



## 8U Staff Training Spring Week 2

**Category:** Technical: Attacking skills  
**Difficulty:** Moderate

Am-Club: Real Colorado  
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### Description

#### Intentional Free Play (10 mins)

**Objective:** To dribble past an opponent, creating chances, and scoring goals.  
**Organization:** Mark out 2-18' x 12' yard fields each with a mini goal or cones for a goal. As players arrive pair them up to play 2 v 2 to goal with minimal to no coaching.  
**Notes:** After play ask players open ended questions like how did you beat the defender? How did you find an opening to attack?



#### Attacking moves

**Organization:** Place a cone or mannequin in the middle of two cones (10-12 yards from the center cone) marking where players on opposite ends begin. Players dribble towards each other and just before arriving at the cone perform a feint or move to the right and then dribble to the next player in the opposite line. Be sure to have minimal number of players in line so players are constantly working.

**Progression:** 1-Have players perform the move to the left instead of right side. 2-Once player beats the defender (cone) pick their head up and pass to the player in the opposite line.



#### 1 v 1 to goal

**Organization:**

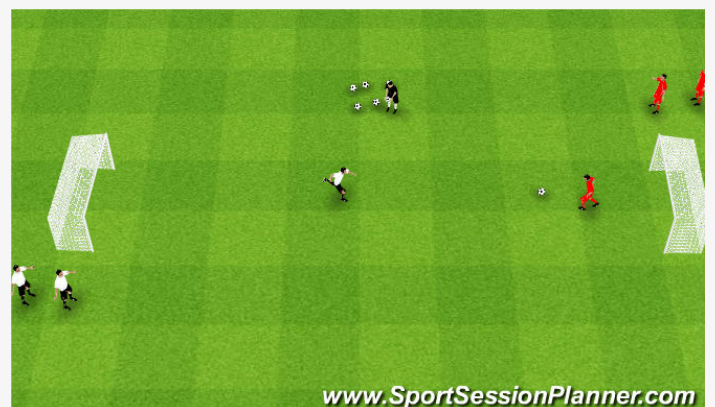
- Set up an area approximately 15x10 and add goals as shown - no keepers

- Divide players into sets of groups- the attacker dribbles in allowing for defender to be engaged.

- Once attacker either scores or loses the ball then he becomes the defender and new attacker enters and flow is continuous. Variation: Player has 10 seconds to score.

**Coaching Points:**

- Receive the ball with a positive touch forward
- Pick head up to view the defender
- Unbalance the defender by using a feint or move
- Defender - close down the space with a controlled pace
- Position body correctly as not to be flat
- Win the ball and transition to attack
- Lots of Praise !!!



## Game (20 mins)

### Organization:

45x30 yard area

2 teams of even numbers (if group has odd number of players, have 1 player act as neutral - all time attacking)

Soccer balls near each goal

### Instructions:

Organize players,

Play scrimmage as per laws of game

Have players take throw-ins (correctly!)

### Coaching:

Minimal - Enforce laws of the game.

