



## Centre Soccer Association

### U8 Schedule – Training Focus

Tue, Sept 3	Session 1 – 1v1 Attacking	
Sun, Sept 8	Session 2 – Attacking Principles	
Mon, Sept 9	Session 3 – 1v1 Defending	
Sun, Sept 15	Session 4 – Defending Principles	
Mon, Sept 16	Session 5 – Throw In's   Goal Kicks	with Team
<b>Sun, Sept 22</b>	<b>GAME DAY</b>	<b>with Team</b>
Mon, Sept 23	Session 6 – Formation 2-3-1	with Team
<b>Sun, Sept 29</b>	<b>GAME DAY vs Penn's Valley</b>	<b>with Team</b>
Mon, Sept 30	Session 7 – Combination Play: Control & Pass	
Sun, Oct 6	Session 8 – Defending Goal   Finishing	
Mon, Oct 7	Session 9 – Playing out	with Team
<b>Sun, Oct 13</b>	<b>2v2 Tournament</b>	
Mon, Oct 14	Session 10 – Coaches Choice	with Team
<b>Sun, Oct 20</b>	<b>GAME DAY at Penn's Valley</b>	<b>with Team</b>
Mon, Oct 21	Session 11 - Coaches Choice	with Team
<b>Sun, Oct 27</b>	<b>GAME DAY</b>	<b>with Team</b>