

Eggsellent

Age: U8

Level: Warm Up with Ball

Objective: Controlling ball from the air



Scan the code to see the practice:



Organization:

Set out a 20x20 playing area.

Players get into pair, 1 ball per each group.

Players pass the ball / egg to each other keeping it as close to them as possible and preventing it from breaking.

The players work on the different controlling surfaces and the technique to keep the ball under control and as close to their feet as possible.

Progression:

Increase the distance between the pairs for harder passes to be made.

Partner throws ball so player now learns now to control a ball which is bouncing.

Coaching Points:

- 1: Develop the use of controlling surfaces (foot inside / outside / laces,) to bring the ball under control.
- 2: Encourage players to be on their toes and move in line with the ball.
- 3: Receive the ball with a soft/cushioned control to bring it under control at your feet as fast as possible.
- 4: Read the speed and trajectory of service, be willing to move forwards or backwards.

First Touch from the Air

Age: U8

Level: Warm Up with Ball

Objective: Controlling from the air into space.



Scan the code to see the practice:



Organization:

Set out 30x20 playing area.

Set up mini 2-yard goals up around the area you are working in.

Put the group into pairs, one ball per pair, one partner throws ball up and teammate must control the ball in the direction of the nearest goal and then dribble through the goal.

Then pick the ball up and throw to opposite partner to do the same.

Progression:

Ask the serving player to pressure the player controlling the ball, so to make them speed up the control and get through a goal quickly.

You can develop the drill so that players do some sort of maneuver through the goal e.g. Zidane turn or Maradona move.

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



ONLINE CURRICULUM
(U8 Season 2 / Week 04)

First Touch from the Air

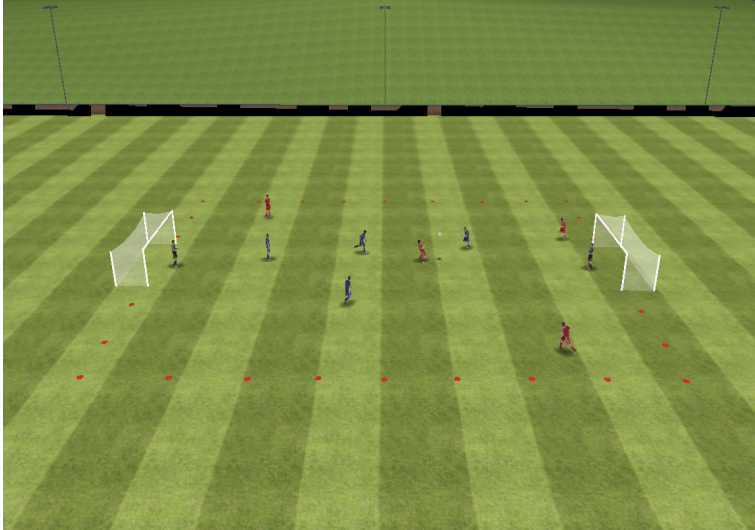
5: Practice practice practice

Throw, Control, Pickup Game

Age: U8

Level: Technique with Full Pressure

Objective: Aerial control in a small sided game



Scan the code to see the practice:



Organization:

Set out an area 40 x 30 yards. Play 6 vs. 6 with keepers. The condition is THROW-CONTROL-PICKUP. The game must follow this sequence. Players must not throw the ball up to themselves and cannot run with the ball. The opposition must attempt to intercept the ball by placing their bodies in the balls pathway and controlling it.

Coaching Points:

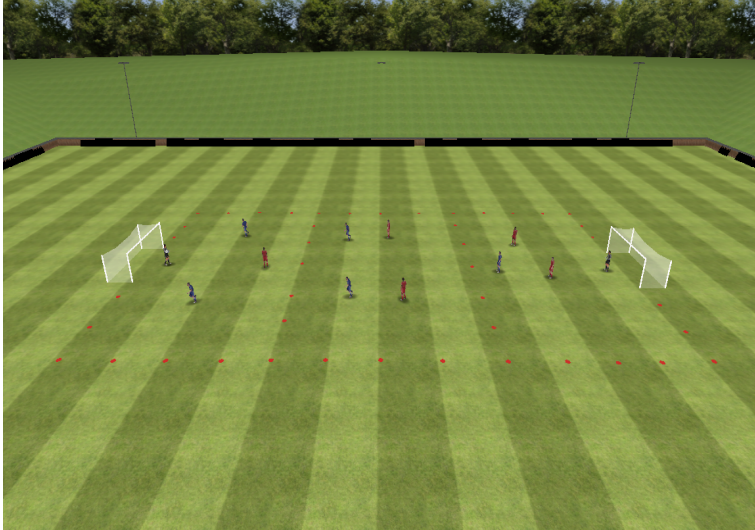
- 1: Read the service and move into line with the ball
- 2: Select controlling surface early and adjust body accordingly
- 3: Check in or check out to lose any defenders by creating passing angles or options
- 4: Control into space or towards the goal if that is an option (Prepare the ball)
- 5: If defender is tight control and protect the ball
- 6: Attitude to beat the defender with 1st touch or on the turn

Conditioned Scrimmage

Age: U8

Level: Small Sided Game

Objective: Dribbling in a small sided game



Scan the code to see the practice:



Organization:

Set up a 60x40 playing area. Split the field into equal thirds. Normal rules apply but in the attacking third, player must beat a defender before passing or shooting. They can shoot at any 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.