



★ RECREATIONAL ★ COACHING CURRICULUM

U8 BOYS & GIRLS

FALL: WEEK 7 - PRACTICE 1

KEEPING POSSESSION

Activity 1 - Painting the Field

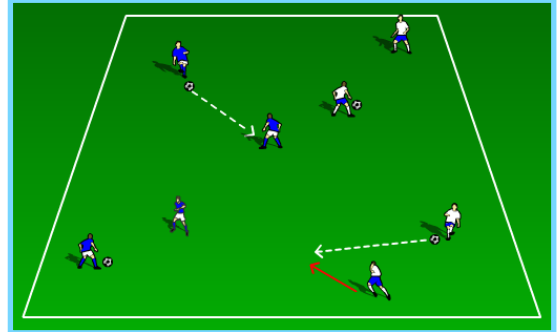
Area: 20 x 30 yards.

Organization: Place players into pairs, one ball between two. Imagine the ball is a paint brush. Can you paint the whole field by passing and moving with your teammate?

Progression: Add two defenders who are trying to steal the soccer balls. When ball a ball is stolen the players switch roles.

Coaching Points

- Passing Technique - pass to feet or space?
- Receiving Technique - can you take the ball where you want to go?



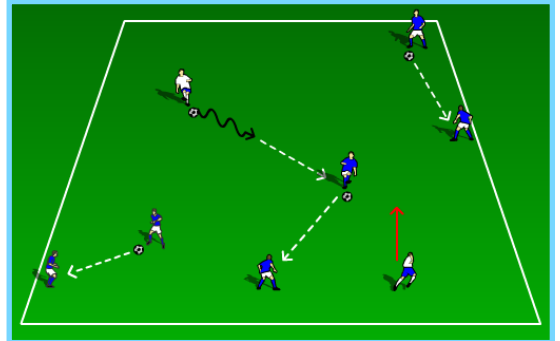
Activity 2 - Pac Man

Area: 20 x 30 yards.

Organization: Place players into pairs, one ball between two. Designate one pair as pac man, their job is to hit the other teams ball or feet with their soccer ball. If a team is hit, they join the pac man team. Continue until all teams have been tagged.

Coaching Points

- Passing Technique - quality and accuracy of the pass.
- Receiving Technique - can you take the ball where you want to go?
- Dribbling and Turning - get close to the players before passing.
- Support - can you support your teammate in a good position?



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

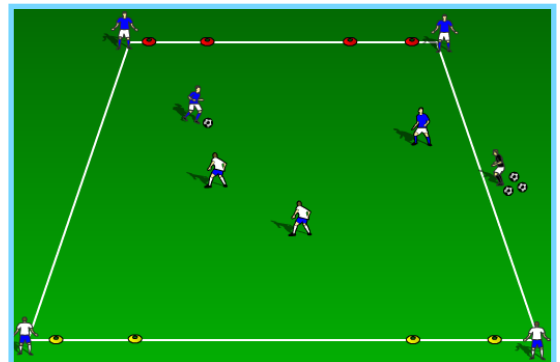
Area: 20 x 20 yards with four goals.

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.

