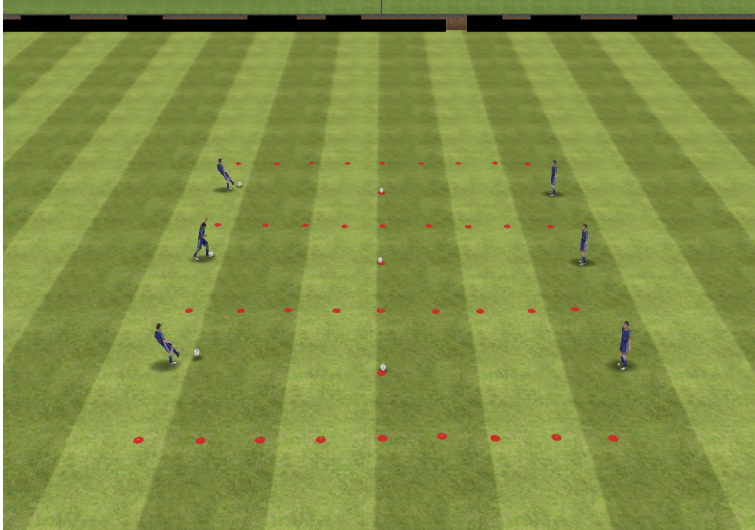


# Coconut Shy

**Age: U8**

**Level: Warm Up with Ball**

**Objective: Shooting accuracy & technique.**



Scan the code to see the practice:



## Organization:

Set out a 30 x 20 playing area. Players play in pairs and are placed 18 yards apart, depending on their age. Between the two players is a cone with a ball on top. The players take turns to strike their ball at the central ball trying to knock it off the cone. The game can either have a time limit or play till one of the players knocks the ball off the cone a specific number of times.

## Progression:

After player knocks ball off 3 times consecutively they take two steps further back.

## Coaching Points:

- 1: ABCs of finishing: Adjust bodyshape in line with the ball and goal; Basic technique ball out to the side of your feet and strike through the ball; Cleverness Inventive ways to get the ball past the keeper.
- 2: Accuracy and technique over power, aim for the corners of the goals - Time the shot
- 3: Develop the accuracy using both feet before improving the power of the strike
- 4: Use laces for power

# Alligator Alley

**Age: U8**

**Level: Technique with Passive Pressure**

**Objective: Beating a player to shoot on goal.**



Scan the code to see the practice:



## Organization:

Set out a 30 x 30 yard area.

Player 1 is a crocodile hunter (offense) who starts on a safari with the ball attempting to score in the goals.

Player 2 starts as an alligator (defender) in the middle of the Everglades attempting to stop the shot and force the ball / player away from the goal. Player 3 (GK) is the swamp dweller protecting the goal.

Player 1 must dribble towards the goal using skills to beat the defender and score in the goal.

Once the attacker has either had their shot or the defender has won the ball, the attacker then becomes the defender. The defender goes to the back of the attackers line.

Ask the defender to start at half speed to allow the attacker to get success to begin.

## Progression:

Place a time limit on the attackers, making them have get to the goal or take their shot quicker.

## Coaching Points:

1: ABCs of finishing: Adjust body; Basic technique; Cleverness inventive ways to get the ball past the keeper.

2: Shoot on sight: Remember you don't

3: Accuracy before power: Build up power of strikes.



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# Alligator Alley

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4: Positive: Run at the defender at pace and use a move to create a shooting opportunity.

5: Anticipate: Look for rebounds off the GK.

**Age: U8****Level: Technique with Full Pressure****Objective: 1v1 attacking skills against a defender and goalkeeper.**

Scan the code to see the practice:



## Organization:

Set out a field approximately 30 x 30 yards with 2 goals. Split the players into 2 teams and designate each player with a number except the goal keepers. Each team is spread out along the sidelines facing each other. The coach calls out a number and feeds a soccer ball in to the area. The corresponding players from each team run into the area to compete against each other and try to score a goal. Progress the exercise by allowing the players to use their team mates on the sideline to play wall passes.

## 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



# Break Away

**Age: U8**

**Level: Small Sided Game**

**Objective: Breakaways in a small sided game.**



Scan the code to see the practice:



## Organization:

Set out a pitch 60 x 40 and divide into thirds.

Play 5v5 in the middle third.

Teams play possession keep away, on the completion of 2 passes they can release only one player into the final third to create a 1v1 with the GK.

No defenders or team mates are allowed in the final third to begin with.

## Progression:

You can progress the drill by adding an extra attacker allowed to go in to look for rebounds. Then add a defending opponent to recover and chase the attacker down in the final third. Creating a 2v1 in front of goal.

Limit the time or touches that the attacking players are allowed to have in the attacking third.

## Coaching Points:

- 1: Create space - make the most of the area by providing width and depth
- 2: Passing options - make good decisions with the ball to keep away from pressure and the defenders.
- 3: ABCs of finishing: Adjust body; Basic technique; Cleverness inventive ways to get the ball past the keeper.
- 4: Shoot on sight: Remember you do not have to beat the player just create enough space for shooting opportunity.



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# Break Away

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5: Positive: Run at the defenders diagonally to open up space.

6: Accuracy before power: Build up power of strikes

7: Anticipate: Look for rebounds off the keeper