



## 8U Staff Training Week 6 Updated

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

Am-Club: Real Colorado  
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### Description

#### Warm Up Game (10 mins)

**Warm Up Game:** Each player has a ball. Players dribble ball and try to quickly pass a ball into another player's ball. Every time they hit a ball they get a point.

**Coaching Points:** Proper technique (Open up stance, heel down, toes up with inside of the foot, strike through the ball). Short accurate strike on the ball.

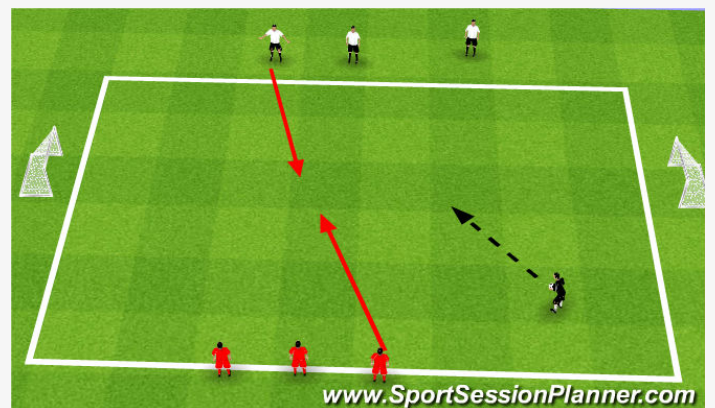


#### Numbers Game (20 mins)

**Numbers Game.** Divide the team into two teams. Assign each player on a team a number as follows: 1, 2, 3, 4, etc... Coach will call out a number(s) and the player from each team assigned that number(s) will play against each other.

Example: Coach calls out #1's. Each team's number 1 will run out and play a 1v1.. Coach yells #1's and #3's 1's and 3's from each team run out and play a 2v2 situation.

Mix it up so that players play 1v1, 2v2 and 3v3s, etc..



#### Game (30 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.

