



# Curriculum - Tier 2 - Individual Possession (Away from Goal / Pressure Behind)

Category: Technical: Turning  
Skill: U8

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## Description

### Warm Up / SAQ (10 mins)

#### Organization:

- As shown (6-8 players per area).

#### Instructions:

- Players partner up in opposite colors.
- Defender (blue) start in red gate behind attacking (white) partner.
- Attacker must run through blue gate then attempts to run through either orange gate in corners to score without being tagged.
- Defender can go once attacker clears the blue gate.
- Defender attempts to tag the attacking player before they run through an orange gate to score.
- Switch lines (roles)

#### Coaching Points:

- Speed to accelerate through gate.
- Can I turn corner and score?
- If the defender blocks my run can I turn to the other corner?
- Can I fake before changing direction to unbalance the defender?

#### Progressions:



### Technical - Unopposed (25 mins)

#### Organization:

- As shown (groups of 3 to 4 per area).

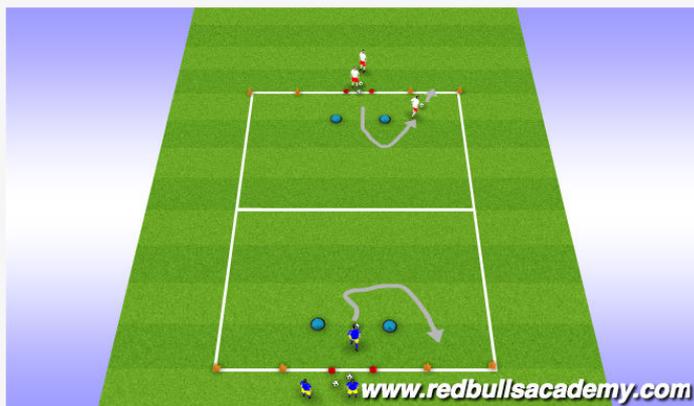
#### Instructions:

- Players begin at red gate and dive through blue gate.
- Players perform given turn then dribble through either orange gate (ex: Inside Hook / Step-Over - mirror each other).
- Next player goes as soon as player turns.

#### Coaching Points:

- Size of touch, balance, momentum to turn.
- Checking shoulder for space / defender.
- Technique of given turn.
- Size and direction of touch coming out of turn.
- Head up, Next movement.
- Technique to fake (eyes, hips, feet, etc.)

#### Progressions:



### Technical - Opposed (25 mins)

#### Organization:

- As Shown (6-8 players per grid, defenders have ball each)

#### Instructions:

- Attacker (white) stands with legs wide inside red gate.
- Defender (blue) plays pass through legs of attacker and the blue gate (defender is live when ball goes through blue gate).
- Attacker tries to score by dribbling through either orange gate for 2 pts.
- If defender wins ball, he scores in PUG for 1 pt.
- Attacker retrieves ball, players switch lines.

#### Coaching Points:

- Size of touch when receiving ball.
- Body position to protect ball.
- Awareness of defender.
- Is the defender too tight? Can I turn into space behind him (Inside Hook)?
- Did the defender over anticipate? Can I fake and turn out other way?
- Can I turn and face the defender 1v1?



**Progressions:**

- Defender is live on his pass.

**Tournament 3v3 (30 mins)****Organization:**

3v3 Small-sided tournament games: 4 teams of 3 players each team. 2 fields of 20x30 yards with 2 Pugg Goals on opposite endlines. **Play small sided to larger goals if possible since the kids got striking repetitions during the session.**

**Instructions:**

4 Teams of 3, play 3v3 tournament style format where each team will play one another. 3 points for a win, 1 point for a tie and 0 for a loss. Each game should be approximately 6-8 minutes in duration (obviously play a 3 game tournament).

**Coaching Points:**

- Review of session's learning outcomes being translated into the game
- 3 lines of attack
- Creating triangle (gives angles of support)
- Making triangle as big as possible (Creating space)

