



## Improve Dribbling forward to score goals Week 1, 8U and 10U

### PLAY - SMALL SIDED GAMES (First and last activity)

**Objectives:** Get the players to play the game. To dribble forward to get past opponents and score goals.

**Organization:** Set up 2 fields of 25W x 30L w/a goal at each end. As players arrive to the field start to play 1v1, 2v1, up to 4v4

**Time:** 4 games of 2 mins, 30 sec rest, activity duration is 10 min.

**Rules:** Start game w/a kick off. Out of bounds, pass or dribble ball in. Allow periods of free play

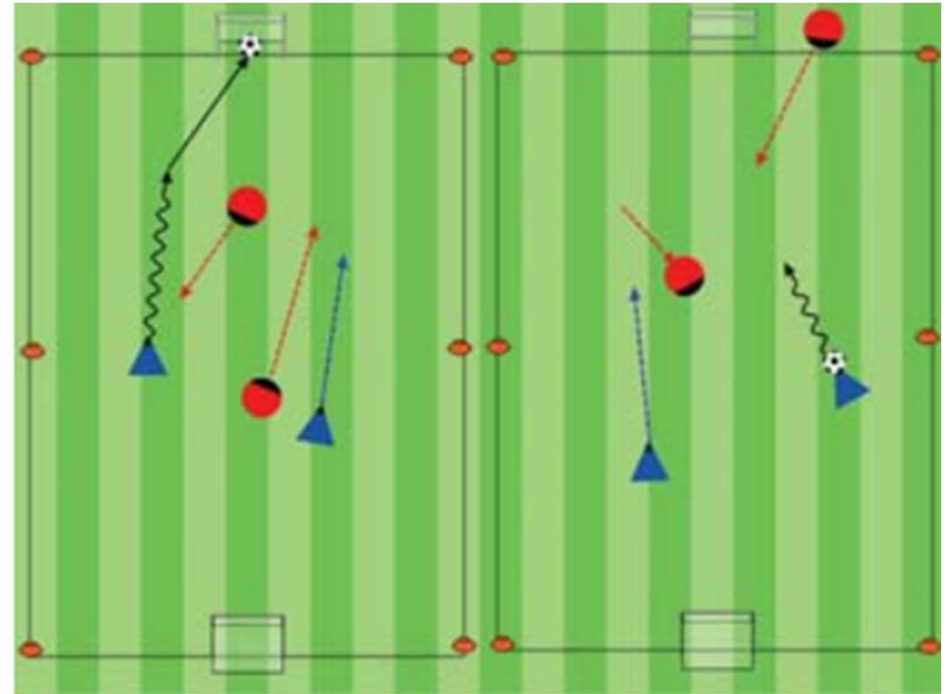
**Key Words:** Find the opening, go to the goal, go score

**Guided Questions:** Are all the players engaged in playing the game? How can you tell players know the **rules**?

**Answers:** Have multiple fields for all players to play the game. Players are trying to score goals.

1<sup>st</sup> Activity: 10 minutes

Final Game: Can be full scrimmage or 4v4 again depending on space.



### PRACTICE - CORE ACTIVITY 1

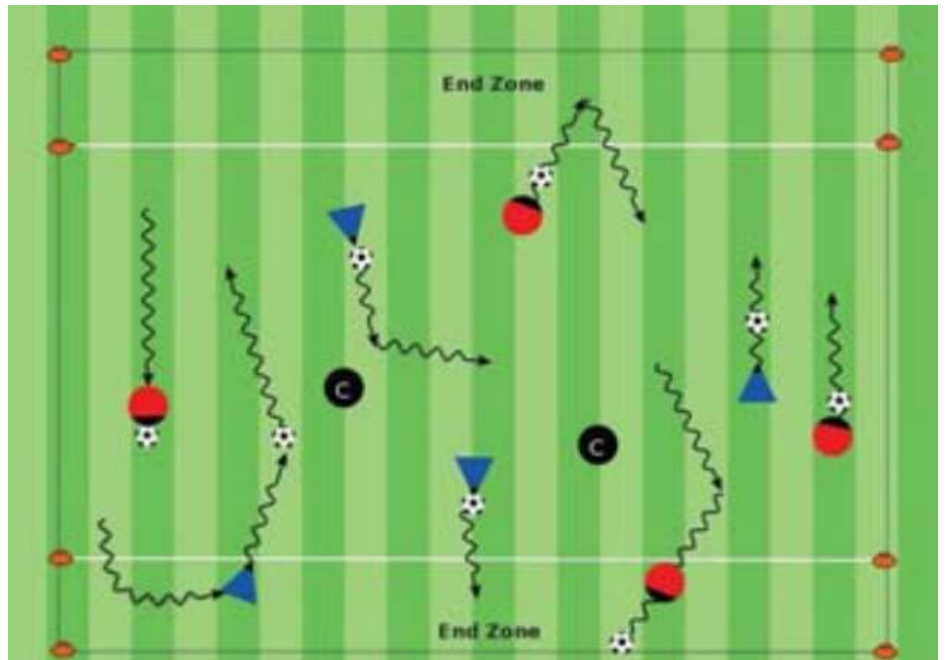
**Organization:** 20Wx25L field w/5yd end zone @ each end. Players dribble past opponents to each end zone & back. If defender steals the ball, switch roles.

**Rules:** Every player w/ a ball in an end zone. Coaches can be defenders. Coach says "Go" to start. How many end zones did you get to in 1 min, beat your score.

**Key Words:** Look up, go around (the defender), get into space (an opening), go to goal.

**Guided Questions:** How can you get around or past a defender? How can a dribbler find space (an opening to the goal)?

**Answers:** Change direction and go faster (accelerate) to get around defenders and into space (an opening). Use little touches to keep the ball close and big touches after getting around defenders to go fast to goal. Describe "look up" as how to see where defenders are, where the opening to the goal is, where the goal is.



10 Min. 5 intervals, 1 min. active, 1 min. rest



## Improve Dribbling forward to score goals Week 1, 8U and 10U

### PRACTICE - CORE ACTIVITY 2

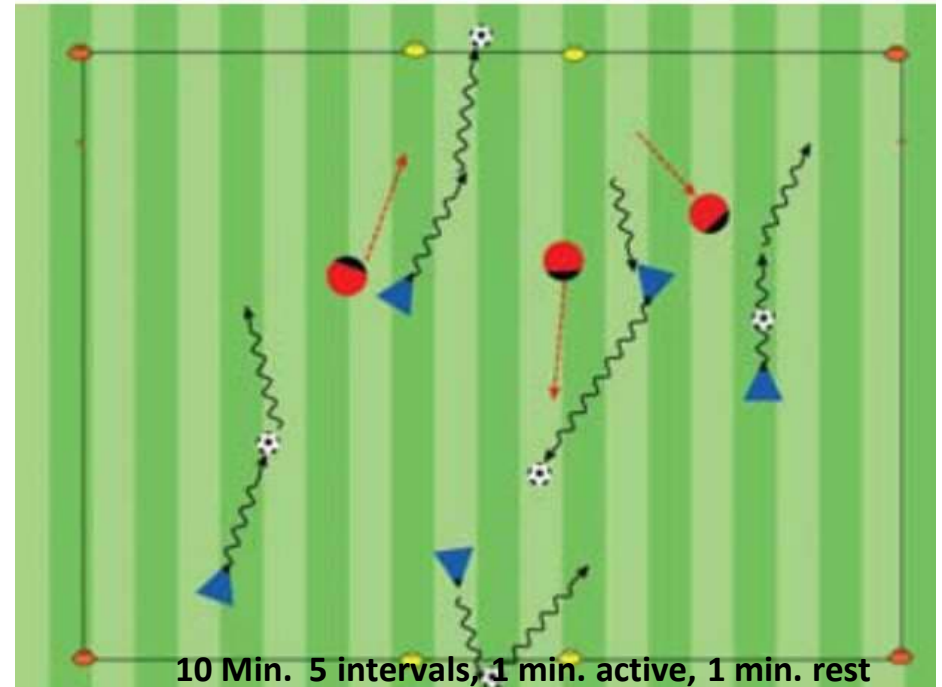
**Organization:** 20Wx25yd field w/ a small cone goal on each endline. Pick 3 defenders to start.

**Rules:** Coach says "Go" to start. Players w/a ball dribble to a goal & score by dribbling through the cone goal, then they go to the other goal, score, & repeat. If defender steals a ball & dribbles it in a goal, roles change. How many goals in 1 min.

**Key Words:** Look up, go around (the defender), get into space (an opening), go to goal.

**Guided Questions:** How can you get around or past a defender? How can a dribbler find space (an opening to the goal)?

**Answers:** Change direction and go faster (accelerate) to get around defenders and into space (an opening). Use little touches to keep the ball close and big touches after getting around defenders to go fast to goal. Describe "look up" as how to see where defenders are, where the opening to the goal is, where the goal is.



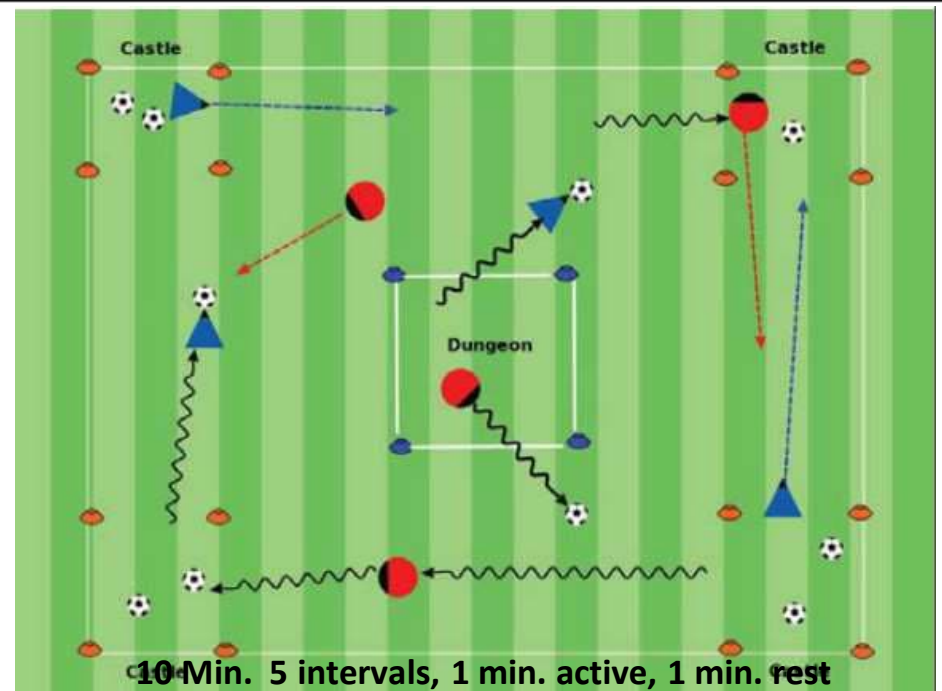
### PRACTICE - CORE ACTIVITY 3

**Objective:** Players dribble past opponents and score by putting their ball their corner box (castle). **Organization:** In 20W x 25L field, w/a 5yd box (castle) in each corner & one box in the center of the field (dungeon). Make 4 equal teams, assign each team to a corner castle, name the castle.

**Rules:** Players start w/a ball in the dungeon. On Coach's "Go!", players will dribble to their castle & score by leaving their ball in the castle box. Players can then go and get balls out of other castles and dribble back to their castle, repeat. After 1 min which castle has the most balls in it.

**Key Words:** Look up, go around (the defender), get into space (an opening), go to goal. **Guided Questions:** How can you get around or past a defender? How can a dribbler find space (an opening to the goal)?

**Answers:** Change direction and go faster (accelerate) to get around defenders and into space (an opening). Use little touches to keep the ball close and big touches after getting around defenders to go fast to goal. Describe "look up" as how to see where defenders are, where the opening to the goal is, where the goal is.





# Improve Passing 8U and 10U, Week 2

## Play

**Objectives:** Let the players play the game. To pass or dribble forward to get past opponents and score goals.

**Organization:** Set up 2-3 fields 15W x 20L w/a goal at each end. As players arrive to the field start to play 2v1, 2v2, up to 3v3 games.

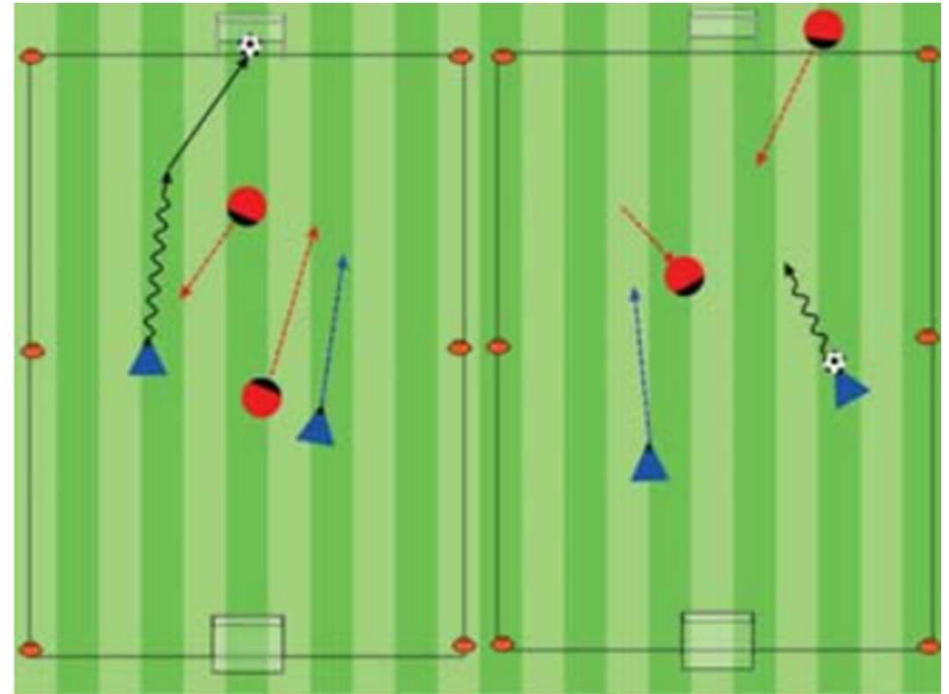
**Rules:** Begin game w/a kick off. Out of bounds, pass or dribble ball in. Let players have free play.

**Key Words:** Go score, move up the field, go help, find an opening (path) to the goal

**Guided Questions:** How can you tell players understand when to go forward (attack)? How can you make the games easier or harder?

**Answers:** When players have the ball they are trying to get the ball forward through an opening to the goal to score. Play uneven numbered games like 2v1, 3v1 or 3v2.

**Time: 4 games of 2 mins, 30 sec rest, Total 10 min.**



## Activity 1

**Objective:** Players pass, dribble & move into and out of space, past defenders to score. **Organization:** 20Wx25L yd grid, w/4 corner cone goals. Each pair has a ball. Have 2 defenders. Coaches can be defenders. Defenders can move throughout the field & from goal to goal to defend the goals.

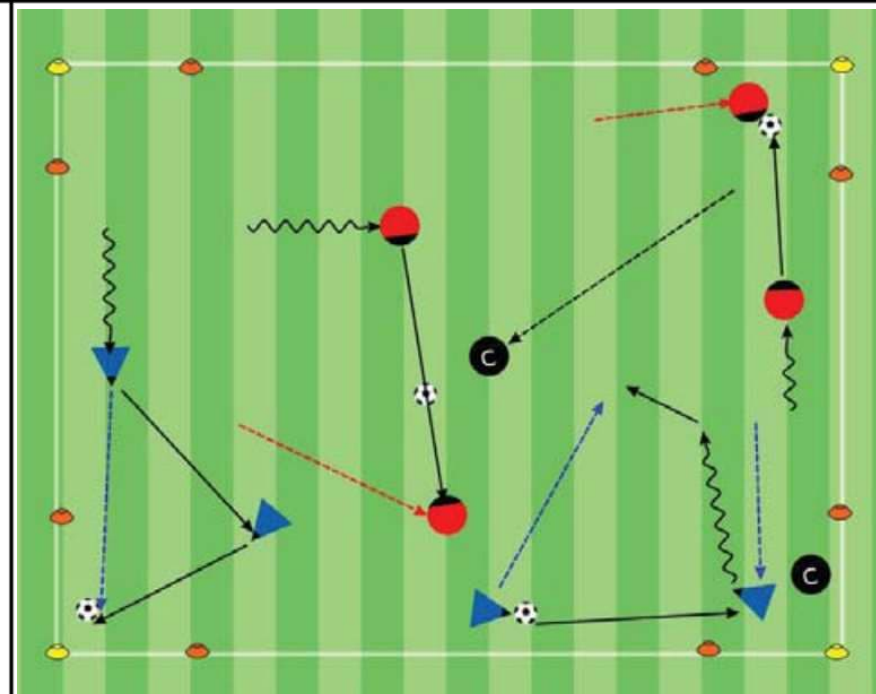
**Rules:** On coach's command pairs will pass & move w/partner. Score by passing to your partner in a corner goal, through a goal, or as your partner arrives into the goal. Repeat at a different goal. If a defender steals the ball, steal it back. 1 million pts for each goal you pass into or through w/your partner in 1 min. Bonus points for a successful pass into or through a goal that has a defender in it.

**Key Words:** Get into or move to (open) space, find an opening (or create an opening) dribble or pass forward (through an opening) to a teammate to score

**Guided Questions:** Where should the player w/out the ball go to help their teammate? When is the activity working?

**Answers:** Players w/out the ball can go away from defenders into open space, into an opening to the goal. Show players what "open space" or an "opening" between players looks like, where to find it, or how to make it. When players are making multiple passes that reach their partners to score.

**Time: 4 games of 2 minutes, 1 minute rest, Total 12 min**



10-12 players for each field set up.  
Tue, wed and Thu: 4-5 fields



## Improve Passing 8U and 10U, Week 2

### Activity 2

Same set up as Activity 1

**Organization:** 20Wx25Lyd grid w/2 goals on each endline. Players evenly flank coach in a line at midfield. Play 2v1, 2v2, 3v1, 3v2, up to 3v3 to the goals.

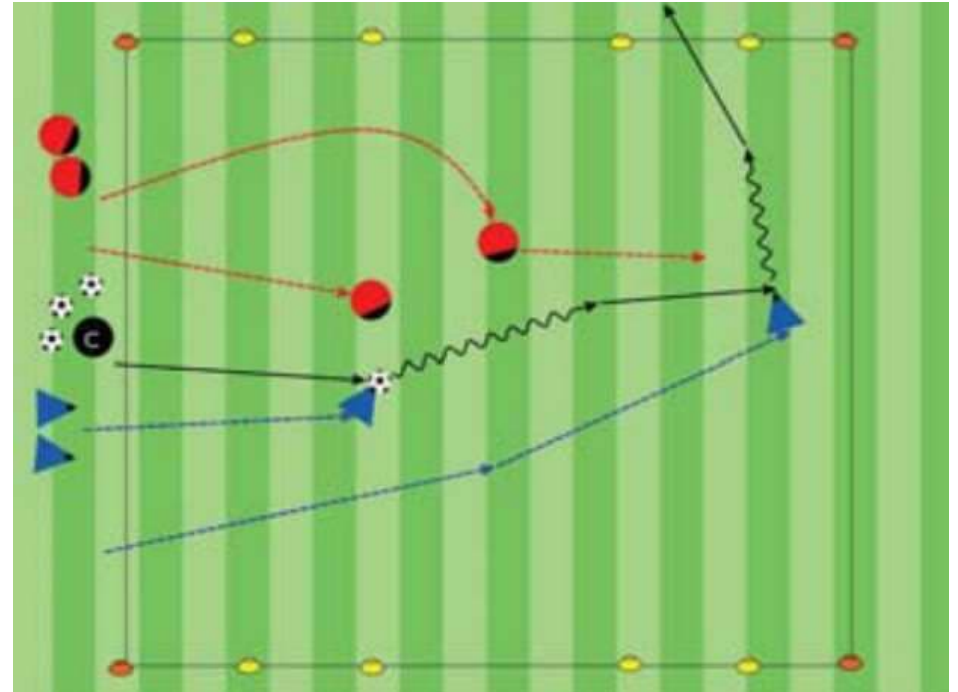
**Rules:** Coach sends players on field from each line, rolls ball on the field to start the game. Players try to pass or dribble forward to score in the opponent's goals.

**Key Words:** Get into or move to (open) space, find an opening (or create an opening) dribble or pass forward (through an opening) to a teammate to score

**Guided Questions:** Where should the player w/out the ball go to help their teammate? When is the activity working?

**Answers:** Players w/out the ball can go away from defenders into open space, into an opening to the goal. Show players what "open space" or an "opening" between players looks like, where to find it, or how to make it. When players are making multiple passes that reach their partners to score.

**Time:** 4 games of 2 minutes, 1 minute rest, Total 12 min



### Play

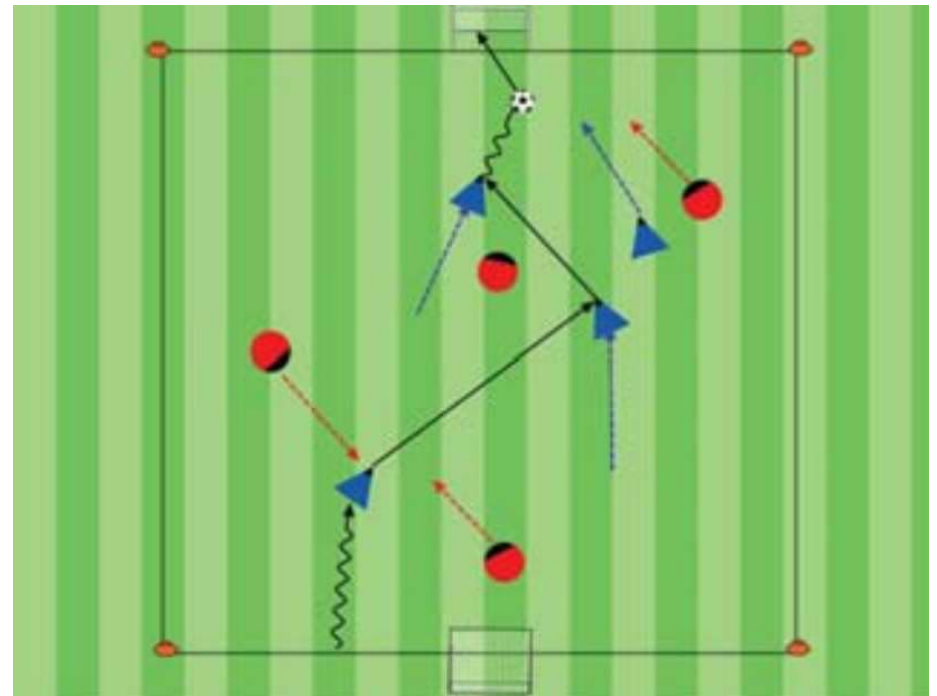
**Objective:** Team with the ball tries to pass & dribble forward past opponents to score goals. Organization: On a 25W x 35L field w/ a small goal at each end. Play 4v4. All modified 4v4 rules apply

**Key Words:** Find an opening, get through, go score

**Guided Questions:** When should players pass? How can you recognize players are engaged in the game?

**Answers:** Pass to a teammate when a teammate is in an opening to the goal, has more open space to the goal, or that teammate can shoot right away. Players are paying attention and trying to score goals to win the game.

**Time:** : Game is for 30 min, 2 halves of 10 min with 5 min of rest after each half.





# Defending: Improve a player's ability to regain the ball

## 8U/10U: Week3

### Play

**Objectives:** Let the players play the game. To pass or dribble forward to get past opponents and score goals.

**Organization:** Set up 2-3 fields 15W x 20L w/a goal at each end. As players arrive to the field start to play 2v1, 2v2, up to 3v3 games.

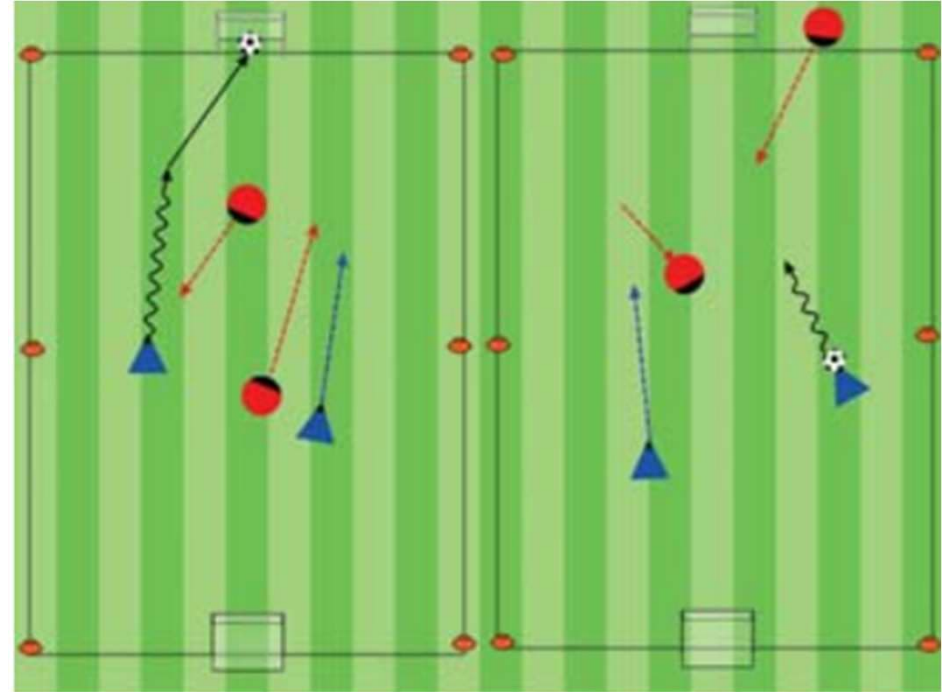
**Rules:** Begin game w/a kick off. Out of bounds, pass or dribble ball in. Let players have free play.

**Key Words:** Go score, move up the field, go help, find an opening (path) to the goal

**Guided Questions:** How can you tell players understand when to go forward (attack)? How can you make the games easier or harder?

**Answers:** When players have the ball, they are trying to get the ball forward through an opening to the goal to score. Play uneven numbered games like 2v1, 3v1 or 3v2.

**Time: 4 games of 2 mins, 30 sec rest, Total 10 min.**



### Activity 1: Angry Birds

**Objective:** Improve individual defending techniques.

**Organization:** Make a 15W x 20L grid w/a goal on each endline. Each player (Piggies) has a ball inside the grid. 2 players start as Defenders (Angry Birds) w/Coach on the sideline.

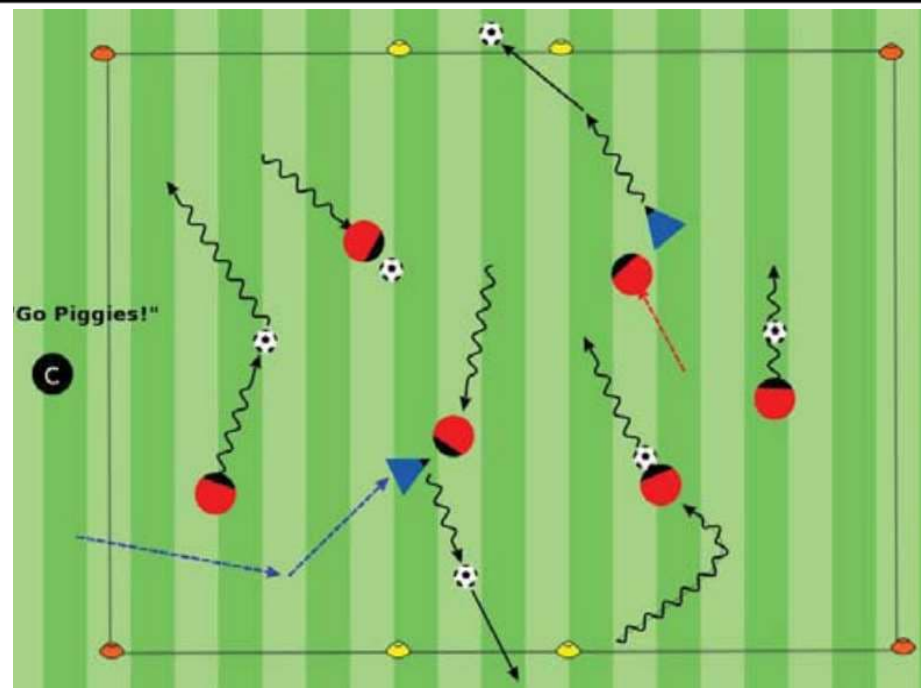
**Rules:** Coach starts by telling Piggies to start dribbling, "Go Piggies!". After a few seconds, release the 2 Angry Birds into the grid. Angry Bird must take a ball away from a Piggie, dribble it & put (shoot) the ball into one of the goals. If a Piggie has their ball taken away & put into a goal they join the Angry Birds.

**Key Words:** Go to the ball (pressure), take the ball (tackle), get it back (regain it), go help (close the space or opening to the goal)

**Guided Questions:** What does successful individual defending look like? When should a player try to take the ball away?

**Answers:** When a player takes a ball away from an opponent and tries to go score. Players should take a ball (block or poke tackle it away) from the attacker or take the ball when it's dribbled too far away from an attacker's feet, not just kick the ball away. If you lose the ball go quickly and take it back right away.

**Time:**  
10 X 1  
min  
with 1  
min  
rest  
**Total:**  
20m





### Activity 2

**Organization:** 15Wx20L field w/goal on the end lines. Players evenly divided to each corner. Coach has balls at midfield. Play 2v2.

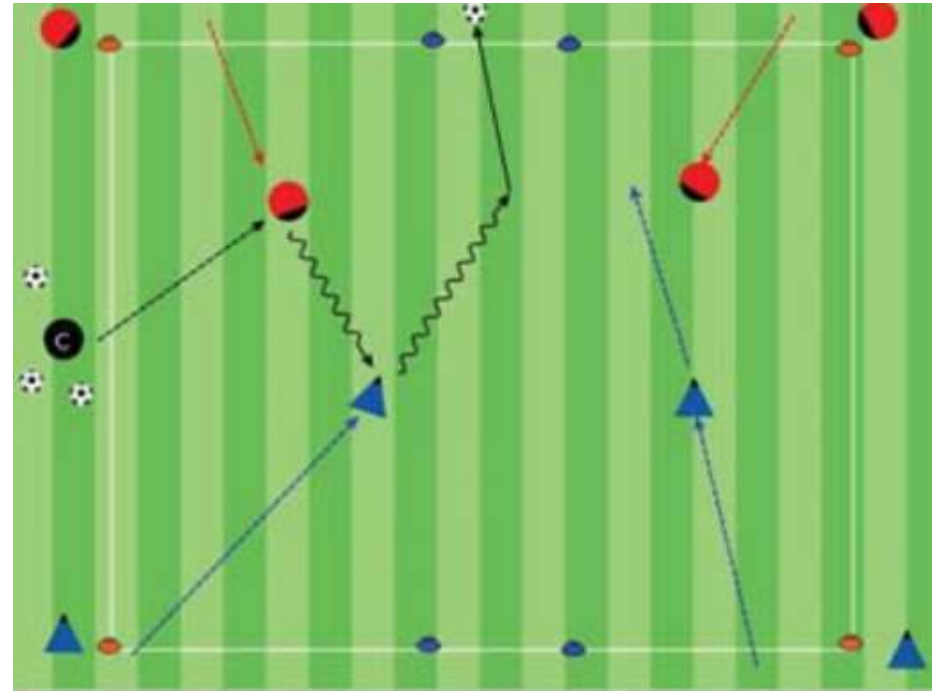
**Rules:** One player steps on field from each corner. Coach starts play by playing the ball to one (1) player. Play to score in opponents' goal.

**Key Words:** Go to the ball (pressure), take the ball (tackle), get it back (regain it), go help (close the space or opening to the goal)

**Guided Questions:** What does successful individual defending look like? When should a player try to take the ball away?

**Answers:** When a player takes a ball away from an opponent and tries to go score. Players should take a ball (block or poke tackle it away) from the attacker or take the ball when it's dribbled too far away from an attacker's feet, not just kick the ball away. If you lose the ball go quickly and take it back right away.

**Time:** 10 X 1 min with 1 min rest, Total: 20min



### Play

**Objective:** Team with the ball tries to pass & dribble forward past opponents to score goals.

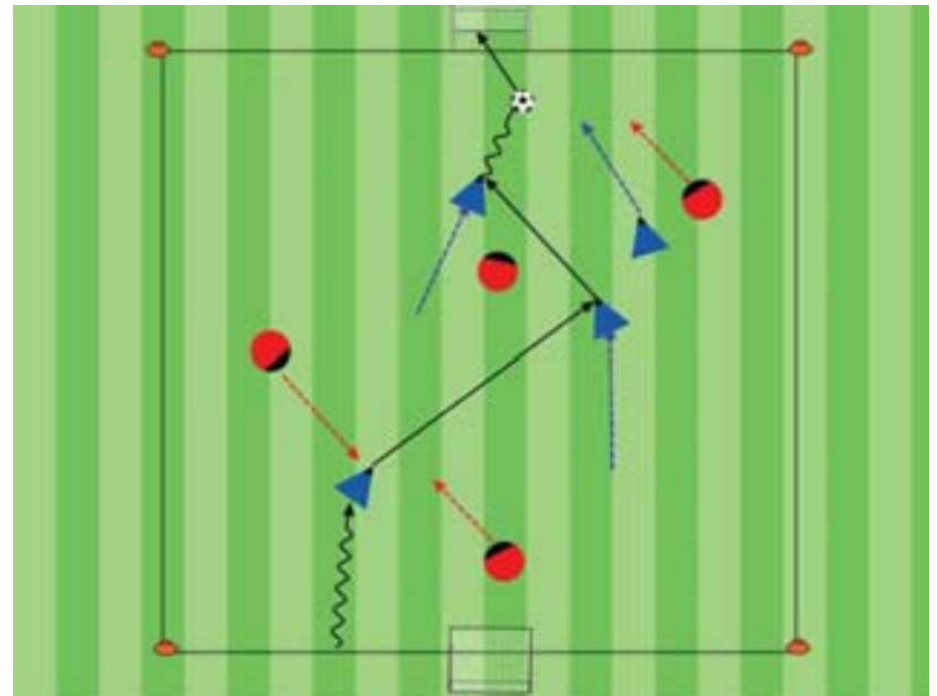
**Organization:** On a 25W x 35L field w/ a small goal at each end. Play 4v4. All modified 4v4 rules apply

**Key Words:** Find an opening, get through, go score

**Guided Questions:** When should players pass? How can you recognize players are engaged in the game?

**Answers:** Pass to a teammate when a teammate is in an opening to the goal, has more open space to the goal, or that teammate can shoot right away. Players are paying attention and trying to score goals to win the game.

**Time:** : Game is for 30 min, 2 halves of 10 min with 5 min of rest after each half.





# Improve the techniques of Dribbling Forward to score goals: 8U

## Week 4

### Play

**Objectives:** Let the players play the game. To pass or dribble forward to get past opponents and score goals.

**Organization:** Set up 2-3 fields 15W x 20L w/a goal at each end. As players arrive to the field start to play 2v1, 2v2, up to 3v3 games.

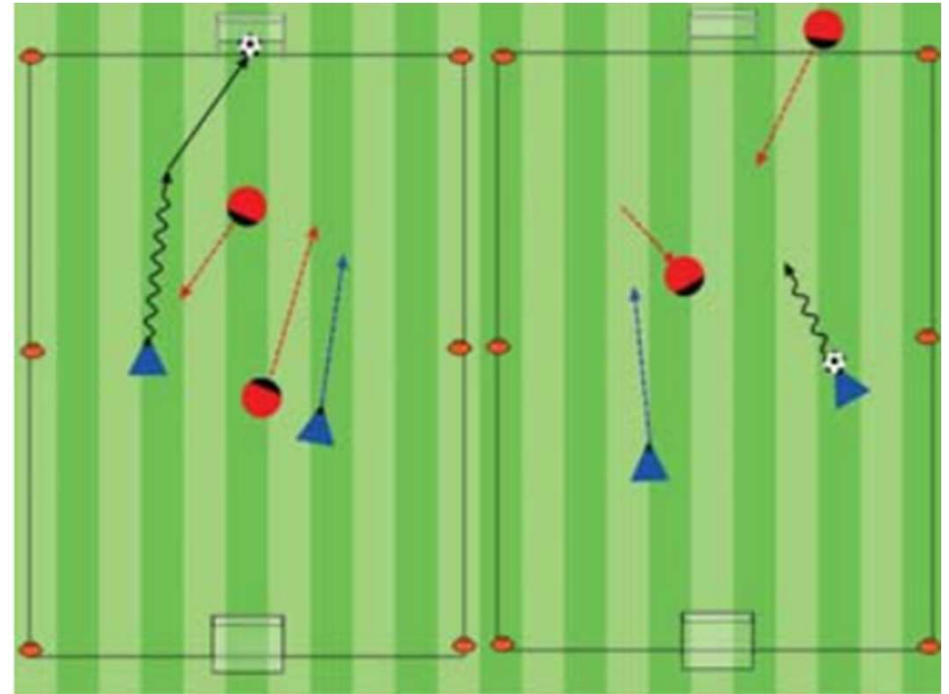
**Rules:** Begin game w/a kick off. Out of bounds, pass or dribble ball in. Let players have free play.

**Key Words:** Go score, move up the field, go help, find an opening (path) to the goal

**Guided Questions:** How can you tell players understand when to go forward (attack)? How can you make the games easier or harder?

**Answers:** When players have the ball, they are trying to get the ball forward through an opening to the goal to score. Play uneven numbered games like 2v1, 3v1 or 3v2.

**Time: 4 games of 2 mins, 30 sec rest, Total 10 min.**



**Objective:** Players dribble across the field, past opponents and through a cone goal to score.

**Organization:** In 20Wx25L yd grid w/a 5yd end zone off the endline & 3 small goals on the endlines. Every player has a ball. 2 defenders w/out ball.

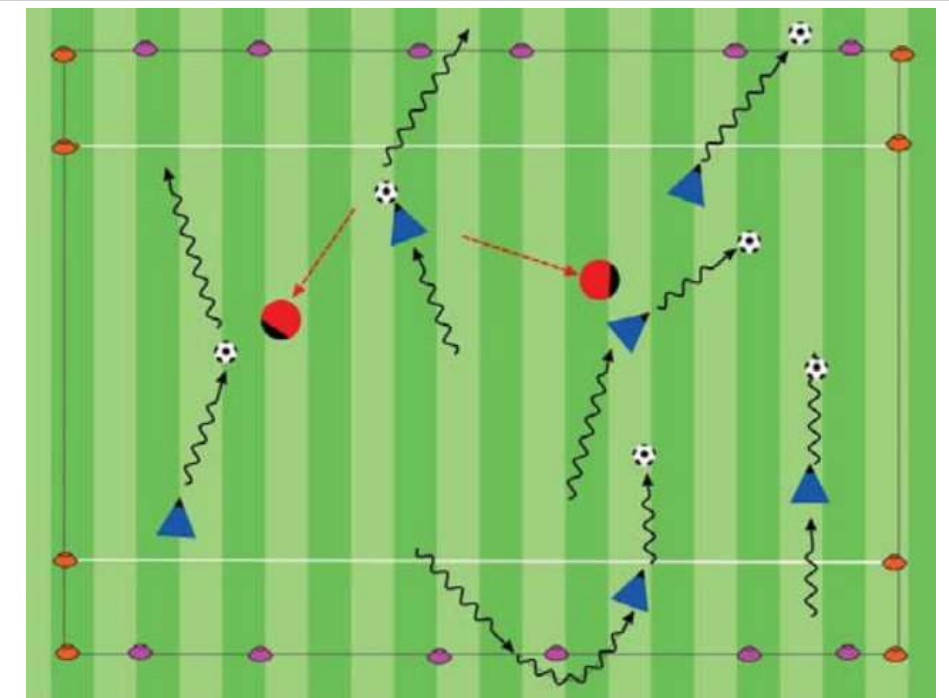
**Rules:** Players w/ a ball start inside an end zone. On coach's "Go!" players try to dribble across to the other end zone & dribble through a goal. Defenders can only steal a ball outside the end zones. If a defender steals a ball and dribbles it into a goal, roles switch.

**Key Words:** Look up, find an opening, shield (hide) the ball, fake the defender, go to goal.

**Guided Questions:** What should you instruct players to do when confronted by a defender? When do you make the activity more challenging?

**Answers:** Show players how to keep the ball close & shield it while dribbling (put their body between ball & defender). Explain how to use moves & fakes (change of direction & speed) to get around and past the defender. When players have repeatedly demonstrated successful dribbling & running with the ball past defenders to score.

**Time: 5 games of 1 minute with 1 min rest, Total 10 Min**





# Improve the techniques of Dribbling Forward to score goals: 8U

## Week 4

**Organization:** In a 20Wx25L w/goals on the endline. Play 2v1, 3v1 or 3v2.

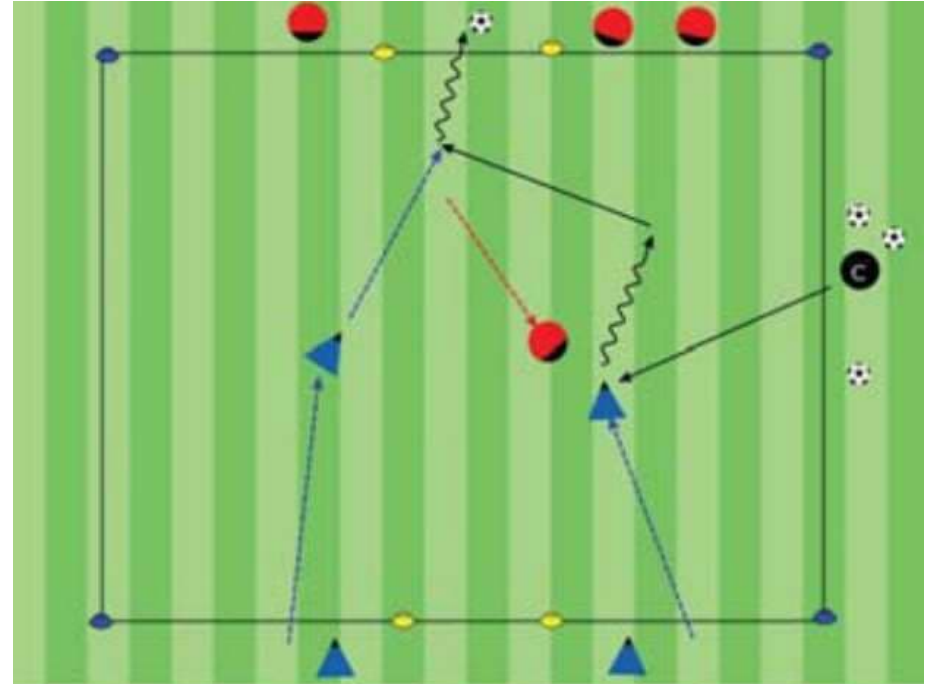
**Rules:** Make 2 equal teams. Coach starts w/balls. Coach sends players from each team on field & plays the ball out to the "numbers up" team. Score by dribbling through opponent's goal. If "numbers down" team scores it's double pts.

**Key Words:** Look up, find an opening, shield (hide) the ball, fake the defender, go to goal.

**Guided Questions:** What should you instruct players to do when confronted by a defender? When do you make the activity more challenging?

**Answers:** Show players how to keep the ball close & shield it while dribbling (put their body between ball & defender). Explain how to use moves & fakes (change of direction & speed) to get around and past the defender. When players have repeatedly demonstrated successful dribbling & running with the ball past defenders to score.

**Time: 5 games of 1 minute with 1 min rest, Total 10 Min**



### Play

**Objective:** Team with the ball tries to pass & dribble forward past opponents to score goals.

**Organization:** On a 25W x 35L field w/ a small goal at each end. Play 4v4. All modified 4v4 rules apply

**Key Words:** Find an opening, get through, go score

**Guided Questions:** When should players pass? How can you recognize players are engaged in the game?

**Answers:** Pass to a teammate when a teammate is in an opening to the goal, has more open space to the goal, or that teammate can shoot right away. Players are paying attention and trying to score goals to win the game.

**Time: : Game is for 30 min, 2 halves of 10 min with 5 min of rest after each half.**





# Improve the techniques of Shooting to score goals: 8U

## Week 5

### Play

**Objectives:** Let the players play the game. To pass or dribble forward to get past opponents and score goals.

**Organization:** Set up 2-3 fields 15W x 20L w/a goal at each end. As players arrive to the field start to play 2v1, 2v2, up to 3v3 games.

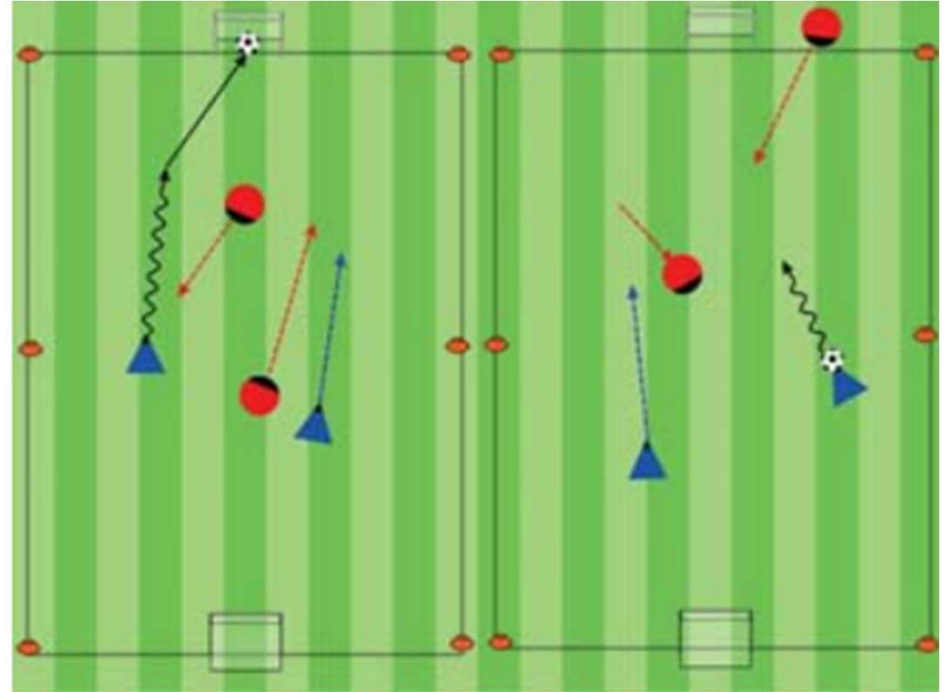
**Rules:** Begin game w/a kick off. Out of bounds, pass or dribble ball in. Let players have free play.

**Key Words:** Go score, move up the field, go help, find an opening (path) to the goal

**Guided Questions:** How can you tell players understand when to go forward (attack)? How can you make the games easier or harder?

**Answers:** When players have the ball, they are trying to get the ball forward through an opening to the goal to score. Play uneven numbered games like 2v1, 3v1 or 3v2.

**Time: 4 games of 2 mins, 30 sec rest, Total 10 min.**



**Objective:** Play 2v2 to shoot to score goals. Organization: In 20Wx25L yd grid w/4 cone goals on the endlines w/ a ball placed atop the 4 cones. A "far away marker" is placed 3-5yds up the sideline from the corners. (See diagram).

Make 2 even teams on each endline. Coach has the balls at midfield.

**Rules:** Each team sends 2 players onto the field. Coach plays the ball to one team. Score by shooting into the cone goals. Bonus pts if you score from behind the "far away marker" or hit a ball off the cone. Play for 2 min before rotating players on the field.

**Key Words:** Look up, find an opening, go to goal, shoot Guided Questions: What should you do if players just dribble up close to a goal to score? Why would a player dribble before shooting?

**Answers:** Encourage attempts to shoot from the "far away marker". To get into a clear opening or path to the goal, past defenders to shoot.

**Time: 4 Intervals of 3 Mins, 1 Min rest, Total 15 Mins**





## Improve the techniques of Shooting to score goals: 8U Week 5

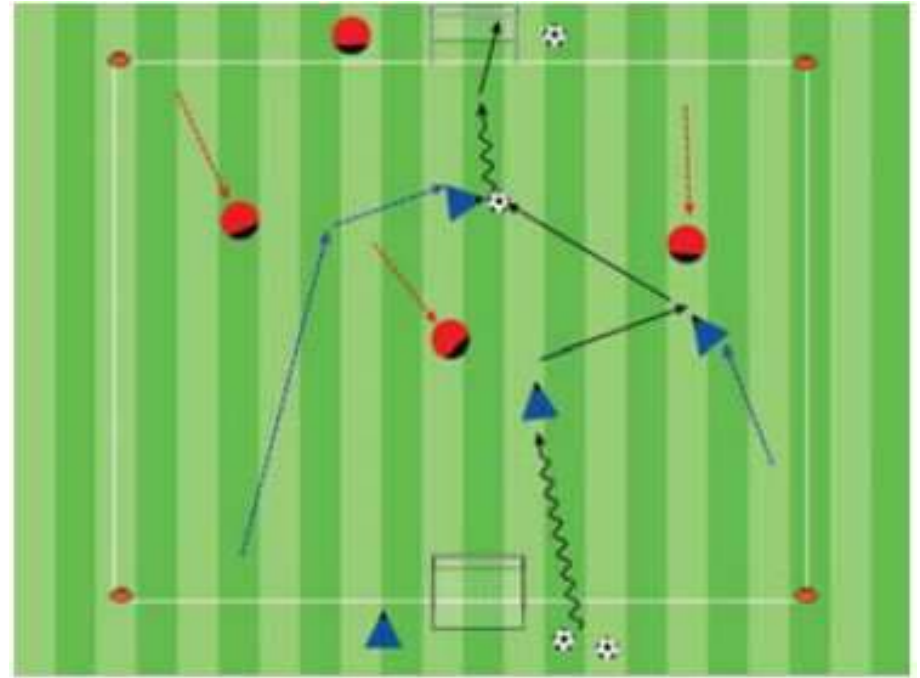
**Organization:** 20Wx25Lyd field with goals. Make 2 teams. Balls next to the goals. Play 3v3.

**Rules:** One team of 3 starts w/ the ball. Play to score in opponent's goal. After a goal the team that was scored on gets a new ball & plays right away. Play for 2 min before rotating players. Keep score.

**Key Words:** Look up, find an opening, go to goal, shoot  
**Guided Questions:** What should you do if players just dribble up close to a goal to score? Why would a player dribble before shooting?

**Answers:** Encourage attempts to shoot from the "far away marker". To get into a clear opening or path to the goal, past defenders to shoot.

**Time:** 3 Intervals of 3 Mins, 1 Min rest, Total 12 Mins



### Play

**Objective:** Team with the ball tries to pass & dribble forward past opponents to score goals.

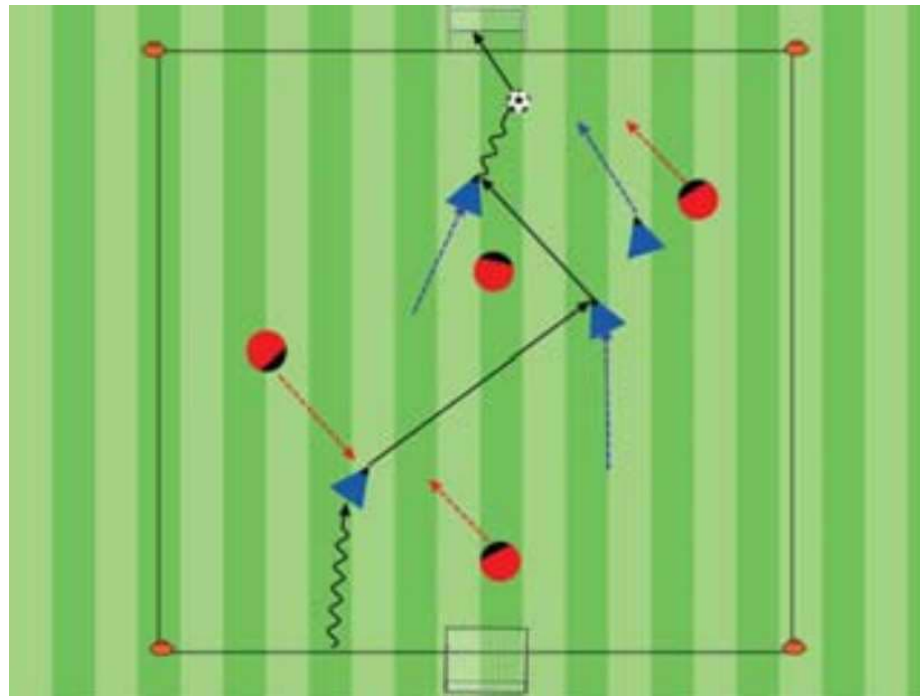
**Organization:** On a 25W x 35L field w/ a small goal at each end. Play 4v4. All modified 4v4 rules apply

**Key Words:** Find an opening, get through, go score

**Guided Questions:** When should players pass? How can you recognize players are engaged in the game?

**Answers:** Pass to a teammate when a teammate is in an opening to the goal, has more open space to the goal, or that teammate can shoot right away. Players are paying attention and trying to score goals to win the game.

**Time:** : Game is for 30 min, 2 halves of 10 min with 5 min of rest after each half.





## Improve players ability to Defend: 8U Week 6

### Play

**Objectives:** Let the players play the game. To pass or dribble forward to get past opponents and score goals.

**Organization:** Set up 2-3 fields 15W x 20L w/a goal at each end. As players arrive to the field start to play 2v1, 2v2, up to 3v3 games.

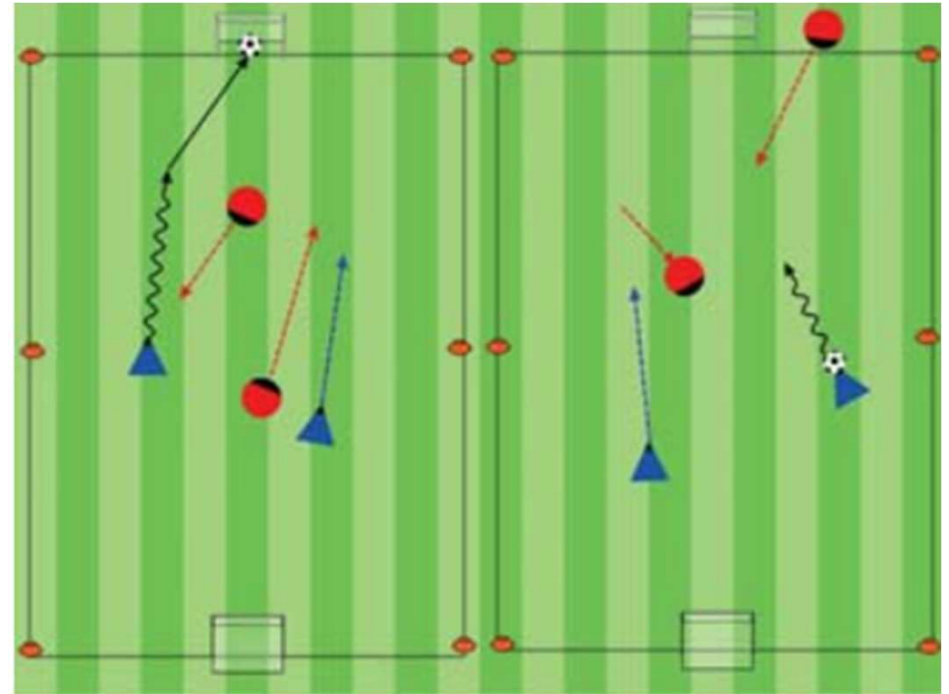
**Rules:** Begin game w/a kick off. Out of bounds, pass or dribble ball in. Let players have free play.

**Key Words:** Get the ball, go help (to get the ball), close the opening

**Questions:** How can you tell players are participating? When should players try to get the ball back?

**Answers:** They are playing the game with very few distractions. Right after losing it

**Time: 4 games of 2 mins, 30 sec rest, Total 10 min.**



**Objective:** Players will play a game. They must defend, take the ball from the opponents, and try to score.

**Organization:** Make a 15W x 20L field w/a small cone goal on each endline & a midfield line. Players in 2 equal teams next to each goal. Play 2v2. Score by dribbling through the opponents goal.

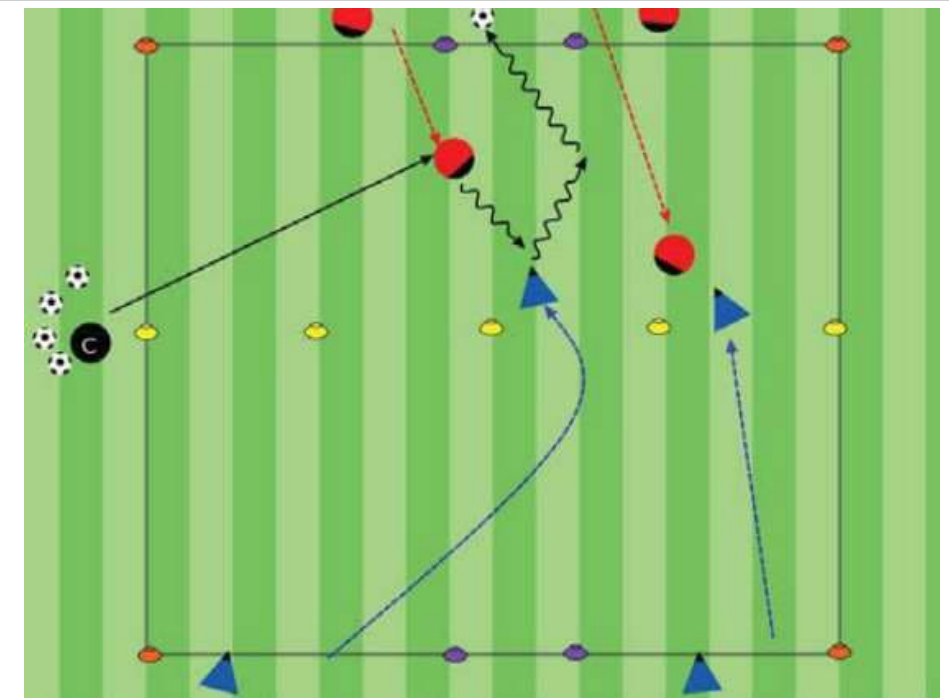
**Rules:** Coach has the balls. 2 players from each team step onto the field. Coach plays a ball onto the field to one of the teams. Play to score. Bonus pts for scoring a goal immediately after stealing the ball from the other team. Extra bonus if done in the attacking half of the field. Play until out of bounds, a goal, or 1 minute has passed.

**Key Words:** Go to (the player with) the ball, Pressure, take the ball (tackle it), go help (your teammate) to get the ball, stay close (to teammates) to close the opening or attacking space, defend the goal

**Guided Questions:** What can you do if the defenders are just kicking the ball away from the attackers? How can you instruct the player closest to the ball to pressure & win the ball back?

**Answers:** Ask them, "If you just kick the ball away instead of stealing it, who gets the ball back?" Answer should be, "the other team". Show them how to go pressure the player w/the ball, (block or poke) tackle the ball to get it, so now they can go and score.

**Time: 5 Games of 1 Minute with 1 minute rest**





## Improve players ability to Defend: 8U Week 6

**Objective:** Players will play a game. They must defend, take the ball from the opponents, and try to score.

**Organization:** Make a 15W x 20L field w/ 2 small cone goals on each endline & a midfield line. Players in 2 equal teams next to each goal. Play 3v3. Score by dribbling through the opponents goal.

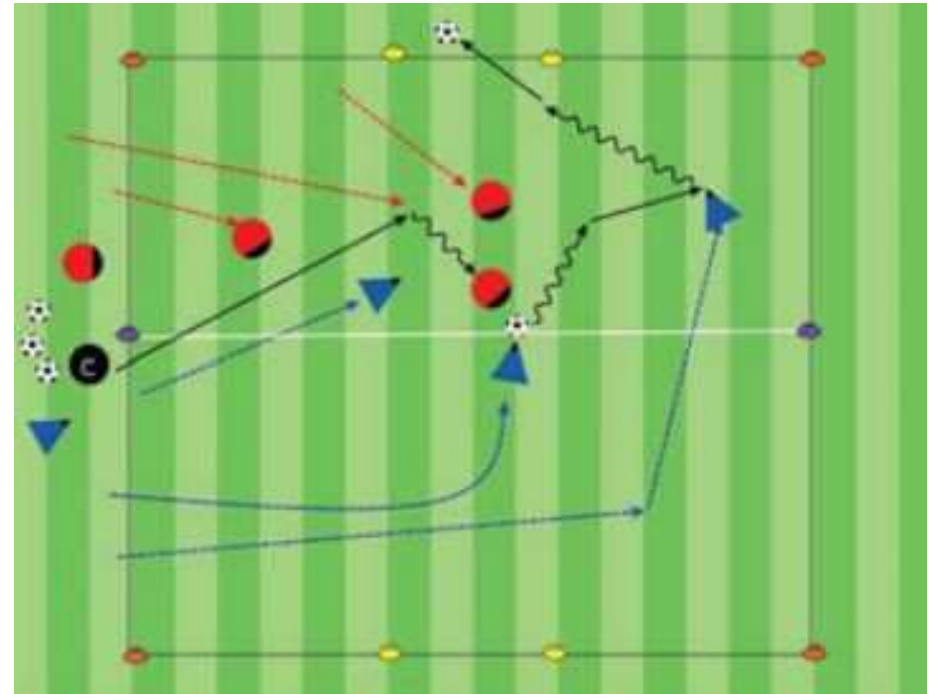
**Rules:** Coach plays ball out onto field, 3 players from each team enters the field. Bonus pts for scoring right after taking the ball from the opponent. More bonus pts if done in the attacking half.

**Key Words:** Go to (the player with) the ball, Pressure, take the ball (tackle it), go help (your teammate) to get the ball, stay close (to teammates) to close the opening or attacking space, defend the goal

**Guided Questions:** What can you do if the defenders are just kicking the ball away from the attackers? How can you instruct the player closest to the ball to pressure & win the ball back?

**Answers:** Ask them, "If you just kick the ball away instead of stealing it, who gets the ball back?" Answer should be, "the other team". Show them how to go pressure the player w/the ball, (block or poke) tackle the ball to get it, so now they can go and score.

**Time:** 5 Games of 1 Minute with 1 minute rest



### Play

**Objective:** Team with the ball tries to pass & dribble forward past opponents to score goals.

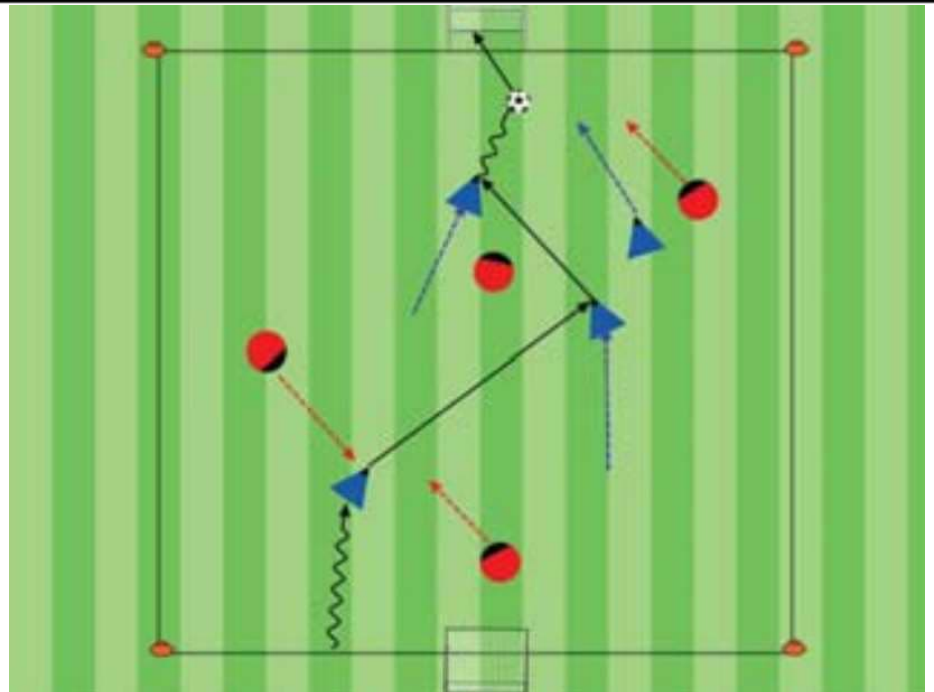
**Organization:** On a 25W x 35L field w/ a small goal at each end. Play 4v4. All modified 4v4 rules apply

**Key Words:** Pressure the ball, take or win the ball back, go help (get the ball), close the opening space to protect the goal (to prevent scoring)

**Questions:** What shows you players understood the training session? How can you tell if players enjoy playing the game?

**Answers:** Players are trying to win the ball back from opponents right after losing it. They want to keep playing the game, they want to get on the field and play.

**Time:** : Game is for 30 min, 2 halves of 10 min with 5 min of rest after each half.





# Improve Creating Passing options forward to score more goals: 8U

## Week 7

### PLAY

**Objectives:** Players are playing the game. To pass forward past opponents and score goals. Organization: Make 2-3 15W x 20L fields w/a goal at each end. As players arrive to training start with 2v1, 3v2, up to 4v4 games.

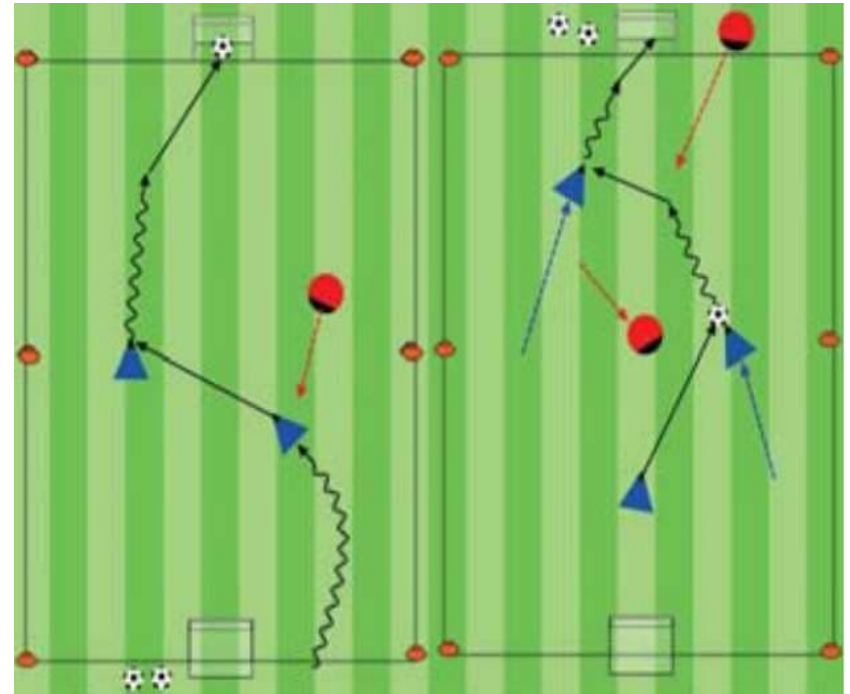
**Rules:** Begin games w/a kick off. Ball out of bounds, play the ball onto the field **with a pass. Allow free play.**

**Key Words:** Get forward, get to an opening, go help score goals

**Guided Questions:** When are players enjoying the game? How can you tell passes are "successful"?

**Answers:** The players are smiling and trying new things. Passes are considered successful (good technique) when they reach the intended target, a teammate  
Passes are not just a "kick" forward

**Time:** 4 games of 2 mins, 30 sec rest, activity duration is 10 min.



**Objective:** Players pass and move to get forward, past defenders into the attacking half to score.

**Organization:** 20Wx25L w/a midfield line & 2 cone goals on each endline. 2 teams of 4 players. Start w/3 players from the same team in each defending half, 4th player in the attacking half. (see diagram)

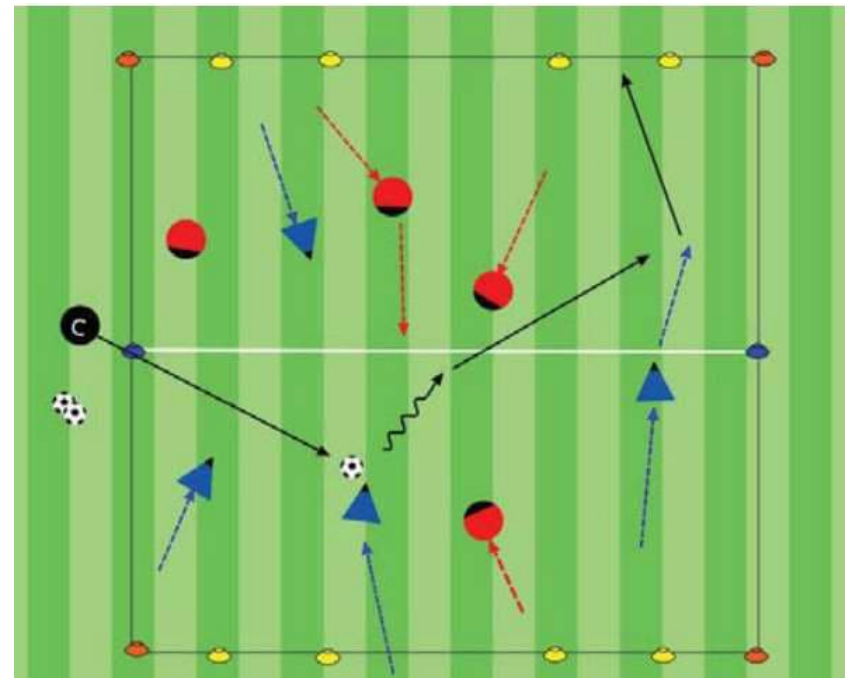
**Rules:** Coach plays the ball to the 3 players in one half. Those 3 players try to pass & play w/their teammate in the attacking half to score. The 3 attackers can pass to a teammate or dribble into the attacking half. Bonus pts for goals scored using 2+ teammates. Play for 2 min or a goal, then reset & restart.

**Key Words:** Move into space, find an opening (between defenders) to pass to a teammate, go help (to score goals), keep the ball

**Guided Questions:** Where should a player without the ball go to help their teammate with the ball? When is the activity working?

**Answers:** Show players who don't have the ball where on the field they can go, find an opening, away from defenders (on the sides, between them, ahead closer to the goal). It's working when players are making passes that reach their teammates that "keep the ball"(possess) to score

**Time:** 4 games of 2 mins, 1 Min rest, activity duration is 11 min.





# Improve Creating Passing options forward to score more goals: 8U

## Week 7

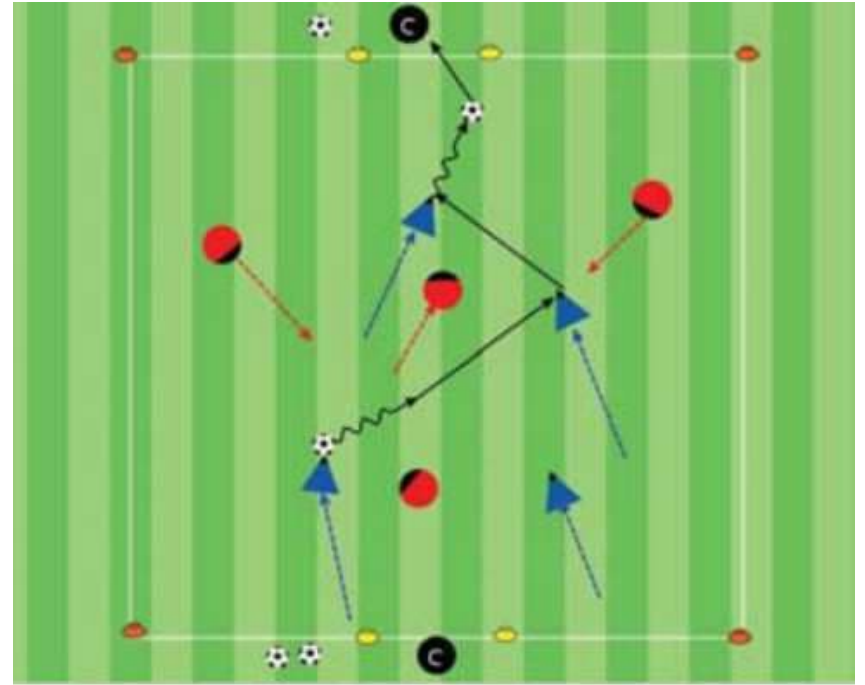
**Objective:** Players pass and move to get forward, past defenders into the attacking half to score.

**Organization:** 20Wx25L field goal on each endline w/coach as target in the goal. Play 4v4. Rules: Score by passing the ball to the target player in the goal. Bonus pts for 2 or more passes to score.

**Key Words:** Move into space, find an opening (between defenders) to pass to a teammate, go help (to score goals), keep the ball  
**Guided Questions:** Where should a player without the ball go to help their teammate with the ball? When is the activity working?

**Answers:** Show players who don't have the ball where on the field they can go, find an opening, away from defenders (on the sides, between them, ahead closer to the goal). It's working when players are making passes that reach their teammates that "keep the ball"(possess) to score

Time: 3 games of 2 mins, 1 Min rest, activity duration is 9 min.



**Objective:** Team with the ball tries to pass and dribble by opponents to score goals.

**Organization:** Use a 25W x 35L field with a small goal at each end. Play 4v4.

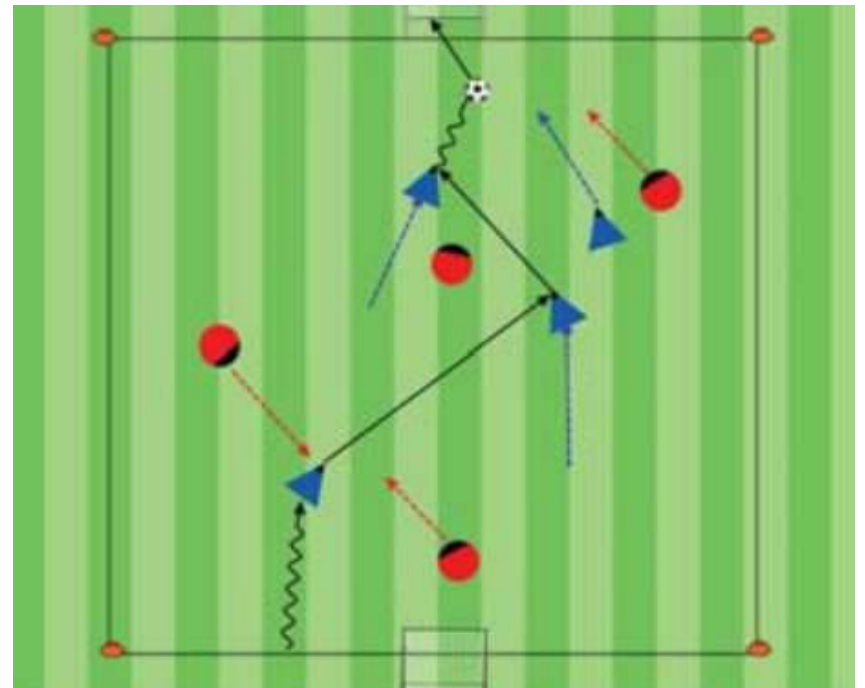
Time: Rules: All modified 4v4 rules apply.

**Key Words:** Run to an opening space, keep the ball & go forward, go help, go score

**Guided Questions:** Why should players pass? What can you do to improve the flow of the game?

**Answers:** To move the ball quickly past the opposing players, through an opening, up the field to the goal. Give minimal instruction, encourage players to keep the ball in play on the field.

The game time is 30 min of total duration. Two halves (intervals) of 12 min (time active), each interval has 3 min of active rest (total 6 min for halftime).





# Improve players ability to Shoot to score goals: 8U

## Week 8

**Organization:** Make 2-3 fields, 15W x 20L w/a goal at each end. As players

arrive to the field start them playing games up to 4v4.

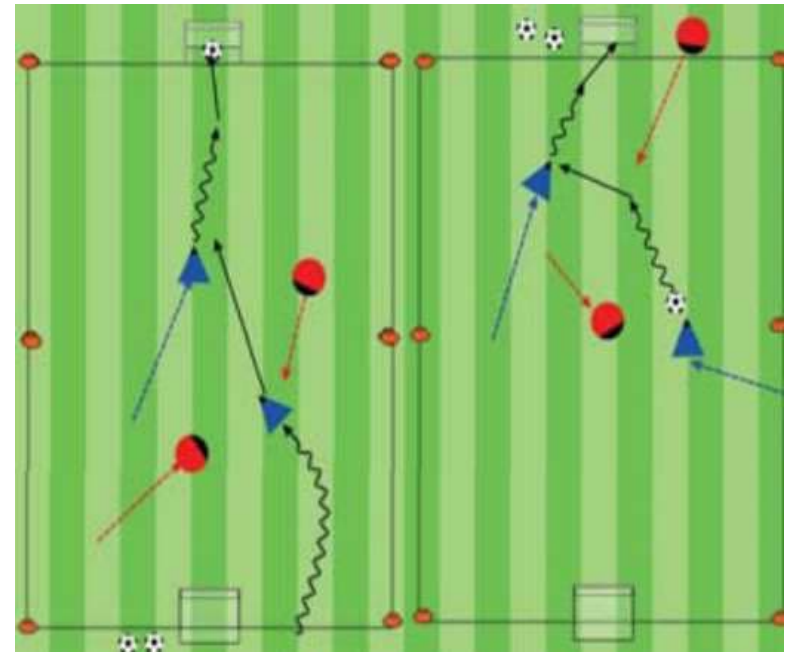
**Rules:** Start games w/ a kick off. Out of bounds, pass the ball in to a teammate. Allow for free play among the players.

**Key Words:** Look up, find an opening, shoot, attack quickly towards the goal

**Guided Questions:** How can you find out the attitude of the players? When is praise and encouragement too much?

**Answers:** Ask players questions that get them talking about themselves and engaged in what's going to happen in practice today. It's too much when you positively cheer on everything players are doing, good or bad.

Time: 4 games of 2 mins, 30 sec rest, activity duration is 10 min.



**Objective:** Play 2v2 to shoot to score in one of the opponents 2 goals.

**Organization:** On 10Wx15L field w/ a midfield line & 4 cone goals on the endlines. Have 2 even teams on each endline. Coach has the balls at midfield.

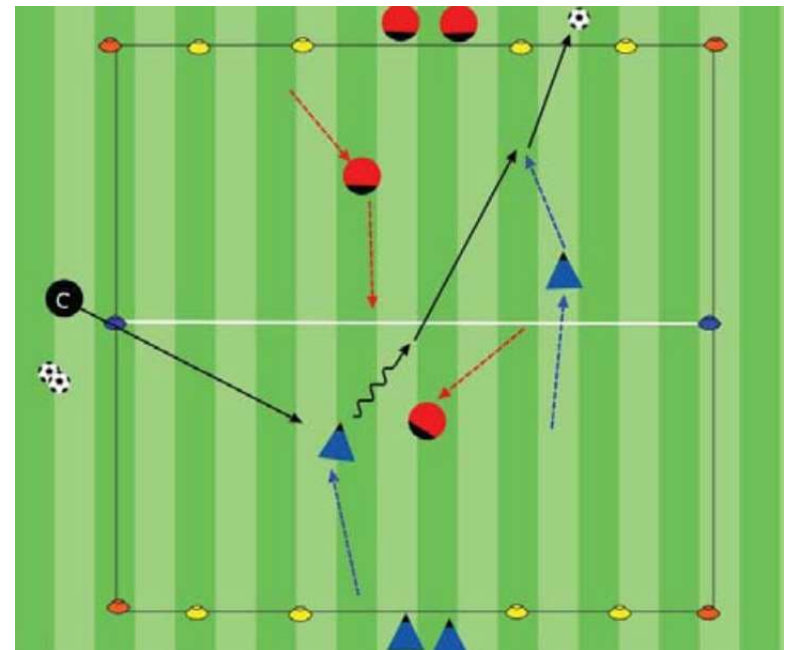
**Rules:** Each team sends 2 players onto the field. Coach plays the ball to one team on one half of the field. Score by shooting into the opponents cone goals. Bonus pts if you score a goal from a shot taken from your half of the field (long range shot). Play for 1 min or a goal is scored before rotating players on the field. Keep score.

**Key Words:** Look up, find an opening quickly, move forward, go to goal, shoot to score

**Guided Questions:** What should you do if there isn't enough repetition of shooting? What can you do if players are only shooting with their big toe?

**Answers:** Play numbers up, 2v1 or 3v2. Demonstrate to players how to shoot using different surfaces of their feet for power, accuracy and over a distance.

Time: 5 Intervals of 1 minute with 1 minute breaks,.





# Improve players ability to Shoot to score goals: 8U

## Week 8

**Organization:** 20Wx25Lyd field with goals. 2 teams split on each corner. Coach has all the balls. Play 2v2 to goal.

**Rules:** One player from each corner steps on the field. Coach plays a ball directly to a player to start. Play to score in the opponent's goal. Play 1min mini games before rotating players. Keep score.

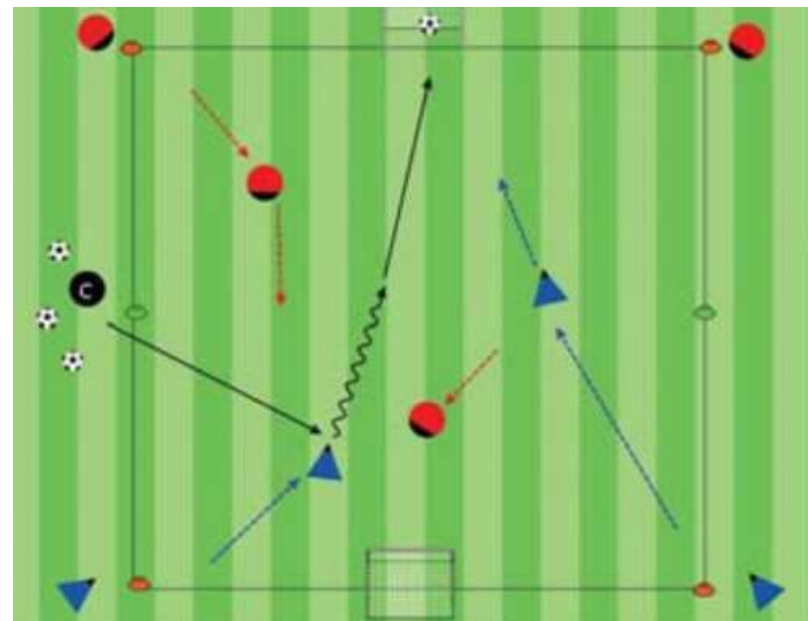
**Key Words:** Look up, find an opening quickly, move forward, go to goal, shoot to score  
**Guided Questions:** What should you do if there isn't enough repetition of shooting? What can you do if players are only shooting with their big toe?  
**Answers:** Play numbers up, 2v1 or 3v2. Demonstrate to players how to shoot using different surfaces of their feet for power, accuracy and over a distance.

**Key Words:** Look up, find an opening quickly, move forward, go to goal, shoot to score

**Guided Questions:** What should you do if there isn't enough repetition of shooting? What can you do if players are only shooting with their big toe?

**Answers:** Play numbers up, 2v1 or 3v2. Demonstrate to players how to shoot using different surfaces of their feet for power, accuracy and over a distance.

Time: 5 Intervals of 1 minute with 1 minute breaks,.



**Objective:** Each team is playing the game to score goals.

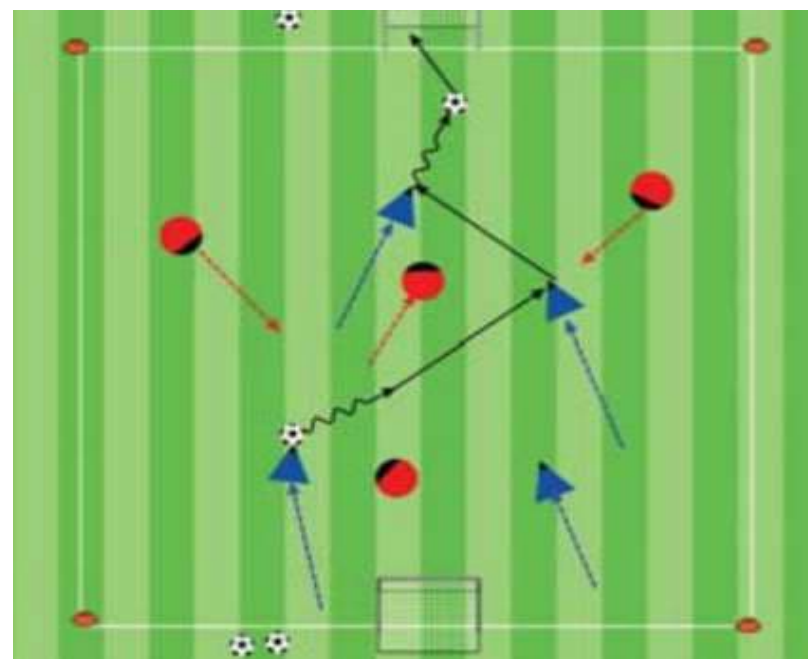
**Organization:** On a 25W x 35L field w/ a small goal at each end. Play 4v4.

Rules: All modified 4v4 rules apply.

**Key Words:** Find or make an opening quickly (between defenders & nearer to the goal), shoot to score goals

**Guided Question:** How do you notice by watching the game that players understood the practice?

**Answer:** There are loads of shooting chances created during the game. Players are constantly trying to shoot & score goals whenever they think they can.



Time: Game is for 30 min, 2 halves of 12 min with 3 min of rest after each half.