

18 Minutes-9 intervals-1 min. play-1 min. rest



Objective: to dribble your ball to goal while protecting it from opponents

Organization: In a 15Wx20L grid, with a cone goal in every corner & every player with a soccer ball. All but 2 players are trying to dribble their soccer ball into as many goals as possible. 2 players do not try to score but try to WRECK the goal scorer's points. If a Wreck It Ralph hits a goal scorer's ball with their own, they demolish all the points and the goal scorer has to start scoring over again. **Rules:** Play begins when coach says, "GO". Score by dribbling your ball through any of the 4 goals.

Key Words: Go forward, dribble to goal, protect your ball

Guided Question: What do you do to protect your ball?

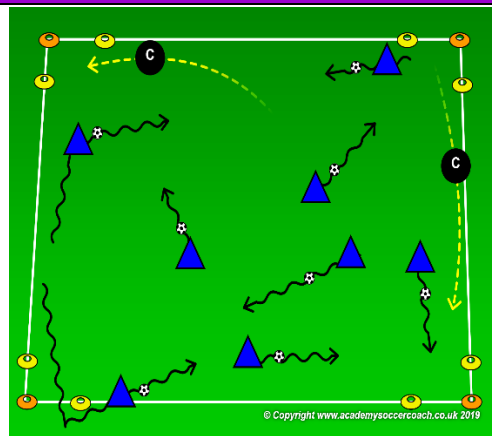
Where do you have to point your toe if you want your laces to kick the ball?

Answers: Put your body in the way to block it from the opponents (hide it/shielding). Point your toe to the ground and push the ball in front with your laces.

Notes: Rotate the area of the field the ball is served into to change the starting points of the attacks. You can also serve a ball closer to a player who has not had many opportunities to play the ball.

PRACTICE (Less Challenging): Find the Open Goal

18 Minutes-18 intervals-1 min. play-1 min. rest



Organization: In 20Wx30L yard grid with a 5yd end zone on each end of the field. Each team starts behind their end zone. One team starts with a soccer balls. On the coach's command, 2 players with 1 ball enter the field and try to dribble the ball into the opponent's end zone. The team w/o soccer balls can only send 1 defender. Players who can stop the ball in the opponent's end zone get 10 points. After 5 intervals, switch so both teams have a chance to attack. **Rules:** Players try to dribble across to the other end zone. Defenders can only steal the ball outside the end zones. If a defender steals a ball and dribbles it into the other end zone, he/she wins the points for their team. After both soccer balls are either scored or knocked out of play, the game is over and the next game begins.

Key Words: Look up, find an opening, fake the defender, go to goal.

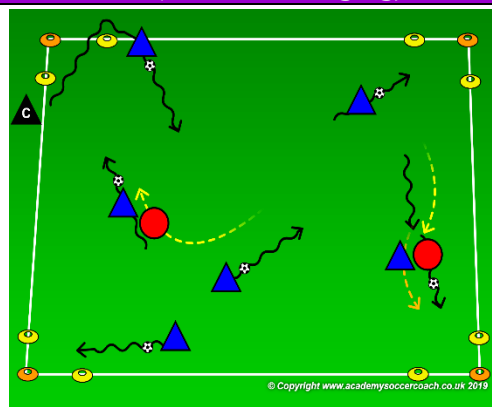
Guided Questions: What should you do when confronted by a defender? When should you kick the ball further of front of you?

Answers: When a defender is close, take softer touches to keep the ball close. If you see an opening to the end zone, kick the ball further in front so you can score as quickly as possible.

Notes: Spread out can also be introduced so 1 defender cannot cover both players. Remember to keep the primary focus on the player with the ball.

PRACTICE (More Challenging): Soccer Combat

18 Minutes-9 intervals-1 min. play-1 min. rest



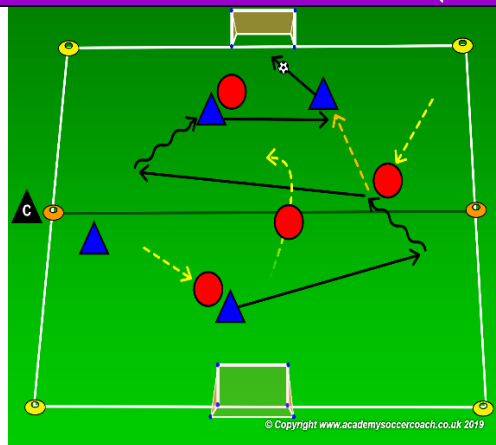
Organization: In a 15Wx20L grid, with a cone goal in every corner & all but 2 players with a soccer ball. The players with a soccer ball will trying to score as many goals as possible in 1 minute. The players without a soccer ball are trying to steal any ball they can and start scoring for themselves. If your soccer ball is stolen, you can either steal your ball back or steal a ball from another player. **Rules:** Play begins when coach says, "GO". Score by dribbling your ball through any of the 4 goals that are open. You must have a soccer ball in order to score.

Key Words: Go forward, dribble to goal

Guided Question: What can you do to protect your soccer ball? Where do you go if you see a goal is blocked by a defender?

Answers: Either put your body between your ball and the defender or dribble fast to a goal. Turn away and attack an open goal.

Notes: Coaches can start as defenders if needed but should switch over to players within the first few rounds.



Objective: to pass or dribble past an opponent then score goals

Organization: In a 25Wx35L field and a small goal on each end line, play a 4v4. Play for 24 minutes – 2 intervals of 10 minutes with a 2 minute rest between intervals. Local rules apply. If the ball leaves the field, the coach should roll another ball onto the field and play continues. No goal keepers allowed.

Key Words: turn, get the ball, score goals

Guided Questions: Who should determine whether to dribble pass or shoot? Why is it challenging to score goals? So, how can you beat them?

Answers: The players must be allowed to make their own decisions. There is another team on the field who is trying to stop you and score in your goal. Go to goal when you can. If you can't go to goal, find a teammate who can.

Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?

2. **Game-like:** Is the activity game-like?

3. **Repetition:** Is there repetition, when looking at the overall goal of the training session?

4. **Challenging:** Are the players being challenged? (is the right balance between being successful and unsuccessful?)

5. **Coaching:** Is there coaching based on the age and level of the players?

Training Session Self-Reflection Questions

1. How did you do in achieving the goal of the training session?

2. What did you do well?

3. What could you do better?

