



★ RECREATIONAL ★ COACHING CURRICULUM

U8 BOYS & GIRLS

FALL: WEEK 5 - PRACTICE 1

KEEPING POSSESSION

Activity 1 - Topple the Coconuts

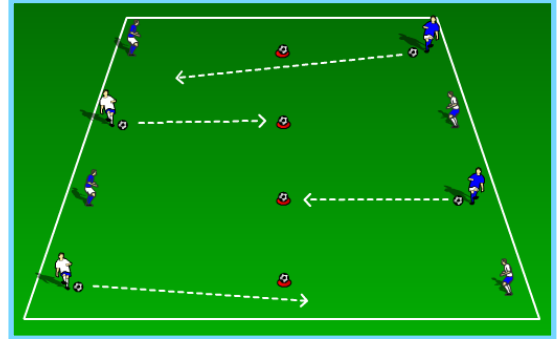
Area: 10 x 10 yards with a cone placed in the center.

Organization: Place players into pairs. Place one ball on the center cone and the other ball with the players. Players take it in turns trying to knock the ball of the cone by passing.

Progression: To make the game more difficult move the players away from the cones.

Coaching Points

- Passing Technique.



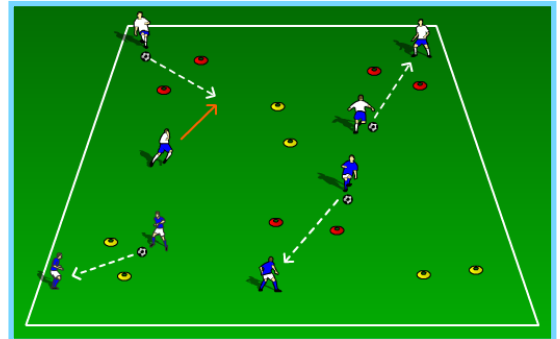
Activity 2 - Gate Passing

Area: 30 x 20 yards with small gates placed randomly inside the area.

Organization: Place players into pairs, one ball between two. Players start at one gate, passing back and forth without moving. Progress to players passing and moving around the area. How many gates can you get through in 1 minute?

Coaching Points

- Passing Technique - quality and accuracy of the pass.
- Receiving Technique - Can you take the ball in the direction you want to go?



Activity 3 - Boss of the Balls - 1 v 1 to 2 v 2 Turning Game

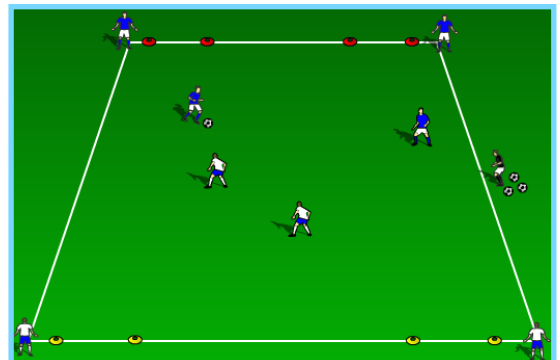
Area: 20 x 20 yards with four goals.

Organization: Place players into two teams, one at each end of the grid as shown. Coach plays the ball into the grid and the first two players in line play 1 v 1. Teams attack and defend one set of goals.

Progression: Play 2 v 1 and finish playing 2 v 2.

Coaching Points:

- Dribbling under pressure - can we dribble out of pressure?
- When to turn and shield the ball?
- Passing technique - quality of pass?
- 2 v 1 & 2 v 2 - Decision - pass or dribble? Where is the defender?
- 2 v 1 & 2 v 2 - Support - can you provide a passing option?



Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.

