

**Age: U8**

**Level: Warm Up with Ball**

**Objective: Dribbling and close control**



Scan the code to see the practice:



## Organization:

Set out a grid 20 x 20 yards.

Each player has a ball and finds a space within the grid.

The grid is a spaceship and each player must keep their ball inside the ship.

The coach can shout various commands to challenge the players in relation to the theme of star wars:

Cruise - Dribble the ball around the spaceship with both feet.

Hyper speed - Dribble the ball around the space ship as fast as possible whilst maintaining control of the ball.

Air brakes - Player must stop and put one foot on their ball.

Force field - Players bounce off an invisible force field and do a turn with the ball.

Jedi fighter pilots - Each player must find a partner and sit down behind each other.

Darth Vader, The coach becomes Darth Vader and moves around the spaceship attempting to kick the players soccer balls into space.

Whenever a player has to go outside the spaceship to retrieve the ball they must cover their ears with their hands to prevent an internal body explosion.

## Coaching Points:

1: Let the game be the teacher

2: Encourage the players to keep the ball close to them and change directions quickly

3: Keep head up as often as possible



## ONLINE CURRICULUM

(U8 Season 2 / Week 01)

# Star Wars

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4: Encourage players to use both feet and different parts of their feet

5: Practice practice practice

# Gate Keepers

**Age: U8**

**Level: Technique with Passive Pressure**

**Objective: Dribbling and turning with the ball**



Scan the code to see the practice:



## Organization:

Set up a grid 20x30 yards. Place many mini goals around the area. (Try to have as many goals as there are players) Object for players to dribble around grid and score as many goals as they can in 45 seconds. Two players are gatekeepers and run around the grid blocking the gates to stop players dribbling thru the goals. Work for 45 seconds and the change the two gatekeepers. Let every player have a chance to be a gatekeeper.

## Coaching Points:

- 1: Close control and ball familiarity - Keep the soccer ball close to you
- 2: Head up as often as possible - Know where the defenders are and where the goals are
- 3: Avoid and beat defenders with quick turns or skills
- 4: Keep body in between defender and ball to protect it
- 5: Encourage players to try specific turns and skills for themselves (drag-back or scissors)



# 1v1 with numerous goals

**Age: U8**

**Level: Technique with Full Pressure**

**Objective: Tracking and challenging for the ball.**



Scan the code to see the practice:



## Organization:

Set up a 30x30 playing area. Place numerous sets of small goals around the area. Each goal should be about 1 meter wide. Divide players into pairs with one ball per pair. One player plays as the attacker the other as the defender. The attacker attempts to keep possession of the ball and score a goal in any of the sets of goals within a 1 minute. To score the attacker must dribble through a goal and maintain possession. When possession is lost the players change roles. Scores should be kept to develop a competitive edge.

## Coaching Points:

- 1: Dribbling fundamentals: Head-up to see where the defender is, close ball control
- 2: Diagonal approach: Take the ball towards one side of the defender, then attack opposite side.
- 3: Run at the defender to commit them and then change direction with a skill or turn
- 4: Positive attitude to beat the defenders with a move
- 5: Make the most of any space and team mates you may have
- 6: Protect the ball from defender either during the move or after you have beaten them



# Man Marking Game

**Age: U8**

**Level: Small Sided Game**

**Objective: Beating a defender in a game environment.**



Scan the code to see the practice:



## Organization:

Set out a 40 x 30 yard area. Play a 6v6 with goalkeepers. Each player has an assigned man marker on the opposition team. Players can only challenge their assigned man-marker. The object for the defensive team is to prevent their counterpart from receiving the ball and scoring.

## Coaching Points:

- 1: Create space as a team by spreading out
- 2: Shift the ball across the field and expose opportunities to dribble 1v1
- 3: Attitude and confidence of players to beat defenders on the dribble
- 4: Commit the defender, change direction with a move and then accelerate past them
- 5: Positive: Run at the defenders diagonally to open up space.