



## 8U Staff Training Week 5

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

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

### Description

#### Ignition Game (5 mins)

**Game:** Banana Tag

**Organization:** Simple game of tag without a ball in which coach/coaches are the tagger and players must run away to keep from getting tagged. If player is tagged by the coach the player must hold their hands in the air, palm against palm together like a banana. Player is free when another player runs over to them and acts out peeling a banana.

**Coaching Points:** Be energetic! Have fun!

**Progression/Game Concept:** Each player now has a ball and must dribble around to get away. 1 Player becomes tagger and must tag all players to win. Add a 2nd player to increase difficulty.



#### TK2K (10 mins)

##### Organization:

Open area approximately 20x30. Space can be made smaller as players develop technical ability.

1 player, 1 ball.

**Instructions:** Players will review the 4 moves from week 1-4.

**Week 1 Inside Chop:** A. Toes down. B. Foot around ball. C. Turn hips and pivot on non-kicking leg away from ball. Outside Foot Cut: A. Push off of outside leg. B. Use outside foot to push ball. C. Accelerate into open space at a 45 degree angle

**Week 2 Cut Catch:** Players will use the inside of one foot and cut the ball and take the ball away with the opposite foot. A. Drive toes down toward ball and use the inside foot to cut ball to other foot. B. Turn hips prepare non-kicking foot to receive ball. C. Touch should be away from defender at a 45 degree angle. D. Explode into open space.

**Week 3 Scissors:** Video link: <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 toward with the outside of the opposite foot. 4. Accelerate away from defender.

**Week 4 Mathews Cut:** Video link: <https://youtu.be/LwCZH1eYr9A> 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.



#### Passing Activity (10 mins)

**Organization:** Four tall cones in the middle set up as a square with 4 flat markers set up to the outside creating a larger square. All players begin with a ball. Place 2-3 players per cone.

**Instruction:** First player in line attacks the space from the small flat marker to the tall cone and dribbles up and around the cone and back. When the first player in line gets to the turn the second player begins. Play continues getting players several touches as players continue in this pattern.

**Progression:** (1) Dribble and turn to the right. (2) Dribble and turn to the left. (3) Dribble and pass to the next player in line (2 or 3 players 1 ball). (4) Attacking moves to the cone (pull back, Cruyff, etc) and pass to next player in line.

**Coaching Points:** Dribble with the laces and use the outside of the foot to manipulate the ball around the center cone.



## 2v2 To Goal (10 mins)

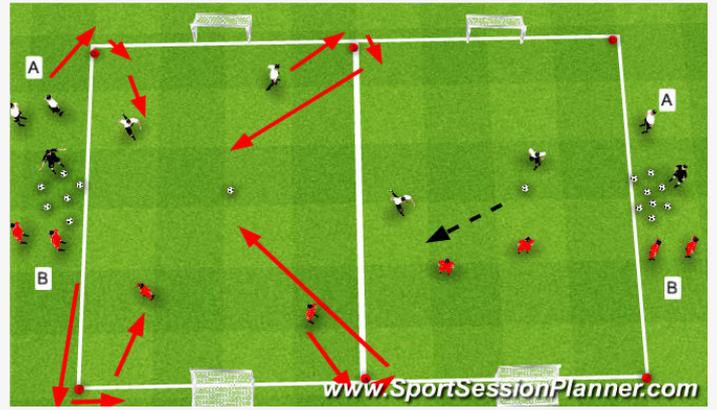
### Organization:

20x15 yard grid. Set up as in the diagram  
Coach has the balls. Players form 2 lines.

### Instructions: 2v2 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 2. First two players in each line make a run around the farthest cone and back into play. 2nd two runners in each line run around the cone on the closest corner. Coach plays a ball into the field of play to either team or into space. Players attempt to win the ball and go on the attack.

Progression:



## 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.

