



8U Staff Training Week 1

Category: Technical: Attacking skills
Difficulty: Moderate

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

Description

Ignition Game (10 mins)

Organization:

30x20 grid with two end zones.

Play begins without a ball for a few rounds, then progresses to 1 ball per 2 players and is played for another several rounds.

Instructions:

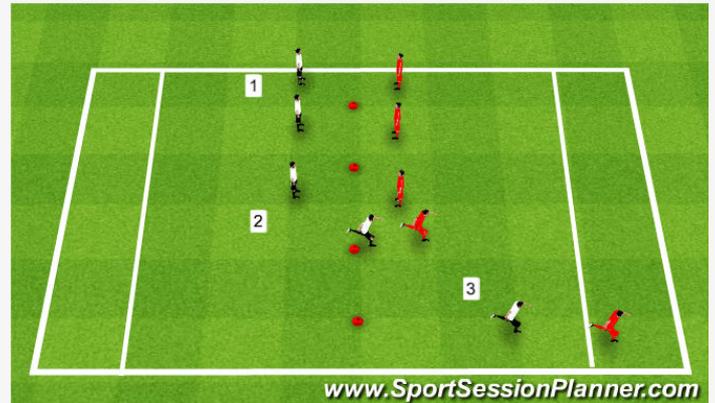
1. One row of flat field markers (cones) are placed dividing the playing area in half. Cones can be set up for end zones or use field markings. Players partner up and will play against each other. Give each side a team name (example oranges vs. bananas, or dogs vs. cats). When team name is called that team must get to their end zone without getting tagged by the other team. Play then resets back to the middle of the playing area and play restarts.

Progression:

1. Ball is added and players must dribble to the end zone without getting tagged.

Coaching Points:

1. Be alert and ready to play.
2. When ball is added keep the ball close in possession. Don't kick and run to the end zone.



TK2K (10 mins)

Organization:

30x20 rectangle

1 player, 1 ball.

Instructions:

Players are introduced to the move of the week and will perform the move hopefully to a point of base understanding. Inside **Chop**: A. Toes down. B. Foot around ball. C. Turn hips and pivot on non-kicking leg away from ball.

Outside Foot Cut: A. Push off of outside leg. B. Use outside foot to push ball. C. Accelerate into open space at a 45 degree angle



1v1 w/Gates (10 mins)

Organization:

30x20 grid.

1 ball, 2 players.

2 sets of cones set up as goals approximately 3 yards in width and 5 yards splitting the two goals.

Instructions:

Players stand in the middle of two sets of gates. Ball is placed in the middle of both players, each standing 1 yard away from the ball. On the coaches command, the two players try to win possession of the ball and then can attack either gate to the left or to the right in order to score a point. Play is over after 45 seconds or first goal is scored. Game then resets. Set up enough game grids/gates for every pair of players.

Progression:

1. 1v1 for 1 minute, unlimited goal scoring.
2. Partner players up against different opponents.



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 attacker).

Soccer balls near each goal for ready play.

Instructions:

Organize players in a 1-1-2-1 formation (goal keeper, center back, 2 mid fielders, striker).

Play scrimmage as per laws of the game

Have players take throw-ins (correctly!)

Coaching:

Minimal instruction at first then let the players play. Enforce laws of the game.

