



8U Staff Training Spring Week 3

Category: Tactical: Attacking principles
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?



Half & Half Possession Game (15 mins)

Organization: 15 x 15 yard grid (Adjust size proportionate to amount of players available or skill level of player. 1 ball per two players.

Instructions: Players with the ball dribble around the grid attempting to keep possession of the ball. The players without the ball attempt to win the ball from any player with a ball and then act as the attacker once they win the ball. The coach runs the clock for 1 minute and whoever does not have possession of the ball at the end of 1 minute has to perform and exercise. Game restarts.

Coaching Points: Head up while dribbling. Change of pace and direction. Use of different surfaces of the foot and moves to get away from the defender/pressure. Use body to shield the ball.



2v2- to targets (15 mins)

Spotlight Game: Corners

1. Set up a field of approximately 18 x 12 yards with 2 coaches, one on each end of the field with balls.
2. Play 2 v 2 in the playing area with one team attacking in one direction and the other team attacking in the opposite direction.
3. Each team is trying to possess the ball while trying to advance the ball to the coach on the other end who is the target to score a point.
4. Vary activity by allowing neutral players to act as target players on the other boundaries then the coaches.



Game (20 mins)

Organization:

45 x 30 yard area

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

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 and promote team shape on restarts.

