



## Rec 1 Session 8 - Players Choice

Category: Technical: Attacking skills

Skill: U8

Pro-Club: Loudoun Soccer Club  
Daryn Patricio, Leesburg, United States of America

### 4v4 game (15 mins)

**Objective:** Ignition game to keep players active when arriving at training

**Duration:** 15 minutes

**Description (rules, number of players, grid size, etc.):**

- \*two small sided fields to play 2v2, or one field to play 3v3 or 4v4
- \*add players to game as they arrive
- \* play with regular restarts (kick-ins, goal kicks, corner kicks).

**Key Points:**

few if any - get them playing!



### Players choice

**Objective:** Engage players by asking them about their favorite activity was.

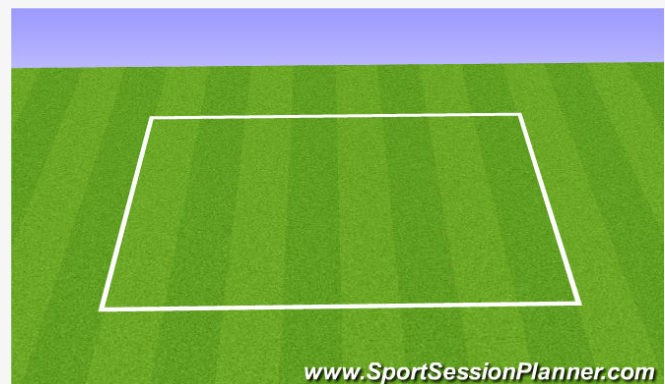
**Duration:** 20 minutes

**Description (rules, number of players, grid size, etc.):**

- \*make suggestions to ensure you are comfortable with the activity

**Key Points:**

\*as before



### 4v4 game (15 mins)

**Objective:** apply concepts and themes from previous activities into game.

**Duration:** 15 mins

**Description (rules, number of players, grid size, etc.):**

- two teams
- full rules of the game (kick-in restarts, no offside, etc).

**Key Points:**

Team Shape - reform at each restart  
find windows to play through  
Use your skills.

