



Objective

Improving dribbling and passing forward - Creating space and passing options

Age Group

U8

Moment

Attacking

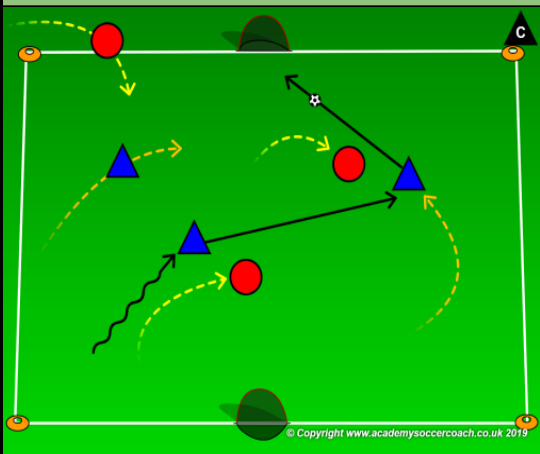
Duration

60 Minutes

4v4

Play Phase #1 - Free Play (Up to 4v4)

20 Minutes



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

Organization: Set up a 17Wx25L field (One Half of a game field) with a small cone goal at each end. As soon as 2 players arrive, start playing a game as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 4v4.

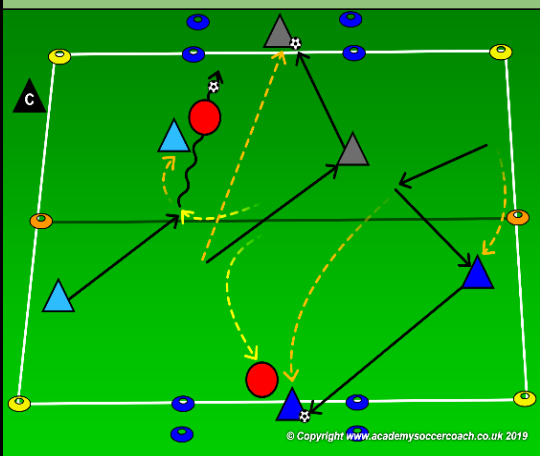
Key Words: Turn to goal, take big touches into space

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 Phase - Pair Bandits

20 Minutes



Organization: In a 17Wx25L yard grid (half of a game field), setup a 6Wx3L yard box goal on each end line, all players should be in pairs. Select 1 pair to be the bandits. Each pair needs 1 ball to share except for the bandits. The pairs with a ball will try to dribble & pass to either goal & pass to their teammate within the goal. After scoring in one end, play to the other. How many goals can you score in 2 minutes? The bandits try to steal the ball from the passing pairs & bring it to one of the two hideouts (goals). The passing pairs can take the ball back from the bandits before they get it all the way to the hideout. If the bandits get the ball into the hideout, the pair lose all their points and have to start counting over again. Rotate bandits after each interval.

Rules: bandits cannot defend inside of the goal.

Key Words: Look up, find an opening, play through it

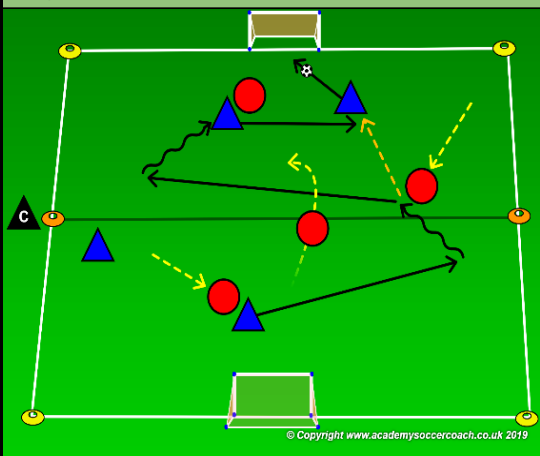
Guided Questions: Where should you go if a defender is closing your opening? What are some ways you can play the ball through an opening?

Answers: See if teammate can move to create new opening. Dribble through or pass through.

Variation: Coach can participate to make game easier or harder.

Play Phase #2 - The Game

20 Minutes



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

Organization: Sharing a 25Wx35L game field with another team, scrimmage 4v4 against that team. Use all normal rules for division. If the ball leaves the field, coach can roll another ball onto the field and let play continue to keep play moving. Rotate players to keep fresh and allow rest time.

Key Words: Turn, Get the ball, Beat Them! Look Up, Find the Opening.

Guided Questions: When can we dribble? When can we shoot?

Answers: Try to let players make their own decisions. Don't "joystick" coach by over-telling players what to do.

Self Reflection Questions

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

What did you do well?

What could you do better?