



8U Staff Training Spring Week 1

Category: Technical: Attacking skills
Difficulty: Moderate

Am-Club: Real Colorado
Dave Roberts, Arvada, United States of America

Description

Intentional Free Play (10 mins)

Objective: To dribble past an opponent, creating chances, and scoring goals.
Organization: Mark out 2-18' x 12' yard fields each with a mini goal or cones for a goal. As players arrive pair them up to play 2 v 2 to goal with minimal to no coaching.
Notes: After play ask players open ended questions like how did you beat the defender? How did you find an opening to attack?



Dribbling Game 1 (15 mins)

Objective: To dribble past an opponent, creating chances, and scoring goals.
Organization: Mark out an approx. 30' x 20' field with a defending zone in the middle and two end zones. Two defenders are stationed in the defending zone. Defenders switch with the attackers when they win the ball from attackers or every two minutes. Attackers score when they get from one end zone to the other end zone.
Key Words: Pick you head up, small/light touches, bigger/heavier touch in space, unbalance the defender.
Notes: To make the activity easier use 1 defender. To make the activity more difficult add a third defender.



Dribbling Game 2 (15 mins)

Objective: To dribble past an opponent, creating chances, and scoring goals.
Organization: Same as previous activity except the two defenders may defend and win the ball anywhere.
Key Words: Pick you head up, small/light touches, bigger/heavier touch in space, unbalance the defender.
Notes: To make the activity easier use 1 defender. To make the activity more difficult add a third defender.



Game (20 mins)

Organization:

45x30 yard area

2 teams of even numbers (if group has odd number of players, have 1 player act as neutral - all time attacking)

Soccer balls near each goal

Instructions:

Organize players,

Play scrimmage as per laws of game

Have players take throw-ins (correctly!)

Coaching:

Minimal - Enforce laws of the game.

