

# TRAINING SESSION: WEEK 1 FOR U8-DRIBBLING WITH THE HEAD UP



## Objectives

To develop players to dribble with their head up for the purpose of penetration or keeping possession. To develop perception and awareness.

### The Network



- 8 Players**
- balls/cones**
- Intensity: 3**
- 12:00 min**  
(6 x 01:00 min, 01:00 min rest)

#### Coaching Points

Running with the ball using pinky toe or laces. Turning the ball with the inside or outside of the foot.

#### Description

Place different colored cones if available. Each player starts at a cone. Starting cone is called "home". Ask players to move from cone to cone in a variety of ways. At first try the activity without the ball. Consider the following movement actions: A) Run and touch a cone. See how many they can touch before "home" is called. B) Run and hop over a cone with two feet. C) Run and touch a cone with their hand. Then add a ball.

### Freeze Tag



- 12 Players**
- Cones and a ball for each player.**
- Intensity: 5**
- 00:12 min**  
(6 x 01:00 min, 01:00 min rest)

#### Coaching Points

Keep the head up while dribbling. Turn the ball with the inside or outside of the foot. Note: U6's will primarily use the inside. Introduce teamwork

#### Description

Make a playing area with cones. Each player has a ball. The coach is "it". Players dribble their soccer ball and try to stay away from being tagged. If tagged, they are frozen. Frozen player has to stand and hold their ball above their head and spreads their legs apart. To get unfrozen, someone has to pass the ball under a frozen player's legs. Variations: A) Coach and the first

### Small-sided game to an end zone (first to three) 2v2-4v4



- 10 Players**
- Cones, minimum of three soccer balls per field.**
- Intensity: 7**
- 00:12 min**  
(6 x 01:00 min, 01:00 min rest)

#### Coaching Points

Dribbling to beat an opponent. Dribbling to turn the ball away from an opponent to keep possession.

#### Description

Create a rectangular shaped field with an end zone on both ends. Place a ball in each end zone. Start with a game ball. When a team dribbles the ball into the other team's end zone, they then get a ball from their defensive end zone and try again. The first team to get all three balls into one end zone wins. Note: Only one ball is in play at a time.

### 4v4 to small goals



- 10 Players**
- Cones, balls, small goals**
- Intensity: 7**
- 00:16 min**  
(4 x 03:00 min, 01:00 min rest)

#### Coaching Points

Application of technique "Diamond Shape" while on attack

#### Description

Two teams play 4v4 against each other. Field Dimensions: U6: Approximately 30 yards long by 20 yards wide; U8: Approximately 35 yards long by 25 yards wide. No goalkeepers.

## TRAINING SESSION: WEEK 2 FOR U8: THE TECHNIQUE OF THE PUSH PASS



## Objectives

To develop the technique of the push pass. To develop the technique of redirecting the ball on the ground.

### Back To Coach in Pairs



 **12 Players**

 **Balls, Cones not necessary but can be used.**

 **Intensity: 3**

 **00:08 min**  
(4 x 00:01 min, 00:37 min rest)

#### Coaching Points

Cooperation with your teammate. Push pass surface: "What part of the foot do you use to pass the ball"? (Inside) Ask how can they get the ball back to coach quicker? (Move away from their teammate)

#### Description

Players pair up and share one ball. They are instructed to hand the ball to the coach one pair at a time. The coach then tosses a ball out and the pair chases the ball down and brings it back to the coach.

Progression: A) Run, pick up the ball and have all four hands on the ball, B) Run pick up the ball but have two hands and two

### Gates



 **12 Players**

 **Cones, ball for each pair**

 **Intensity: 5**

 **00:12 min**  
(6 x 00:01 min, 00:01 min rest)

#### Coaching Points

Surface selection for the push pass: Inside or outside. Note: Using the outside of the foot for U6's is challenging. Make eye contact with your partner (teammate) before passing to them. Keep the ball moving. Redirect the ball somewhere new.

#### Description

Create a playing area with cones. Within the playing area, create "gates" with two cones. Put the two cones approximately 3-5 yards apart. Players get in pairs and share one ball. Have each pair go to a "gate". A player from each pair starts on opposite sides of a gate. Progression: A) Pass the

### Small-Sided Game to a target



 **12 Players**

 **Balls, cones**

 **Intensity: 7**

 **00:12 min**  
(6 x 00:01 min, 00:01 min rest)

#### Coaching Points

Surface selection of the push pass. "What part of the foot do you use to pass the ball to a teammate"? Surface selection of receiving. "What part of the foot do you use to receive a pass"? If you can't pass forward then what? (Pass to a teammate)

#### Description

Create a playing area with cones. At the end of the playing area, make an end zone. Ask an assistant coach (may need a few) to stand in the end zone. They are a "target". Inside the playing area play 2v2/3v3/4v4. A point is scored when a team can pass the ball to a target.

### 4v4 to small goals



 **10 Players**

 **Cones, balls, small goals**

 **Intensity: 7**

 **00:16 min**  
(4 x 03:00 min, 01:00 min rest)

#### Coaching Points

Application of technique "Diamond Shape" while on attack

#### Description

Two teams play 4v4 against each other. Field Dimensions: U6: Approximately 30 yards long by 20 yards wide; U8: Approximately 35 yards long by 25 yards wide. No goalkeepers.



## Objectives

To primarily develop receiving or redirecting the ball to maintain possession. To develop passing accuracy To develop attacking principles: Penetration, support, and width

### The Triangle



**3 Players**

**Ball per pair, three cones**

**Intensity: 3**

**00:08 min**  
(4 x 00:01 min, 00:01 min rest)

#### Coaching Points

Redirect the ball-keep it moving. Use the inside or outside of the foot. Balance and flexibility needed.

#### Description

Two players share one ball. A small (3-5 steps) triangle is made for each pair. The objective is to pass the ball through the triangle, redirect the ball around a cone and then back through the triangle without touching the cones. A point is given each time a pair is successful. Variations: A) Allow players to have more than one touch, B) Allow more experience players only one touch to redirect the ball around a cone and

### 2v1 in half (4v2)



**10 Players**

**Cones, bibs, small goals, balls**

**Intensity: 5**

**12:00 min**  
(6 x 01:00 min, 01:00 min rest)

#### Coaching Points

Redirect the ball to keep possession or to pass to a teammate. Passing to an open player. Accuracy of the pass.

#### Description

Eight players. Split a playing field into half. Each half is approximately 15x15. Place two players from one team in one half and two of their teammates in the other. One defender is in each half. The attacking team (4) try to score on the small goal placed in one of the halves. The defending team (2) try to score on two small goals placed in the other half. Attacking players are restricted to their zone. Defending players

### Small-sided game to 4 small goals



**12 Players**

**Cones, four small goals, balls**

**Intensity: 7**

**16:00 min**  
(4 x 03:00 min, 01:00 min rest)

#### Coaching Points

Technical applications of: dribbling, passing, receiving/redirecting If the route to one goal is blocked, can you go to the other one quickly?

#### Description

Create a field and put two small goals on both ends. Field Dimensions: 4v4 Approximately 30-35 yards long by 20-25 yards wide. Two teams Each team attacks two goals and defends two goals.

### 4v4 to small goals



**10 Players**

**Cones, balls, small goals**

**Intensity: 7**

**00:16 min**  
(4 x 03:00 min, 01:00 min rest)

#### Coaching Points

Application of technique "Diamond Shape" while on attack

#### Description

Two teams play 4v4 against each other. Field Dimensions: U6: Approximately 30 yards long by 20 yards wide; U8: Approximately 35 yards long by 25 yards wide. No goalkeepers.

# TRAINING SESSION: WEEK 4 FOR U8: STRIKING THE BALL TO SCORE




## Objectives


To develop a mentality to shoot and score goals. To develop the technique of striking the ball To develop attacking principles: Penetration and support

### Goal to Goal




-  **12 Players**


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-  **balls/cones**

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-  **Intensity: 3**

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-  **12:00 min**  
(6 x 01:00 min, 01:00 min rest)

#### Coaching Points


Striking the ball with the instep or laces. Non-kicking foot is next to the ball or slightly ahead of it. Arms out for balance. Head and shoulders over the ball. Land on the striking foot.

#### Description


Two players, one ball, cones. Each player makes a small goal with cones/flags, etc. The goal should be approximately 5-7 steps in width. Each player is approximately 10-20 yards apart from each other. Going one at a time, players take turns to score against each other. The player striking the ball must do so in no more than two touches. The

### Moving Goal with a teammate




-  **12 Players**


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-  **Ball for each pair, Vests/Towels tied together to make a goal. Pool Noodles can provide for an option for a goal.**

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-  **Intensity: 5**

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-  **00:12 min**  
(6 x 01:00 min, 01:00 min rest)

#### Coaching Points


Surface selection to shoot and score. Use the instep or laces if shooting from a long distance. Use the inside of foot if shooting from a closer distance. Working with your teammate. Try not to run next to your teammate. Move into a space to receive a pass to score quickly.

#### Description


Players pair up and share one ball. The coach and an assistant coach hold vests or towels tied together and create a "Moving Goal". Note: Pool noodles are an option to make a goal as well. When the coach and assistant coach starts moving, each pair

### Get out of here!




-  **12 Players**


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-  **Cones, balls, small goals**

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-  **Intensity: 5**

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-  **00:12 min**  
(6 x 01:00 min, 01:00 min rest)

#### Coaching Points


Working on striking the ball to shoot. "What part of the foot can you use to strike the ball"? Work on the idea of shooting first but if not then get the ball to a teammate.

#### Description


Create a small-sided field with small goals on each end. Dimensions: Approximately 20 yards long by 10 yards wide if playing 2v2. Divide into two teams. Play 2v2 on the field. When the ball goes out of bounds or there is a goal, the coach says "Get out of here" and a new pair from each team runs on.

### 4v4 to small goals




-  **10 Players**


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-  **Cones, balls, small goals**

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-  **Intensity: 7**

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-  **00:16 min**  
(4 x 03:00 min, 01:00 min rest)

#### Coaching Points

Application of technique "Diamond Shape" while on attack

#### Description

Two teams play 4v4 against each other. Field Dimensions: U6: Approximately 30 yards long by 20 yards wide; U8: Approximately 35 yards long by 25 yards wide. No goalkeepers.



# TRAINING SESSION: WEEK 5 FOR U8: STRIKING LONGER PASSES




## Objectives


To develop the technique of striking a longer pass. To develop receiving/redirecting. To develop attacking principles: Penetration, support, width, mobility, depth

### Clean the yard




-  **12 Players**


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-  **Cones, balls**

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-  **Intensity: 5**

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-  **00:12 min**  
(6 x 00:01 min, 00:01 min rest)

#### Coaching Points


What part of the foot should you use to strike the ball? (laces or instep) Where should your non-kicking feet be? (To strike the ball farther, the non-kicking foot should be slightly away but next to the ball)

#### Description


Create a field and split into half. Put an alley to designate a no entry zone in between the two fields. Half of the players go on one side and are a team, half go to the other. Have an odd number of balls prepared. Example: If you have 6 players, put two balls on one half, and three for

### Small-Sided Game to a target




-  **12 Players**


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-  **Balls, cones**

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-  **Intensity: 7**

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-  **00:12 min**  
(6 x 00:01 min, 00:01 min rest)

#### Coaching Points


Surface selection of the push pass. "What part of the foot do you use to pass the ball to a teammate"? Surface selection of receiving. "What part of the foot do you use to receive a pass"? If you can't pass forward then what? (Pass to a teammate)

#### Description


Create a playing area with cones. At the end of the playing area, make an end zone. Ask an assistant coach (may need a few) to stand in the end zone. They are a "target". Inside the playing area play 2v2/3v3/4v4. A point is scored when a team can pass the ball to a target.

### Small Sided Game-"Outside Goals"




-  **12 Players**


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-  **Balls, Four small goals, cones**

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-  **Intensity: 7**

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-  **00:12 min**  
(6 x 01:00 min, 01:00 min rest)

#### Coaching Points


Techniques of striking or passing a longer ball. The idea of "snapping" leg and foot when passing for longer distances.

#### Description


Two teams of equal playing numbers. Create a small field. Place two small goals for each half outside the designated playing area. Play like a normal game except that the goals are outside the playing area. The only way to score is to pass the ball within the playing area to one of the outside goals. Variations: A) Vary the length of the outside goals from the designated playing area. B) Make three goals on each end, C) If

### 4v4 to small goals




-  **10 Players**


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-  **Cones, balls, small goals**

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-  **Intensity: 7**

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-  **00:16 min**  
(4 x 03:00 min, 01:00 min rest)

#### Coaching Points

Application of technique "Diamond Shape" while on attack

#### Description

Two teams play 4v4 against each other. Field Dimensions: U6: Approximately 30 yards long by 20 yards wide; U8: Approximately 35 yards long by 25 yards wide. No goalkeepers.




TRAINING SESSION: WEEK 6 FOR U8: TEACHING TECHNIQUE USING SMALL-SIDED GAMES

**Objectives**


To teach one technical application within a small-sided game environment. To develop attacking principles of play: Penetration, support, mobility width, depth

**Paint The Field-Passing**




-  **12 Players**


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-  **Cones, ball for every 2-3 players**

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-  **Intensity: 3**

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-  **00:08 min**  
(4 x 01:00 min, 01:00 min rest)

**Coaching Points**


Keep passes on the ground. When receiving a pass, redirect the ball and take it somewhere new.

**Description**


Two-three players share one ball. Create a playing area with cones. Tell the players that the ball is a "paint brush" and they need to paint as much as the playing area as possible with passes on the ground to their teammate(s).

**Last Player Back**




-  **10 Players**


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-  **Balls, cones, flags for goals work best.**

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-  **Intensity: 7**

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-  **12:00 min**  
(6 x 01:00 min, 01:00 min rest)

**Coaching Points**


Dribble at a defender to set up a pass to a teammate. Passing accuracy. Support in advance of the ball whenever possible. Create a numerical advantage through spatial awareness.

**Description**


This activity can be played with pairs or groups of three-four. If in pairs, make a small field with goals on each end. The goals should be approximately 5-7 steps apart. Play like a normal game. The rules: 1) Can only score a goal on the ground. 2) When a team loses possession or is on defense, the last player back must go back

**Small-sided game: More To Score**




-  **12 Players**


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-  **Balls, cones, small goals**

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-  **Intensity: 7**

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-  **00:12 min**  
(4 x 02:00 min, 01:00 min rest)

**Coaching Points**


Technical application of dribbling, passing, receiving/redirecting, shooting. Attacking principles

**Description**


Two teams of equal numbers. Set up a small field with goals on each end. Normal game rules. The team, however, that gets more players to score in the small-sided game wins. Example: If a team in red has three players score goals and the team in white has only 2 players score then red wins.

**4v4 to small goals**




-  **10 Players**


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-  **Cones, balls, small goals**

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-  **Intensity: 7**

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-  **00:16 min**  
(4 x 03:00 min, 01:00 min rest)

**Coaching Points**

Application of technique "Diamond Shape" while on attack

**Description**

Two teams play 4v4 against each other. Field Dimensions: U6: Approximately 30 yards long by 20 yards wide; U8: Approximately 35 yards long by 25 yards wide. No goalkeepers.