



## 8U Staff Training Week 4

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

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

### Description

#### Ignition Game (5 mins)

**Organization:** Open pitch.

**Instructions:** Have players pair up with one ball. The pairs bring the ball to coach and coach gives the players instructions on how to bring the ball back to him/her. Coach plays the ball out into space and return the ball to coach and wait for next set of instructions. Examples: 2 hands one from each player, 1 hand 1 back, two hips, 1 hand, 1 head, etc.

**Progression:** Players bring the ball back to coach on the ground with feet only. Example 5 passes back to coach or 17 passes. Use varying distances and have the players problem solve. Example: 13 pass and only throw the ball 5 yards away. How do they solve this?



#### 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: <https://youtu.be/LwCZH1eYr9A> Mathews Cut: 1. Use inside of foot to take touch in one direction to unbalance the defender. 2. Then using the same foot use your pinky toe to take the touch in the opposite direction pushing the ball diagonally past the defender. Break the move down into little pieces to help the players gain an understanding.



#### 2v1 To Goal (10 mins)

**Organization:**

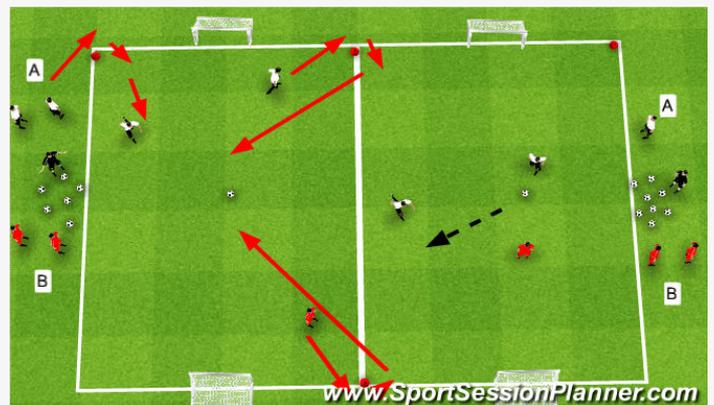
20x15 grid. Set up as in the diagram

Coach has the balls. Players form 2 lines

**Instructions: 2v1 to Goal**

Players form two teams with coach separating both groups with balls at his/her disposal. Line A sends 2 runners, line B sends 1. First two players in line A make a run around the farthest cone and back into play. 2nd runner in line A runs around the cone on the closest corner. Coach plays a ball into the field of play to the team with 2 players and play begins 2v1 to goal.

**Progression:** Players switch lines after attacking or defending for about 5 minutes.



## 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.

