



8U Staff Training Spring Week 4

Category: Tactical: Combination play
Difficulty: Moderate

Am-Club: Real Colorado
Dave Roberts, Arvada, United States of America

Description

Arrival Activity

Organisation

- 10 players
- 20x20 area with 20+ cones scattered around

Activity

The players are encouraged to be creative in the space - whether that be dribble throughout the area around the different cones, pass to a coach or designated player with out ball, or try a move to beat a defender.

Progressions/Variations

- try some different skills/ball mastery
- pass in a small group

Coaching Points

- agility, balance, changing speeds/directions
- close control, lots of touches
- awareness of space/players around them



2v2 to 2 goals (20 mins)

Organization

- 10 players
- see diagram for set-up and equipment
- area of approx. 25x20m (adapt for age/abilit/numbers)

Activity

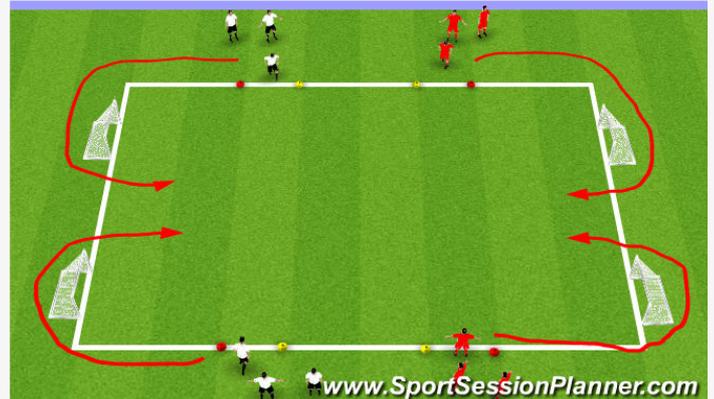
-on coaches call (blue yellow) 2 players for each team must react, touch that color cone, then run around their net, with coach passing ball in, to play 2v2, can score in either goal, if win the ball attack opponents net

Possible variations/progression

- x amount of passes/time
- 1 touch finish

Coaching Points

- good decision-making
- read the defenders movement and positioning
- should I dribble into the space or pass to open team mate
- draw defender in and pass to pass the defender
- attack with good speed
- finish with accuracy



5v5 to 2 goals (20 mins)

Organization

- 10 players
- see diagram for set-up and equipment
- area of approx. 25x20m (adapt for age/abilit/numbers)

Activity

Initial Game - 5v5 SSG where teams can attack to 2 nets.

Progressions/Variations

- have to make x amount of passes before scoring
- have to score with first touch
- amount of passes before scoring counts as the amount for that goal

Coaching Points

- When could you pass/dribble/shoot?
- Can you scan for space, balls, players?
- Can you make a quick decisions with and without the ball?



Small-Sided Game (20 mins)

Organization

- 10 players
- see diagram for set-up and equipment
- area of approx. 15x20m (adapt for age/ability/numbers)

Activity

-5v5 small-sided game (adapt for numbers). Play with a retreat line
- after a goal, if the ball goes out on the end, the opposition must back-up behind the line. Cannot cross line until first touch is taken. If ball goes out of play, ball can be passed or dribbled in.

*If you have an odd number of players, either out balance the teams (could be a good challenge?), or use a magic player that can help both teams (maybe a player whose confidence seems up to this).

Coaching Points

- When is a good time to pass/dribble/shoot?
- How can you find space on the field? How can we use it?
- How will good communication help my team?

