



**Objective**

**Improving dribbling and passing forward to create scoring opportunities**

**Age Group**

**U8**

**Moment**

**Attacking**

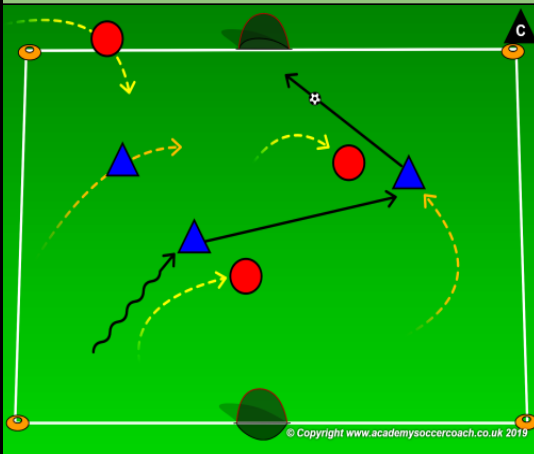
**Duration**

**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.

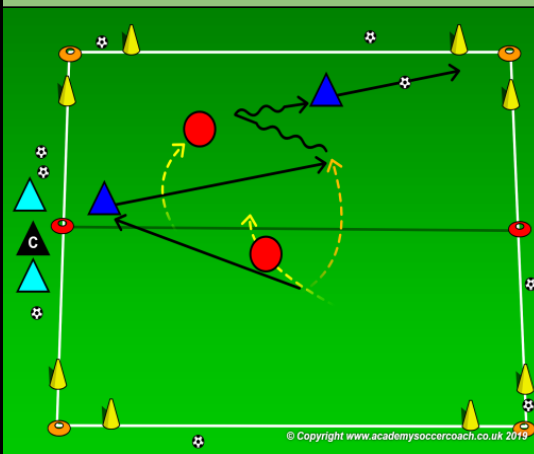
**Key Words:** Turn to goal, take big touches into space

**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 - 2v2 to 4 Corner Goals**

**20 Minutes**



**Organization:** On the same field set up above (17Wx25L), place a cone goal in each corner of the field. Play 2v2 game and have other teams on the side line ready to switch in. Both teams will defend the 2 goals on one end line and attack the 2 goals on the other end line. Place several soccer balls around the field for quicker restarts.

**Rules:** Coach keeps track of time. After 1 minute, one team leaves the field. From that point on, swap the team who has been on the longest every 2 minutes.. The game does not stop to switch teams. The team who stays on the field can score if the new team doesn't enter quickly.

**Key Words:** Find the open goal, go, help your teammate

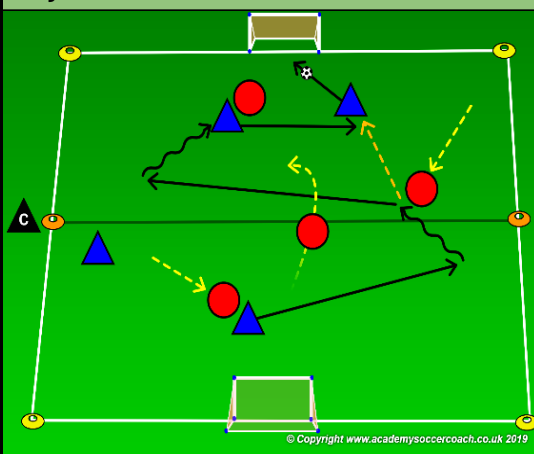
**Guided Question:** How can you trick the opponent? When to use your laces to strike the ball?

**Answer:** Pretend to go to one goal then change direction to go to the other. Use your laces to strike the ball toward the goal.

**Variation:** Make game 2v1 if team with the ball is struggling to score goals.

**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?