



★ RECREATIONAL ★ COACHING CURRICULUM

U8 BOYS & GIRLS

SPRING: WEEK 2 - PRACTICE 1

KEEPING POSSESSION

Activity 1 - Topple the Coconuts

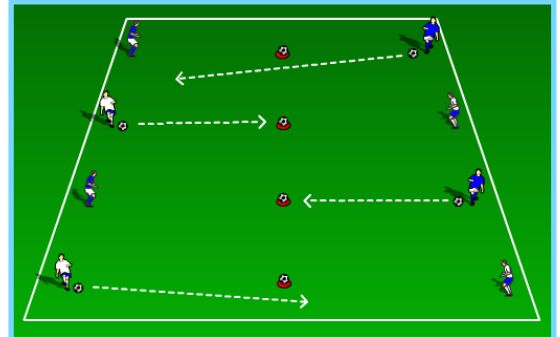
Area: 10 x 10 yards with a cone placed in the center.

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.



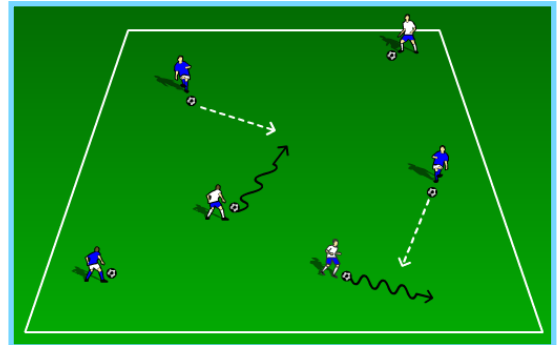
Activity 2 - Steal Shield

Area: 20 x 20 yards.

Organization: Place players into two teams, each player has a ball. One team is dribbling and their objective is not to get hit. One team is the passers and their objective is to pass their balls and hit the dribblers ball or feet. When a dribbler has been hit they stand still. They can be freed by a teammate tagging them. Play until all dribblers are caught.

Coaching Points:

- Passing Technique.
- Dribbling - keep the ball close under pressure.
- Turning - turn away from pressure to protect the ball & keep the ball.



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

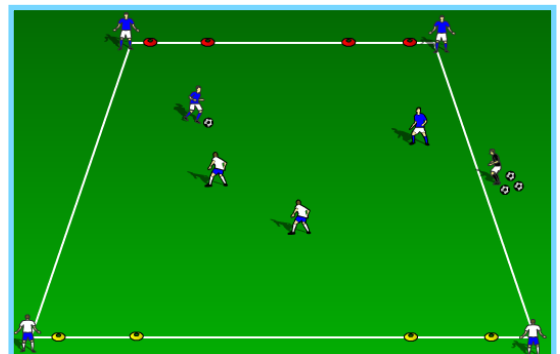
Area: 20 x 20 yards with four goals.

Organization: Place players into two teams, one at each end of the grid as shown. Coach plays the ball into the attacking team, which sends two players, the other team sends one.

Progression: Play 2 v 2.

Coaching Points:

- Dribbling under pressure - can we dribble out of pressure?
- Turning / Shielding - turn away from def & use body to protect the ball
- Passing & Receiving Technique.
- 2 v 1 & 2 v 2 - Decision - pass or dribble? Where is the defender?
- 2 v 1 & 2 v 2 - Support - provide a support option. Where's the def?



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.

