

# Sharks and Surfers

**Age: U8**

**Level: Technique with Passive Pressure**

**Objective: Dribbling the ball to a target**



Scan the code to see the practice:



## Organization:

Set up a grid 30x20 yards.

Players have a ball each, along one side of the grid. Coach stands in the middle of the grid.

The object is for the players (SURFERS) to dribble the ball (SURF BOARD) across the grid (THE OCEAN) to the other side.

The coach starts as the only shark in the ocean but, if the coach kicks a player's ball out of the grid, then the player becomes a shark with the coach.

The Surfers only go from one side to the other on the coach's call.

Players stop when they arrive at one end and wait for all sharks to line up and then the coach calls surfers to go back the other way.

The winner surfers are the last to have their ball kicked out of the grid.

Play until one or two surfers are left then play again with all players starting as surfers again.

## Coaching Points:

- 1: Close control and ball familiarity - Keep the soccer ball close to you as you dribble across
- 2: Head up as often as possible so you can see where the sharks are
- 3: Encourage players to try different dribbling moves to go around the sharks
- 4: Keep body in between defender and ball to protect it



# Defending Your Area

**Age: U8**

**Level: Technique with Passive Pressure**

**Objective: Making a poke challenge.**



Scan the code to see the practice:



## Organization:

Set out a 20x20 yard playing area. Split the group into 2 teams.

One team stood on the outsides of the grid as the defending team, the rest of the players spread inside with a ball each. On the command of the coach the defenders run into the grid and attempt to knockout everybody else's ball out of the circle by tackling them.

Both teams have a turn as defenders.

The winning team are the ones that kick out all the balls in the quickest time.

## Progression:

Increase the difficulty by making the square bigger.

## Coaching Points:

- 1: Defenders need to have quick reaction times and close the ball down as fast as possible.
- 2: Try and get ball side of the player rather than kicking from behind.
- 3: Poke challenge using leading leg.
- 4: Be patient and keep the pressure on the attackers as they may make a mistake and lose the ball.
- 5: Show the attacker into smaller areas around the square, making it easier to win the ball.
- 6: Look to help other defending team mates if you have no player to tackle. (Double up)

# 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:

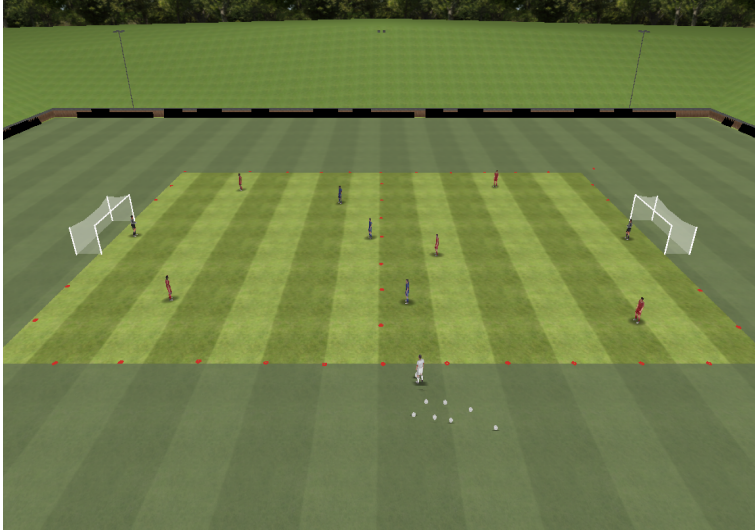
- 1: Dribbling fundamentals: Head-up to see where the defender is, close ball control
- 2: Diagonal approach: Take the ball towards one side of the defender, then attack opposite side.
- 3: Run at the defender to commit them and then change direction with a skill or turn
- 4: Positive attitude to beat 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

# Numbers down vs. possession

**Age: U8**

**Level: Small Sided Game**

**Objective: Attacking a goal with numbers up.**



Scan the code to see the practice:



## Organization:

Set out a 60x40 playing area, with 2 goals. Create 2 teams with 5v3 situation, plus two goalkeepers. The team of 5 players attempt to keep possession of the ball without trying to score. For every 5 consecutive passes the team receives one point. The team of 3 players must win the ball and can score in either goal without the need to pass. Each goal is worth one point. Coach the team of 5 players to create as many passing options as possible and move the ball around the grid to keep possession. Coach the team of 3 players to attack quickly, using as few passes as possible to get to goal and score. After 5 minutes, rotate the players so that each player sees the different role of each team.

## 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.