



8U Staff Training Week 2

Category: Technical: Attacking skills
Difficulty: Moderate

Am-Club: Real Colorado
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Description

Ignition Game (10 mins)

Organization:

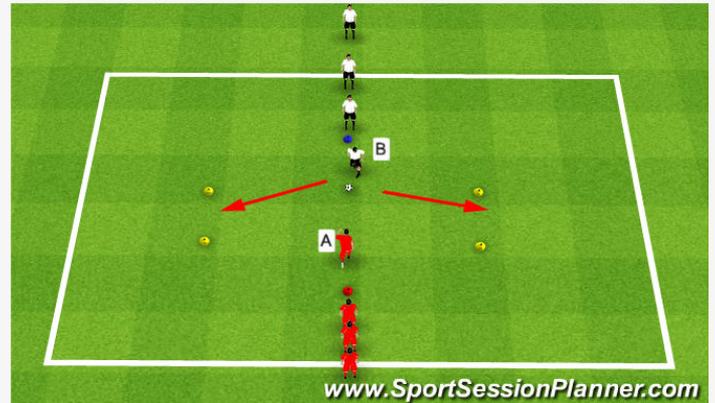
One set of cones is set up approximately 10 yards apart for teams to form 2 lines. 2 goals are set up to the left and right of each player approximately 2 yards apart and 12 yards apart in distance.

Instructions:

Each player in one line has a ball. The other line is without a ball. Team that has the ball will pass the ball to the opposite team and play begins. Player (A) passes the ball to player (B). Player (B) receives the ball and can attack either goal. Player (A) defends player (B) once the player receives the ball. Point is awarded to a player if they are able to dribble the ball under control through the goal/gate.

Progression:

1. Once each player on team (B) has been the attacker twice, the roles switch and the opposite line becomes the attacker.



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 until understanding. Cut catch: Players will use the inside of one foot and cut the ball and take the ball away with the opposite foot.

-Drive toes down toward ball and use the inside foot to cut ball to other foot.

-Turn hips prepare non-kicking foot to receive ball.

-Touch should be away from defender at a 45 degree angle.

-Explode into open space.

Break the move down into little pieces to help the players gain an understanding.



1v1 Game (10 mins)

Organization:

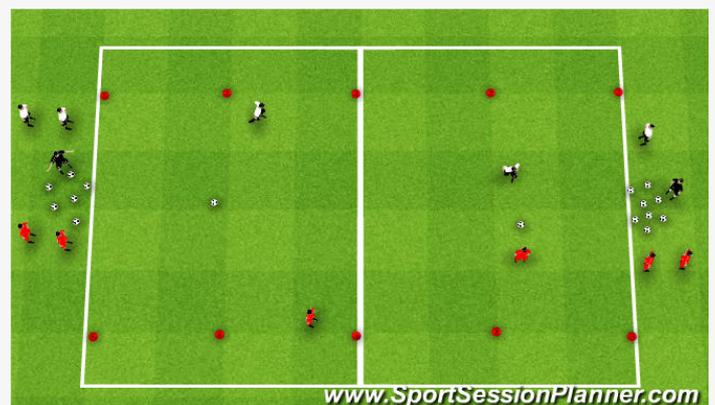
15x10 grid. Set up as in the diagram

Coach has the balls.

Instructions: 1v1 to End zones

Players form two teams with coach separating both groups with balls at his/her disposal. Players make a run around the farthest cone and back into play. Coach plays a ball into the field of play where players begin to go 1v1 to the end zones. Players are awarded a point by beating the defender into the end zone and stopping the ball under control within the end zone.

Progression:



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.

