

# The 8U Training Session

## *General Information*

- ✓ The training session should involve fun and imaginative game like activities.
- ✓ The session becomes more thematic (dribbling, passing, receiving & shooting)
- ✓ Light coaching on simple technique is appropriate (dribbling, passing, receiving & shooting)
- ✓ Small-sided directional games such as 1v1, 2v1, 2v2, 3v2, and 3v3 should be included as well.
- ✓ Training should always conclude with a 4v4 game without goalkeepers.
- ✓ The duration of the training session should be 60-75 minutes.

## Sample Training Session Format

Activity #1 – Dynamic Activity (players moving with a ball)

Activity #2 – Dynamic Activity (players moving with a ball)

Activity #3 – Dynamic Competitive Activity (activity with pressure\*)

Activity #4 – Dynamic Competitive Game-like Activity (activity with pressure\*)

Activity #5 – 4v4 Games

*\* pressure from opponents, space, cones (equipment), time*