



## Rec 1 Session 4 - Playing in Pairs

**Category:** Technical: Passing & Receiving  
**Skill:** U8

Pro-Club: Loudoun Soccer Club  
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### Description

#### 2v2 games (15 mins)

**Objective:** Ignition game to keep players active when arriving at training

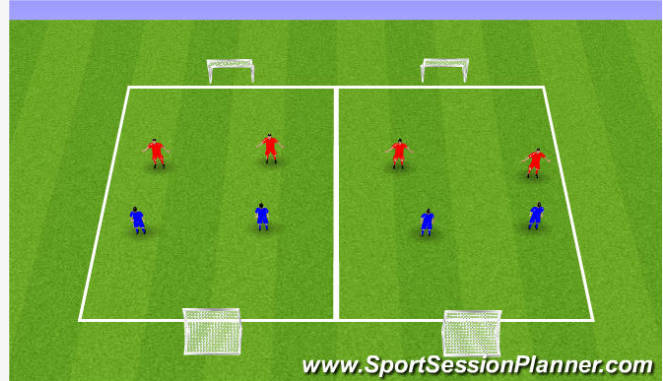
**Duration:** 5-10 minutes

**Description (rules, number of players, grid size, etc.):**

- \*two small sided fields to play 2v2, or one field to play 3v3 or 4v4
- \*add players to game as they arrive
- \* play with regular restarts (kick-ins, goal kicks, corner kicks).

**Key Points:**

few if any - get them playing!



#### windows dribbling (10 mins)

**Objective:** emphasize dribbling, passing, receiving, communication, and combinations

**Duration:** 10 minutes

**Description (rules, number of players, grid size, etc.):**

- \* organize a circle of cones, with a small square (4x4 yards) in the middle.
- \* two players at each outside cone in circle, 1st player with a ball on their foot.
- \* play begins with the 1st player in each line dribbling through the square, then passing to a teammate on the outside, and running to the end of their line.
- \* 2nd player then repeats the process.

TEACHING TIP: demonstrate this first, then have each player walk through this, then have the next group walk through this, then begin.

Progression:

1. must perform move inside square first ("use your skills")
2. must connect 3 passes before changing (ball out to teammate, then two 1-touch passes)

**Key Points:**

- \* Head up to see space – attack it quickly
- \* Moves: use appropriate move based on available space
- \* Turns: look over shoulder before turning
- \* Burst of speed – by dribble or by pass
- \* Eye contact with receiving player – no blind passes
- \* Receiving player: prepare body, demand the ball - be a little bit rude
- \* Passing technique and accuracy - step in and snap thru
- \* First touch – get balanced, cushion ball but don't stop it - direct first touch forward to build up speed
- \* 1-touch pass: step in and thru to ensure weight and accuracy



## Get Outta There (10 mins)

**Objective:** attack in pairs to generate scoring opportunities

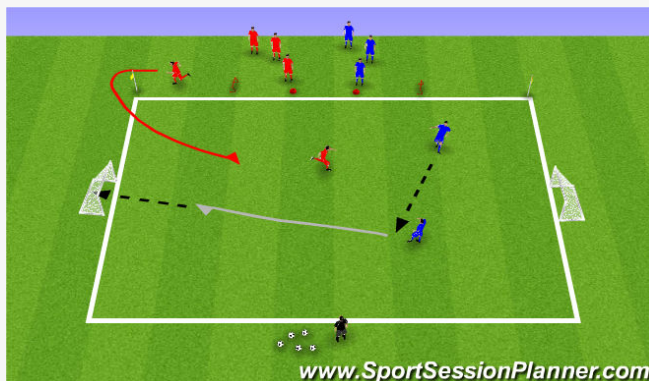
**Duration:** 15 mins

**Description (rules, number of players, grid size, etc.):**

- \* Two even teams
- \* Coach plays ball into space and calls a number ("Two" means 2v2) and players enter field. Add obstacles before entry if desired.
- \* Objective: teams attempt to score goal.
- \* Play until ball is out of bounds, goal is scored, or coach yells "Get Outta There!"
- \* Players return to lines for next play.
- \* Variation: coach calls color instead of number for numbers up sequence (Red = 1 for red, 1 for white)

**Key Points:**

- \* Attack with urgency to create #s up situations
- \* identify #s up (2v1) and combine with teammate, or use "threat" of combination to dribble
- \* Attack through window - burst of speed with dribble, pass to teammate, or shot on goal
- \* 2nd attacker (teammates off the ball):  
"drift away" to create space for teammate  
Play within teammate's vision



## 2v2 games (15 mins)

**Objective:** apply concepts from previous activities into game setting

**Duration:** 15 minutes

**Description (rules, number of players, grid size, etc.):**

- \* two games of 2v2. Game length 8 minutes, then rotate opponents
- \* kick-ins as restarts
- \* balance teams with neighboring coach as needed

**Key Points:**

- \* organize team shape at restarts as quickly as possible
- \* quick restarts - find windows quickly to play through before defense is organized
- \* play around the scrum - connect wide or back before going forward if needed

