



## 8U Staff Training Week 3

**Category:** Technical: Attacking skills  
**Difficulty:** Moderate

Am-Club: Real Colorado  
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### Description

#### Ignition Game (10 mins)

**Organization:** 2 players, 1 ball, 2 cones approximately 5 yards apart (As shown above).

**Instructions:** One player begins as the attacker, one player is defender. Players, play 1v1 to the cone without the ball (side to side and stay on opposite side of the cones). Attacking player must beat defending player to the cone in order to win the point. When attacker wins a point players switch roles.

**Coaching Points:** Use all surfaces of the foot to get away quickly. Use of feint to get defender going in opposite direction.

**Progression:** Ball is added. Attacking player must beat defending player to the cone with the ball under control. Defending player stays on his/her side of cones and must get to the cone the attacking player is attempting to get to at the same time to avoid giving up a point.



#### TK2K (10 mins)

**Organization:**

30x20 rectangle

1 player, 1 ball.

**Instructions:**

Players are introduced to the move of the week and will perform the move until understanding. Video link: scissors: <https://youtu.be/6dcW1VhK3Yw> 1. Plant foot next to the ball. 2. Opposite foot swings toward the inside behind the ball and around. 3. Push the ball away with the outside of the opposite foot. 4. Accelerate away from defender. Break the move down into little pieces to help the players gain an understanding.



#### 1v1 To Goal (10 mins)

**Organization:**

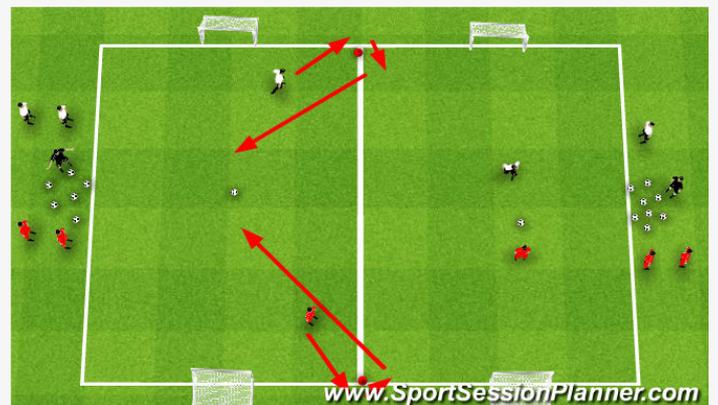
15x10 grid. Set up as in the diagram

Coach has the balls.

**Instructions: 1v1 to Goal**

Players form two teams with coach separating both groups with balls at his/her disposal. Players make a run around the farthest cone and back into play. Coach plays a ball into the field of play where players begin to go 1v1 to goal. Players are awarded a point by scoring stopping the ball under control within the end zone.

**Progression:** Coach can be used as additional attacking player to create 2v1 situation. Coach must remain only as a player to pass too and receive a pass from.



## 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.

