



Soccer Practice Drills - U8

2013

Topic = Attacking Wide Play

FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Players work in groups of 4. * Start with just passing and moving, passing over a short distance. Stretch * Open up the passing range to now requesting no pass shorter than 20 yards. Stretch * One player goes long and after two or three passes a long pass is played. The other two join and a point is scored if the receiving player can head it down to one of the runners. 	<ul style="list-style-type: none"> * Driven passes <ul style="list-style-type: none"> - Lock the ankle, drive with laces, head & shoulders over the ball, and lock the shoulders and body as you follow thru * Lead player into the next pass * First touch leads you into the direction you want to go * Heading
<p>SMALL SIDED GAME</p>	<ul style="list-style-type: none"> * 5 v 5 plus 1 to three goals * Teams score by dribbling through one of the goals * 3 points for dribbling through one of the goals on the outside * 1 point for dribbling through the center goal. * Neutral player starts with maximum touches, progress to playing two touch * Wide goals are not placed right at the end of the grid * Area is 46 yards wide by 40 yards in length 	<ul style="list-style-type: none"> * Passing & Receiving Technique * Provide Depth as well as width (Team Shape) * Switching the play * Look at space in behind the defensive team * Don't force the play * Trying to create 1 v 1 or numbers up situations * Technique of dribbling
<p>EXPANDED SMALL SIDED GAME</p>	<ul style="list-style-type: none"> * 6 v 6 plus . Teams play in a 3-2 and/or a 1-3-1 * Add some arced channels to the field which is 60 long and 48 wide * Normal soccer rules, expect if a goal is scored directly from a service out of the arched channel it counts for three * The channels have no restrictions and players can defend against the opponents in this area. 	<ul style="list-style-type: none"> * Creating the width * Services into the area: <ul style="list-style-type: none"> - Deep Cross, Low Driven Cross, Early Ball, Pulled Back * Types of runs into the box * Timing of the runs * Building up out of the back
<p>MATCH</p>	<ul style="list-style-type: none"> * 7 V 7 * One team plays in a 1-3-2-1 formation * One team plays in a 1-2-3-1 formation * Normal soccer rules * Offside line is at the half-way <p>Look at creating width and exploiting through all thirds of the field Exploiting the width</p>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> = Players </div> <div style="text-align: center;"> = Ball </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"> = Disc </div> <div style="text-align: center;"> = Goals </div> </div> <div style="margin-top: 10px;"> <p>← = Pass</p> <p> = Dribble</p> <p>⋯→ = Header</p> <p>⋯→ = Movement without the ball</p> </div>
<p>COOL DOWN</p>	<p>Players pass and move in pairs. Stretch</p>	



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2013

Topic = Bunkering in to create the Counter Attack

FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Two teams of four players * The defensive team starts with every player in their own half * The attacking team have to pass the ball into their attacking half and then dribble into their end zone. They can pass back. * If the defensive team wins it they counter attack by dribbling into their opponent's end zone. Switch Roles 	<ul style="list-style-type: none"> * Patience * Compactness as the ball maneuvers * Anticipating the pass. * Decision making as the ball is won <p>Guided Discovery What can you do to invite the pass to be played in to the target player?</p>
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Two teams of 6 including keepers * Each team attacks and defends three goals * Set up a line of confrontation, approximately half way across the grid. * Start with the attacking team only being allowed to pass the ball into the attacking half * If defensive team wins it they can attack one of the three goals but cannot score in the goal if the keeper is in there. * If attacking team keeps possession the same principle applies. Progress to allow the team to dribble the ball over. 	<ul style="list-style-type: none"> * Pressure, Cover, Balance * Compactness * Secure the ball upon winning it. * Supporting runs and angles off the ball <p>Guided Discovery Question What can the target player do to help his/her team mates upon the team winning possession?</p>
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Play approx. 2/3 of the field, with a line of confrontation just around the halfway line * One team defends 3 counter goals and attacks the large goal * Ball starts with the Goalkeeper whose team is attacking the counter goals. * If they attacking team can win it back straight away they do so, if not the get in behind the line of confrontation and bunker in. 	<ul style="list-style-type: none"> * If defender has a poor first touch, you can go and win it. If it is a bad pass, go and win it. If they are facing their own goal go and try to win it. * If keys are cues are not on, pack behind the ball and force the mistake. <p>Guided Discovery Question What should the far side player be doing if the team loses possession and cannot win it back immediately?</p>
<p>MATCH</p>	<ul style="list-style-type: none"> * 8V 8 including GK's or whatever numbers work out for group * Normal Soccer Rules * Little to NO coaching 	<ul style="list-style-type: none"> = Players = Ball = Pass = Goalkeeper = Cones = Dribble = Movement without the ball = Goal = End Zones
<p>COOL DOWN</p>	<p>Players pass and move in pairs. Stretch</p>	



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2013

Topic = Counter Attacking from Defensive Set Plays

FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Use the third of a field * Defending team has 1 GK, 3 Defenders and 1 Target Player * Attacking team has 2 Corner Kickers, 1 Str and 1 Defender * Corner takes rotate in serving balls in * Def/GK try to win it and distribute to target player who scores by dribbling through the counter goals * One Striker tries to score in the big goal * Defenders push out to support the target player 	<ul style="list-style-type: none"> * Body Position of defenders * Be first to the ball * Target players position as the ball is won * Decision making by defenders and GK as ball is won * Runs made by the target player as the ball is won <p>Guided Discovery What should happen to the defensive team shape as the ball is won and distributed?</p>
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Use two thirds of a field * As a different scenario start the activity off with a corner kick but all players are back to defend * If they win the ball they look to counter attack the other goal and score as quickly as possible * If the team that has to track back wins the ball they have 5 passes to get the ball forward. * Every time the ball goes out of play it starts with a corner so you can create the scenario 	<ul style="list-style-type: none"> * Be first to the ball * Break into the space provided with speed * Quick flowing passes <p>Guided Discovery Question Technically, what do you need to do with the ball to make sure the passes go quick?</p>
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * 7 v 7 game * Work with one team * Ever three to four minutes give the opposing team a corner kick or indirect free kick in the attacking third * If the team wins it can they counter attack quickly or should they possess * Regular soccer rules 	<ul style="list-style-type: none"> * Get in behind the ball quickly * Stay compact and work out your defensive roles * Be first to the ball * Be aware of your outlets <p>Guided Discovery Question If it is not on to go forward what should you do as a team?</p>
<p>MATCH</p>	<ul style="list-style-type: none"> * 8V 8 including GK's or whatever numbers work out for group * Normal Soccer Rules * Little to NO coaching 	<ul style="list-style-type: none"> = Players = Ball = Pass = Cones/ Counter Goals = Movement without the ball = Goal
<p>COOL DOWN</p>	<p>Players pass and move in pairs. Stretch</p>	



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2013

Session = Crossing & Finishing

FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<p>Place the group into 3's. Two players stand approximately 5 yards apart The other player is away in the distance but moving around. The two players have a ball and pass it between them. On one players discretion they open up and play a long driven/lofted pass into the furthest player. The player whom did not make the long pass joins the play and the process continues</p>	<ul style="list-style-type: none"> * Head up Looking for target * Hips turned to face target * Head and shoulders then over the ball * Angle of approach * Non-Kicking Foot next to the ball * Contact on the ball * Follow through
<p>MATCH RELATED ACTIVITY</p>	<p>Attacking players start in the middle in pairs with a ball Out side each side is one attacking player and a defender The attacking players in the middle play a wall pass, with the second player laying it wide for the winger to attack the space or cross the ball in. One defender, defends the runs of the attacking players and one defender places pressure on the player delivering the cross. Defenders win a point for playing back to the coach. Alternate sides</p>	<ul style="list-style-type: none"> * Aware of defender * Watching the runs of the attacking players * Timing of the cross * Decision Making
<p>MATCH RELATED ACTIVITY</p>	<p>Playing field with two channels out wide on the flanks Within each channel is a player from each team, these players can alternate with team-mates to create opportunities. The other player are looking to play the ball into the wide players whom must then attack the space or cross a ball in for their team-mates Only one player from each team can be in the channels at any one time</p>	<ul style="list-style-type: none"> * Keep Width * Setting yourself up * Type of Cross
<p>MATCH CONDITION ACTIVITY</p>	<p>Set teams up to play in a 6 v 6 scrimmage. Observe to see that players are getting crosses involved in the game</p>	<p>KEY TO DIAGRAMS</p> <ul style="list-style-type: none"> = Players = Ball = Cone = Pass = Movement off the ball = Dribble = Goal = Zone
<p>COOL DOWN</p>	<p>In pairs or three's players pass and move around include</p>	



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2013

Topic = Developing a goal scoring predator

FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Inside the 18 yard box, add another goal on one side * Two keepers, one player in the middle and 3 servers with 3 balls in different corners. * Servers play the ball in to the striker, to shoot in either goal. Shooter has two touch maximum * The first three have to be shot using the right foot, second set have to shot with the left and third set served in the air, rotate players after 9 attempts. Keep Score 	<ul style="list-style-type: none"> * Passer needs to lead striker into the shot * Approach the ball (Don't wait for it) * If possible take the shot first time * Hips to face target * Follow through the shot <p>Guided Discovery Question How can you change the goalkeeper's position?</p>
<p>SMALL SIDED ACTIVITY</p>	<ul style="list-style-type: none"> * 2 v 2 (plus keepers) with a player for each team on the side of the grid * Area is 20 yards wide by 18 yards long * Players on the outside have a 1 touch restriction * Players in the middle have a 3 touch restriction * Keepers and Players on the outside can not shoot * Play games for 3 minutes, rotate players in 	<ul style="list-style-type: none"> * Keep space alive * Timing of the runs * Follow through the shot <p>Guided Discover Question How do you keep space alive?</p>
<p>EXPANDED SMALL SIDED ACTIVITY</p>	<ul style="list-style-type: none"> * Field 36 yards long by 20 yards wide * Each team has 1 striker, 3 defenders and a GK * Players must stay in their own half * One neutral player with a two touch restriction, but can go in either half * The neutral player can not score, but every other player can 	<ul style="list-style-type: none"> * Striker to follow through on every shot * Create time and space to turn * Play in between the defenders if possible. * Keep the ball moving quickly. <p>Guided Discover Question What are some ways to keep the ball moving quickly?</p>
<p>LARGE GAME</p>	<ul style="list-style-type: none"> * Field needs to 36 yards long by 44 yards wide * 5 v 5 plus keeper * No restrictions * Little to no coaching 	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> = Players </div> <div style="text-align: center;"> = Goalkeeper </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"> = Pass </div> <div style="text-align: center;"> = Movement/Run </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"> = Ball </div> <div style="text-align: center;"> = Shot </div> </div> <div style="margin-top: 10px; text-align: center;"> = Goal </div>
<p>COOL DOWN</p>	<p>Light jogging and static stretching</p>	



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Topic = Direct Counter Attacking

FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Groups of 5 players, 3 attackers and 2 passive defenders * 2 attacking players stand approximately 20 yards away from their team mate. * The two players pass it back and forth and then hit a long pass to their teammate, whom is being passively marked by a defender. * The one player who does not hit the long pass then follows the ball for it to be laid back. The process continues. 	<ul style="list-style-type: none"> * Head up to look for target player * As you strike through the ball, put your head and shoulders over it and strike underneath the ball * Receiving player needs to get in line with the pass * Cushion the ball as they receive it <p>Guided Discovery What keys should the target player recognize that the ball is going to be played long?</p>
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Two teams of 5 players. Field is split into two halves with a neutral zone in the middle and scoring zones at the end of each half. * Players can not play in the neutral zone. * In one half start with 4v3, the other half has 2v1 * The four attackers must move the ball around to try and pass a long ball over the neutral zone to their target player. * They can then move into to support the target player and try and score by dribbling into the end zone * Defenders can track back but must leave one up front 	<ul style="list-style-type: none"> * Recognition of when to play forward * Target players understanding of time and space * Timing of supporting runs <p>As the session develops you can give teams a restriction on the amount of passes they have to make before passing it over</p> <p>Guided Discovery Question What can you do as a target player to go directly yourself into the scoring zone on receiving the pass?</p>
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Play approx 2/3 of the field * One team try/s to score on the big goal * The other team try/s to score by passing to a target player through the counter goals. * The team attacking the counter goals have to play through their forward before going to a counter goal. The forward must stay past the half way line * You can work with either team 	<ul style="list-style-type: none"> * Recognition to play forward quickly * Strikers playing off the defenders shoulders to create space. * Keep possession to encourage the opposition to chase so you can create space in behind <p>Guided Discovery Question What must the center forwards do when the team is in possession of the ball?</p>
<p>MATCH</p>	<ul style="list-style-type: none"> * 8V 8 including GK's or whatever numbers work out for group * Teams can score two points if a goal is scored from a direct counter attack * Make the field long and narrow * Normal Soccer Rules * Little to NO coaching 	
<p>COOL DOWN</p>	<p>Players pass and move in pairs. Stretch</p>	



Soccer Practice Drills - U8

2013

Topic = Finishing/Shooting

FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Players work in pairs, one serving the other shooting * Two Keepers are placed in a central goal * Both sides work at the same time * Server plays the ball in for the attacker to take the shot * Encourage the striker to take a touch and then shot * Then progress to shooting first time * Vary the services 	<ul style="list-style-type: none"> * Angle of approach * Place the ball into the corner of the goal * Strike through the ball using the instep * Lock the ankle of the kicking foot * Head and Shoulders over the ball
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Place players in groups of three, 2 attackers & 1 Defender * One player pass the ball to their team mate to take a shot * The Defender from the opposing team runs out to apply pressure * If the defender wins it they score by dribbling over the end line * If the keeper saves it they play it to the defender * If a goal is scored or goes out of bounds, the team on the other side then have a turn 	<ul style="list-style-type: none"> * First touch or pass needs to be out in front of the player taking the shot. * Decision to strike the ball or place it * Strike through it with laces, keeping head and shoulders over the ball * Follow the shot through * Focus on the ball and not the defender
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * 4 v 4 with a neutral player * Neutral plays for the team in possession and can score * Normal soccer rules * Field size should be 18 yards wide by 30 yards in length * Teams can score three points by scoring in their own half * Two if they score by following up off a rebound * One for a goal scored in the attacking half * Players are not limited to stay in any area 	<ul style="list-style-type: none"> * Team movement to create shooting opportunity * All of the above
<p>MATCH</p>	<ul style="list-style-type: none"> * 6 V 6 * Normal Soccer Rules * Little to NO coaching, play the game with no restrictions but encourage the teams to shoot 	<ul style="list-style-type: none"> = Goalkeepers = Players = Pass = Run/Player Movement = Goal = Shot = Ball
<p>COOL DOWN</p>	<p>Players pass and move in pairs. Stretch</p>	



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Session: Heading

FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * One Player acts as a server * The other player moves from side to side working on volleying, two touch, and heading the ball back * After passing back at one side, the player moves across to the other side, making the player use both feet * Switch roles after 60 seconds 	<ul style="list-style-type: none"> * Get in line with the ball * Chose surface of contact * Quality of ball back to server * Sharp movement between the cones
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Head For Goal * Player throws the ball for a person to head it to the third player * Players then move to receive the next throw so they can head it on again * Team moves down the field trying to score on the goal * Progression is to add a defender 	<ul style="list-style-type: none"> * Quality of throw * Heading surface (forehead) * Keep your eyes open * Keep your mouth closed * Movement off the ball * Head the ball down when heading towards goal, so make contact with the middle to the top of the ball
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Throw-Head-Catch * Same organization as previous game, but it is now 3 v 3 or 4 v 4 plus a GK * Defending team can intercept the ball during a throw or a head. * If the player catching the ball drops it, possessions changes hand 	<ul style="list-style-type: none"> * As Above * Aggressiveness to win the ball ahead of the defender
<p>MATCH CONDITION ACTIVITY</p>	<ul style="list-style-type: none"> * 5v5 scrimmage * Teams play with 2 strikers, 1 midfielder and 2 defenders * Goals scored with a head count as double * Keep field wide and long 	<p>LEGEND</p> <ul style="list-style-type: none"> ☺ ● = Players ☺ = Goalkeeper ○ = Ball → = Run with out the ball - - - → = Pass ⊘ = Goal Net - - - ● = Throw
<p>COOL DOWN</p>	<p>Player's dribble around with a ball then stretch</p>	



Soccer Practice Drills - U8

2013

Topic = Patterns of play to incorporate flank players

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * At each cone there will be 2-3 players with balls at lines of X1 and X2. * X1 takes a touch and plays a ball diagonal to X2. At the same time X2 plays a diagonal ball to X1. * X2 lays ball off with 1 touch to X3 who finishes on goal. X1 lays the ball off to X4 who finishes on the opposite goal. * Pattern repeats with the next players in each line. 	<ul style="list-style-type: none"> * Weight of pass * Timing of the runs * Open up the hips to allow ball to come across the shooters body * Read the keepers position and finish the opportunity <p>Guided Discovery What can the shooter do to change the keepers position</p>
<p>FUNDAMENTAL – WARM UP (Continued)</p>	<ul style="list-style-type: none"> * Same number of players as previous activity * X1 takes a touch and plays a ball diagonal to X2. At the same time X2 plays a diagonal ball to X1. * X1 receives and lays a ball off to X4 who is overlapping to deliver a cross to X2. X2 receives and lays a ball off to X3 who is overlapping to deliver a cross to X1. * X 1 & X2 must delay their runs onto the ball provided by X 3 & X4 to finish on goal * Pattern repeats with the next players in each line. 	<ul style="list-style-type: none"> * Weight of pass * Timing of the runs * Crossing player needs to touch the ball in before sending the ball across * Attacking player needs to hit the cross with speed <p>Guided Discovery Question What signals can the striker picking up from the flank player to change their run?</p>
<p>SMALL SIDED ACTIVITY</p>	<ul style="list-style-type: none"> * Functional Training using approximately quarter of the field. * Attacking team has 2 Def, 3 Mids and 2 Strikers * Defensive team has 1 Gk, 3 Defs, 3 Mids and 1 Striker * Attacking team try to score in the big goal * Defensive team pass the ball through the counter goals to target player * Target players switch the attack and play back to the attacking team 	<ul style="list-style-type: none"> * Encourage the wide players to keep their width * Strikers to stay as centrally as possible * Look for some of the patterns below to come out > Wide Player Takes the Def on 1 v 1 > Wide Player dribbles in and looks to combine with strikers > Full Backs Overlap > If Back line is pushed up can ball be played over the top into the corner
<p>EXPANDED SMALL SIDED ACTIVITY</p>	<ul style="list-style-type: none"> * Phase of Play using just over half the field * Attacking team go to the big goal * Defensive team play to the counter goals, but it must be touched by their target player past the line of confrontation before they can score * Have numerous balls placed around the area for the last two activities to keep it flowing 	<ul style="list-style-type: none"> = Players = Goalkeeper/Target Player = Cone = Ball = Pass = Run off the Ball = Dribble = Goal
<p>MATCH</p>	<p>9 v 9 Game with little to no Coaching</p>	



Soccer Practice Drills - U8

2013

Topic = Principles of Attack

UNRESTRICTED SPACE - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * 1v1 * Defender plays it into the attacking player * The attacking player must try and score between the defenders goal. * If the defender wins it they must try and score through the attackers goal <p>Progress to a 1v1 ladder</p>	<ul style="list-style-type: none"> * First Touch out into space * Penetration * Positive Attitude
<p>RESTRICTED SPACE</p>	<ul style="list-style-type: none"> * As Above * Now play 2v2 * The ball is played in from the same side for 1 minute then switch roles 	<ul style="list-style-type: none"> * Width of the second attacker * Support play from the second attacker * Communication
<p>ONE GOAL WITH COUNTER GOALS</p>	<ul style="list-style-type: none"> * 3 attacking players, attacking the big goal * 2 defenders and a GK attack the two counter goals * First ball is played into the deep attacking player * They lay it back off to the other attacking play and you play 3v2 	<ul style="list-style-type: none"> * Length (creating space) * Passing accuracy * Checking * Width * Penetration * Mobility
<p>MATCH CONDITION ACTIVITY</p>	<ul style="list-style-type: none"> * 5v5 scrimmage * Teams play with 3 attacking players and 2 defenders * Keep field wide and long 	<p>LEGEND</p> <ul style="list-style-type: none"> = Players = Ball = Dribble = Run with out the ball = Pass = Cone = Goal Net
<p>COOL DOWN</p>	<p>Player's with a ball each dribble around the area.</p>	



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2013

Topic = Shooting Activities for Young Players

FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Every player has a ball * Coaches walk around the area with two vests tied together and holding an end each to create a goal * Players try to pass the ball in between the two coaches and below the vest. * When the ball is passed through the player moves around the coaches and collects the ball on the other side 	<ul style="list-style-type: none"> * Encourage players place the ball between the two coaches * Encourage players not to stand in front of the goal but keep the ball moving * Players keep their heads up looking for the goal
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Place two pug goals in the middle of a 5 x 5 yard grid inside your area. * Designate 1 or 2 defenders to go in the grid * Other players dribble around and try to score in one of the pug goals * The players dribbling are not permitted to shoot in the 5 x 5 area. * The defenders need to kick the ball out when the players are attempting to shoot. 	<ul style="list-style-type: none"> * Move the ball to the side to make the defender move out of the goal * Place the ball into the goal * Heads up as dribbling around
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * 4 v 4 with four goals * Teams attack and defend two goals * The coaches stand behind two of the goals * If the coach is standing in one of the goals the team can not score in that goal and must go to the other side 	<ul style="list-style-type: none"> * Team Shape * Heads up to see which goal is open
<p>MATCH</p>	<ul style="list-style-type: none"> * 4 V 4 no GK's * Normal soccer rules * Little to NO coaching 	<ul style="list-style-type: none"> = Players = Coaches = Ball = Cone = Pass/Shot = Disc = Goal = Pugg Goal = Dribble
<p>COOL DOWN</p>	<p>Players pass and move in pairs. Stretch</p>	



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2013

Topic = Technique of Striking a ball for Accuracy

FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Divide the group in to two teams * Add a 5 yard wide neutral zone in the middle that players can not enter. * Have an odd number of balls * Play for 60 seconds * The objective is to strike the ball into the opponents half and keep it in there. * The team with the least amount of balls in their half are the winners. Ball out or in the neutral zone do not count 	<ul style="list-style-type: none"> * Non Kicking foot planted next to the ball * Eyes on the ball, lean over it slightly * Ankle locked * Knee Bent * Strike through with your laces <p>Progression Ball cannot be played back first time, it has to be laid off for a team mate to strike</p>
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Players work in pairs * Both players are dribbling, the leading player on his or her discretion will touch the ball out at an angle into space. * When the ball is touched out the following player strikes their ball to try to hit it. * The player scores a point every time they hit the ball, 2 points if the ball is still in motion if they connect. * Roles are reversed after each attempt * First player to 10 wins 	<ul style="list-style-type: none"> * Pace of the shot/strike * Non Kicking foot pointing towards target * Shoulders are locked as you strike through the middle of the ball. <p>Guided Discovery Which part of your foot should you use if you are looking to strike with more accuracy?</p>
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Two teams of three with one neutral player * The Neutral player cannot score, but rotate this position every 2 or 3 minutes * Play to small goals, without goalkeepers * Teams score points if the score from their own defensive half and one goal if scored in the attacking half 	<ul style="list-style-type: none"> * Create an angle/space to shot * Pick out the area of the goal to aim at * Head and Shoulders over the ball <p>Guided Discovery Question Which part of the goal should be looking to what do we need to do with our body to accomplish that?</p>
<p>MATCH</p>	<ul style="list-style-type: none"> * 4 V 4 for U8 Teams/Players * 5 V 5 for U10 Teams/Player * 6 v 6 for all age groups above * Normal soccer rules * Little to NO coaching 	
<p>COOL DOWN</p>	<p>Players pass and move in pairs. Stretch</p>	



Soccer Practice Drills - U8

2013

Topic = Transition to Attack

FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Three teams of 3 or 4 players * Two teams work together to keep the ball away from the other team * If the one team wins possession or forces a mistake they join the attacking team. * The team that lost it then becomes the defensive team * The defensive team does not switch roles until they have secured possession amongst themselves or with the other team. 	<ul style="list-style-type: none"> * Defensively stay compact, don't chase * Secure the ball when possession is gained * Move into space quickly <p>Guided Discovery What signals can you recognize that allows you or your team mates to go and win the ball?</p>
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Keep the group in teams of 3 or 4 * Field is set up with one big goal and two counter goals * The attacking team dribbles towards the big goal. * The defending team stays behind the confrontation line * If they win the ball they break quickly to score on either counter team, the attacking team can back track to defend * If they get scored against they remain as the defenders and the other team attacks, if they do win it and score again the switch roles with the team waiting to attack. 	<ul style="list-style-type: none"> * Stay connected defensively * Be patient * Break quickly, explode into the space * Decision making, dribble or pass * Movement and support of the 2nd and 3rd runner <p>Guided Discovery Question If you see space in front of you what should you do?</p>
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * 6 v 6 game, only coach one team * Teams start in their own halves * When the team is not in possession they should have every player back in their own half. * If they do not have all players back and they get scored upon it counts as double. 	<ul style="list-style-type: none"> * Defensive team shape * Outlets upon gaining possession * Decision making upon gaining possession, is it on for a quick counter attack or should possession be maintained * Don't over commit <p>Guided Discovery Question What could happen if you over commit upon winning possession?</p>
<p>MATCH</p>	<ul style="list-style-type: none"> * 6V 6 including GK's or whatever numbers work out for group * Normal Soccer Rules * Little to <u>NO</u> coaching 	<ul style="list-style-type: none"> = Players = Ball = Pass = Dribble = Movement without the ball = Goal
<p>COOL DOWN</p>	<p>Players pass and move in pairs. Stretch</p>	



Soccer Practice Drills - U8

2013

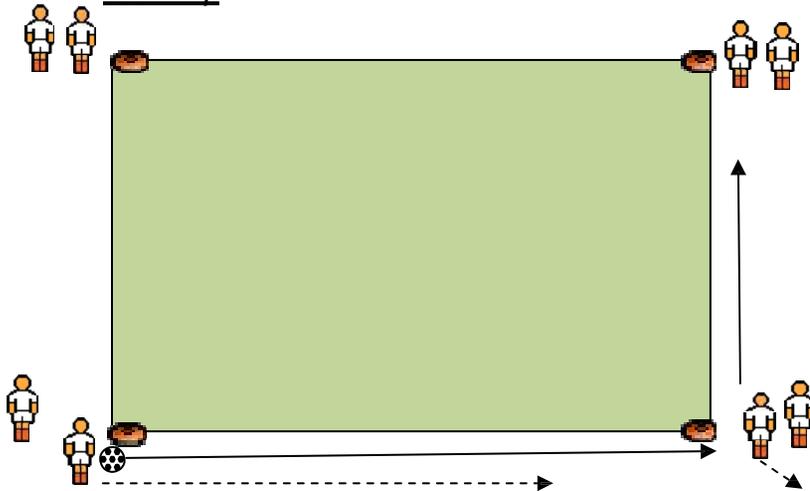
Topic = Recognizing when to Pass and when to Dribble

FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Groups of 3 with 1 neutral player * The players pass and move the ball around the area * They must use the neutral player who has two touch only * Progress to after the player receives the pass from the neutral player they must explode with a five yard dribble * Stretch 	<ul style="list-style-type: none"> * Surface of foot to pass the ball * Weight of pass * First touch leads you into your next pass * If in a tight area when dribbling keep the ball close * If you have space when dribbling knock the ball in front of you so you can explode
	<ul style="list-style-type: none"> * 3 v 3 with a neutral * The neutral player plays for both teams, and has a two touch limit * The players score by dribbling over their opponents end line * Progress to all players having a two touch limit 	<ul style="list-style-type: none"> * Team Shape * Body position * Patience, don't force the play * Try to create 1 v 1 situations
	<ul style="list-style-type: none"> * 5 V 5 (Defensive team has a GK) * The attacking team attempts to score in the big goal * The defensive team can score in the two small counter goals * Play with a high restraining line, so space can be exploited behind the defenders 	<ul style="list-style-type: none"> * Team Shape, wide and long * Encourage dribbling past the restraining line, especially if in 1 v 1 situations * Communication
	<ul style="list-style-type: none"> * 7 V 7 including GK's * Normal Soccer Rules * Use half of a regular 11 a-side regulation field 	<p>KEY TO DIAGRAMS</p> <p> = Players = Flag = Pass = Run = Dribble = Goal Net </p>
<p>COOL DOWN</p>	<p>Players pass and move in pairs. Stretch</p>	



Changing the Point of Attack

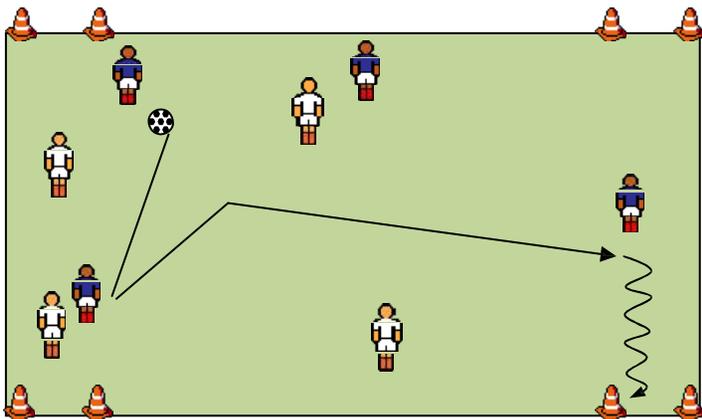
Warm Up



- * 6 to 8 players per box
- * Players stand on the outside of a 15 x 20 yard grid
- * Ball starts in one corner and is passed in a counter clockwise direction
- * The receiving player drops off the cone to receive the ball across the body, and passes to the next player
- * Players follow their pass

1. On the call of "switch" the ball changes direction
2. On the call of "split" the ball has to be played diagonally across the box.
3. Add two soccer balls (depending on the number of players per grid)

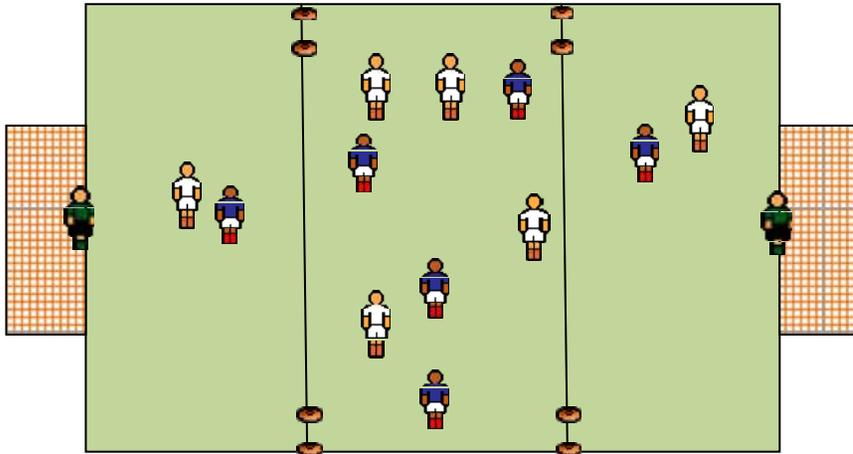
Small Sided Activity



- * 4 v 4 or 5 v 5 depending on the numbers
- * Play to 4 goals in a 35 x 25 area
- * Teams score by keeping possession and dribbling through one of the goals that they are attacking.
- * Team shape
- * Don't force the play
- * 1st attacker decision making, pass/dribble
- * Supporting angles and movement

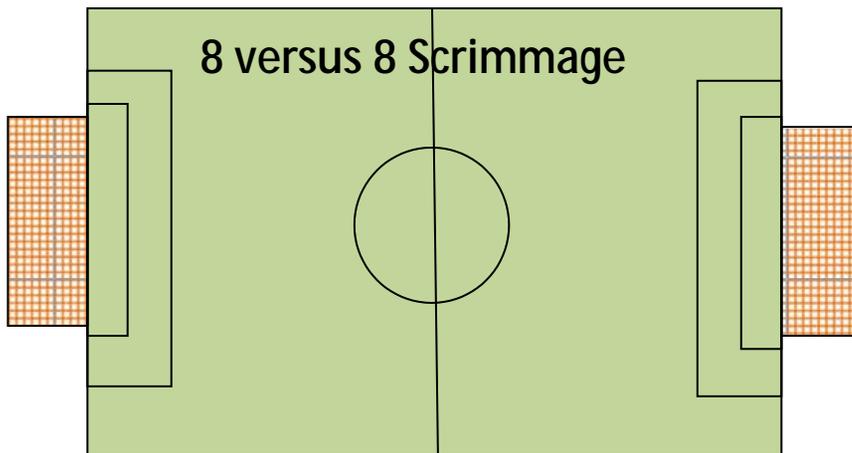


Expanded Small Sided Activity



- * 7 v 7 including keepers
- * Divide the field into thirds; start playing 4 v 4 in the middle, with a striker and defender from each team in the other thirds.
- * Teams are restricted to break out of the middle third by dribbling out of one of the gates and can then all join in the attack. Defenders can track back. Teams in possession can also use their defender to maintain possession.
- * Progress to allowing the attacking team to break out of the middle third anyway possible, but if they break out through a gate and score it counts for double.
- * Progress to free play and players are not restricted to their areas, but still score double by going through the gates.

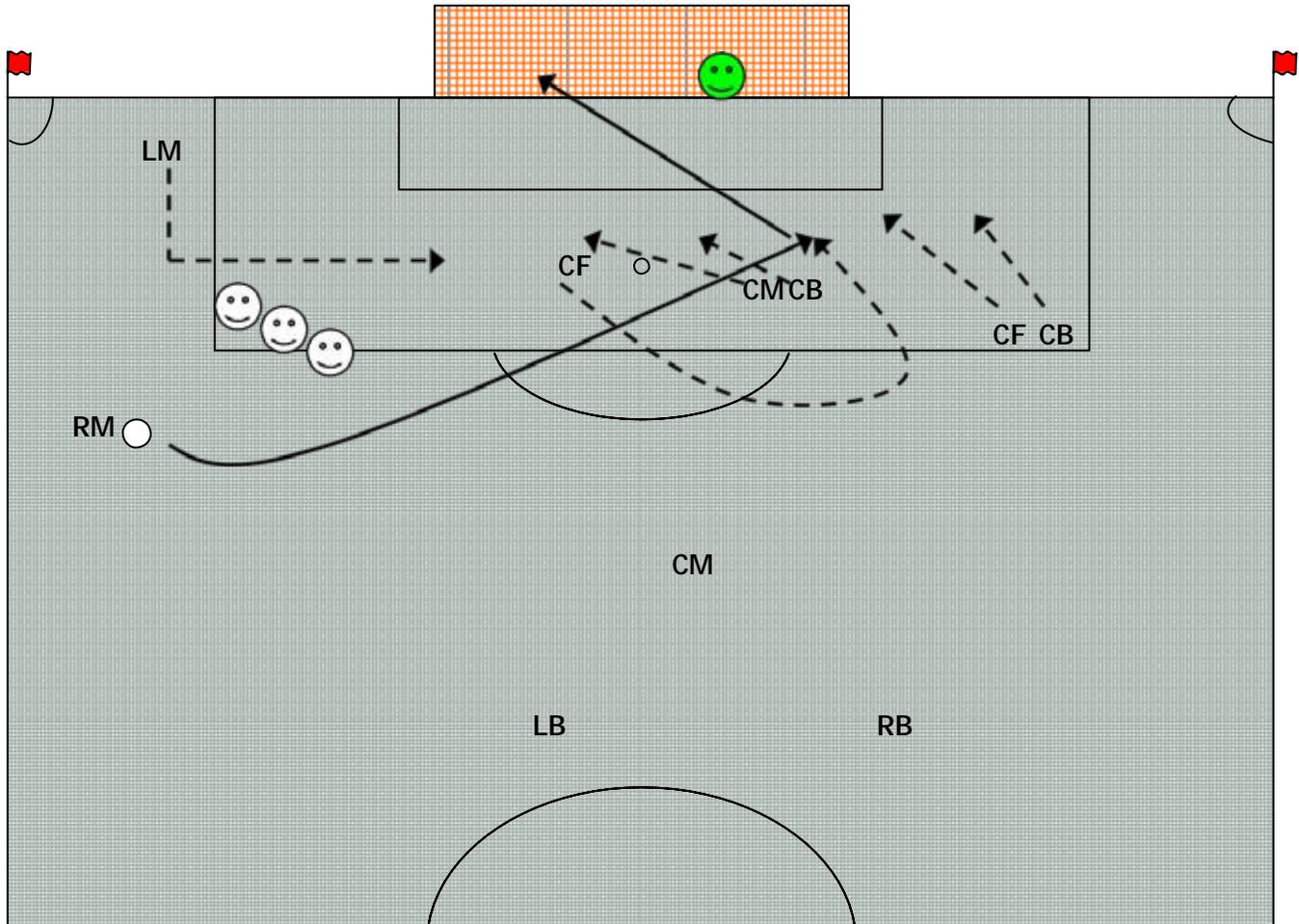
Small Sided Game



- * 8 v 8 Including GK's
- * One team plays in a 1-3-2-2
- * One team plays in a 1-2-3-2
- * Keeper coaches will work with keepers about their involvement in switching the play.
- *Cool Down



Subject = Free Kicks in Wide Positions One



Description

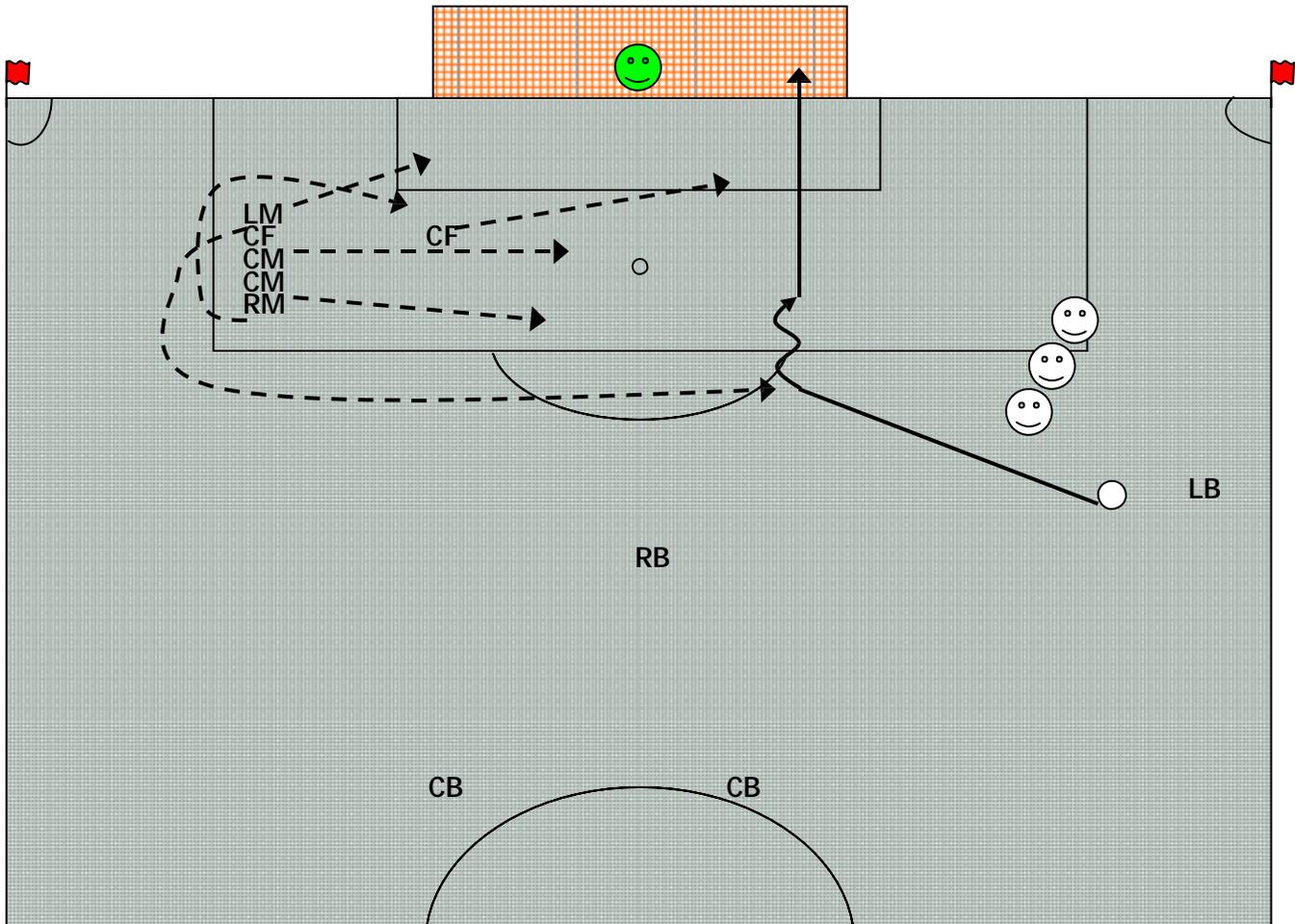
- * RM looks to whip the ball in with pace across the front of the goal. If on the right hand-side a left footed player would take the kick.
- * LM stands down the line, starting in an offside position and checks back as the kicking player takes the kick.
- * One CF stands just in front of the penalty spot and spins out to go in between the two groups of players.
- * One group of players hits the front post and the middle of the goal
- * The other group hits the back end of the goal and the far post.
- * The ball must be delivered with pace and flat so players can hit the header with power or get a flick on towards the goal

Alternatives

- * RM plays around the wall into the LM who must have tracked back into an onside position before the ball has been played.



Subject = Free-Kick in Wide Positions Two



Description

- * LB or LM looks to whip the ball in with pace across the front of the goal. If on the left hand-side a right footed player would take the kick.
- * Five players line up on the far side of the 18 yard box
- * The player second closest to the goal spins out and runs along the 18 yard box
- * The player taking the kick looks to play the ball into the play who has made the run along the edge of the area
- * The ball gets played in with pace so the receiving player can take it on the dribble and shoot at the goal.
- * The other players hang out and leave the space available at the near post
- * Other players must still make runs to create space in the penalty box

Alternatives

- * Play a ball into the full back who can come up centrally but late for them to strike it first time