



Hospital Tag

Age: U8

Level: Warm Up with Ball

Objective: Dribbling and changing of direction



Scan the code to see the practice:



Organization:

Set up 20x20 yard grid and have all players with a ball inside the grid.

Every player can tag every player in this game.

Players must dribble around trying to tag others, if a player is tagged they hold the body part that is tagged.

When tagged again the other hand holds the body part tagged.

When tagged for the third time players go see the Dr. (COACH) and must complete a task assigned by coach to gain healing.

Players re-enter the grid free to tag again.

The task that the coach has the players complete is called medicine and could be 5 turns with inside or outside of foot.

The game is continuous.

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
- 4: Encourage players to use both feet and different parts of their feet
- 5: Practice practice practice

Foxes and Rabbits

Age: U8

Level: Technique with Passive Pressure

Objective: Dribbling and ball manipulation skills



Scan the code to see the practice:



Organization:

Set out an area approximately 30 x 20. Each player has a ball. Split the group into two teams. 8 rabbits that have a bib tucked into their shorts and 4 foxes that do not. The foxes have to catch all the rabbits tails by pulling the bib out of their shorts, whilst still dribbling their own ball. When this happens the rabbits have to leave the woods. Time how long it takes the group of foxes to catch all the rabbits and then switch the foxes. Progress the difficulty of the game by letting the foxes chase the rabbits without having to dribble a ball. Players aim is to get everyones bib in the quickest time possible.

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)



Age: U8

Level: Technique with Full Pressure

Objective: Dribbling and shielding skills



Scan the code to see the practice:



Organization:

Set out a 20x20 playing area. Split the group into 3 teams. Begin with two teams inside the area, with each player having a ball. The other group are located around the outside of the area. On command of the coach, the players on the outside enter the area and try to kick all the soccer balls out of the area as quickly as possible. The team who kicks out all the soccer balls in the fastest time, wins the game.

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

No Pass Back

Age: U8

Level: Small Sided Game

Objective: Attacking play in a small sided game



Scan the code to see the practice:



Organization:

Set up a 60x40 playing area with 2 goals. Play a normal game with the field divided into two halves. Players must only pass the ball forwards from their defensive half. Progress by not allowing backwards or sideways passing in the attacking half to force players to use dribbling skills to create a forward passing opportunity.

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.