



Rec 1 Session 5 - Playing in Pairs

Category: Technical: Attacking skills
Skill: U8

Pro-Club: Loudoun Soccer Club
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4v4 game (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!



Gates dribbling (10 mins)

Objective: introduce and emphasize key dribbling patterns, rhythms and concepts

Duration: 8-10 mins

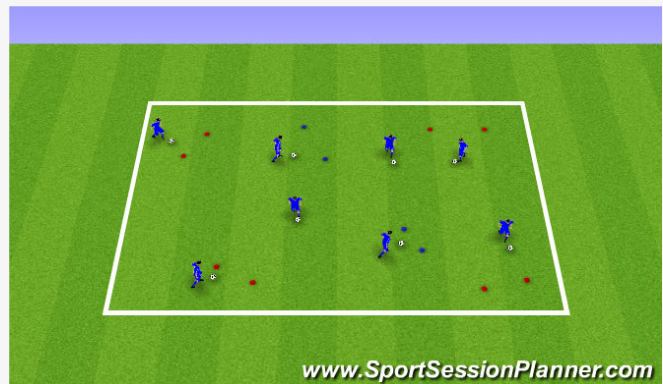
Description (rules, number of players, grid size, etc.):

players dribble through gates

Variations: one foot only (then switch); must alternate gate colors; perform dribbling rhythm at gate (toe taps, soccer box, fast feet); must change direction through gate using turns (pull back, stop turn, etc.)

Key Points:

every step is a touch - use different surfaces of foot to control ball
use front foot to control ball and move with speed
burst of speed into space
head up and on swivel to avoid collisions
basic moves: cuts (outside foot sharp touch); chop (inside foot sharp touch)



Gates passing (10 mins)

Objective: introduce and emphasize techniques and visual cues for playing in pairs

Duration: 8-10 minutes

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

players in pairs, passing through gates. Try to pass through as many gates in 30 seconds.

Progressions: must alternate colors; add a bandit to "steal" ball (give back to coach, then coach returns to pair)

Key Points:

Call for the ball "ball!" "here!" "ya!"

show for the ball: body balanced (on toes, feet shoulders' width, knees bent, weight forward)

passing technique: step in/snap through (placement foot next to ball, kicking foot open, toe up and heel down, ankle locked, land on kicking foot to follow-thru).

receiving technique: body balanced, open body in direction you wish to play, take touch in that direction

Vision: to find open gate, to move in sync with your partner's dribble



Get Outta There! (10 mins)

Objective: encourage players to use dribbling and passing techniques to attack the goal.

Duration: 10 mins

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

Players divided into two teams.

Coach calls a number: "Two!" and that number of players enters the field. Add a cone and obstacles (hurdles, etc.) for players to run over or around before entering.

Objective is to score in opponent's goal. Play until the ball is out, a goal is scored, or the play runs too long. Coach screams "Get outta there!" when play is over, and for players to return to end of their line.

Variation: call out color (Red) to create 2v1 scenario in favor of that color (2 red vs. 1 white). Offer bonus points for moves performed (make a move and score = 2 pts)

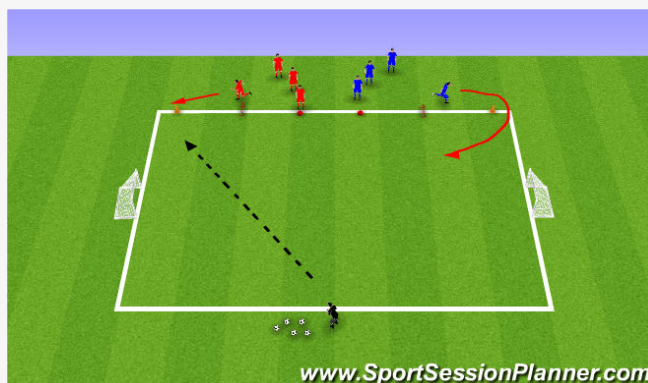
Key Points:

"use your skills" to dribble around player

burst of speed through "windows" (open space) - via dribble, pass, or shot

teammates - "drift away" to create space for yourself or your teammate

transition - attack opponent's goal right away.



4v4 game (15 mins)

Objective: apply concepts and themes from previous activities into game.

Duration: 15 mins

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

two teams

full rules of the game (kick-in restarts, no offside, etc).

Key Points:

Team Shape - reform at each restart

find windows to play through

Use your skills.

