



★ RECREATIONAL ★ COACHING CURRICULUM

U8 BOYS & GIRLS

SPRING: WEEK 4 - PRACTICE 1

KEEPING POSSESSION

Activity 1 - Painting the Field

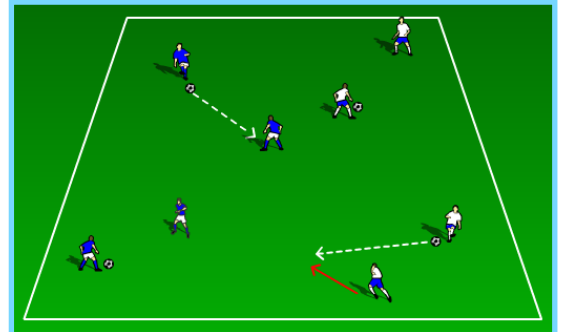
Area: 20 x 30 yards.

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?



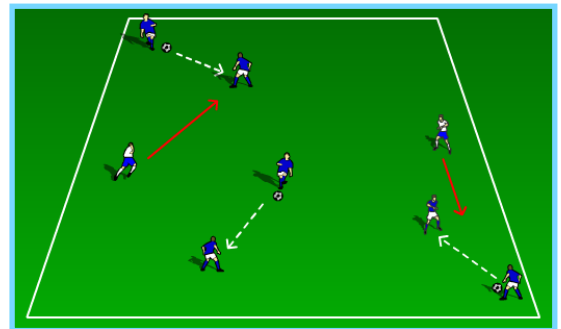
Activity 2 - Passing Bandits

Area: 20 x 20 yards.

Organization: Place players into pairs, designate one pair to be the bandits. Players are trying to pass and move around the area. The bandits job is to steal one soccer ball. When that happens the bandits switch roles and the pair that had their ball stolen become the bandits. Play for a time limit, bandits at the end of the game lose.

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

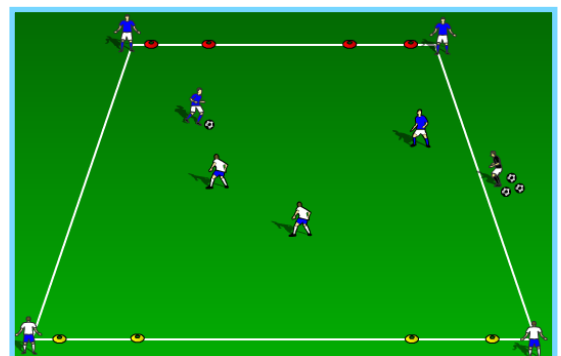
Area: 20 x 20 yards with four goals.

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.

