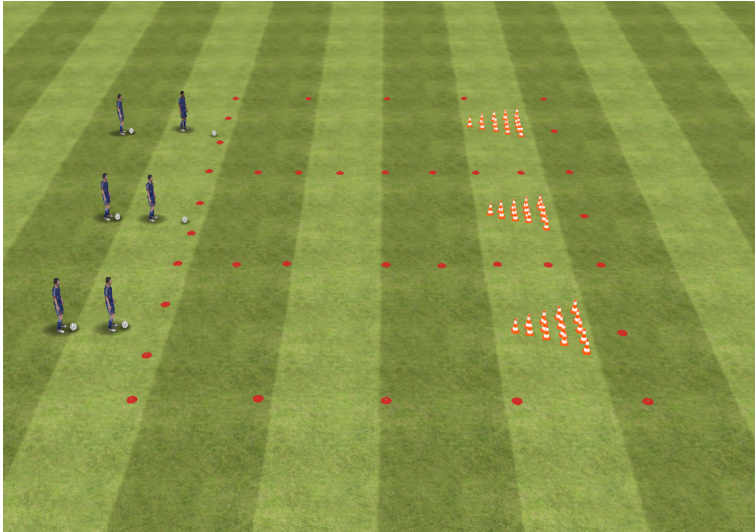


Soccer Bowling

Age: U8

Level: Warm Up with Ball

Objective: Weight and accuracy of passes



Scan the code to see the practice:



Organization:

Set out a 30x30 playing area. Teams of 2-4 players. Place 6 cones together, 5-15 yards away from the players depending on their ability. Increase the distance as players progress. Each team tries to knock all their cones over by players taking turns to pass a ball at the cones. After each pass the player must retrieve the ball and dribble it back to their line for the next player to take their turn. The first team to knock all the cones down are the winners.

Coaching Points:

- 1: Approach to the ball - Line up with where the ball is going
- 2: Work with players to use their instep
- 3: Make L shape with non-kicking foot being right up next to the ball and kicking foot coming through•
- 4: Follow through on pass and use body to generate power
- 5: Focus on weight and accuracy of pass, both are very important

Catch The Tail

Age: U8

Level: Technique with Passive Pressure

Objective: Develop turning and shielding under-pressure from a d



Scan the code to see the practice:



Organization:

Set out an area approximately 30 x 20 yards.

Each player has a ball.

Split the group into two groups.

8 players have a bib tucked into the back of their shorts - 'tails'. And the other 4 players don't have a bib in their shorts.

The players without a 'tail' have to catch the other players with a 'tail', by pulling the bib out of their shorts, whilst still dribbling their own ball.

Once the bib 'tail' has been pulled out, then the player has to leave the square and perform 3 turns before they can return, with the bib back in their shorts.

See how many times the players remove the 'tails' in a set period of time and then switch the roles over.

The team with fewest numbers of bibs removed from their shorts is the winner.

Progression:

Progress the difficulty of the game by letting the players chase the 'tails' without having to dribble a ball.

Coaching Points:

- 1: Head-up to see where the defender is, close ball control
- 2: Change direction using inside and outside of the foot
- 3: Work on turning techniques and acceleration out of the turn away from the defenders



ONLINE CURRICULUM
(U8 Season 2 / Week 05)

Catch The Tail

4: Keep body in between defender and ball to protect it

Sideline Soccer

Age: U8

Level: Technique with Full Pressure

Objective: Passing with team-mates



Scan the code to see the practice:



Organization:

Mark out two goals facing each other on a pitch approximately 30 x 30 yards. The group is split into two teams and each player on the team is given a number. The players are positioned on the sidelines facing each other. The players should spread out along the line. Two players should be used as designated goalkeepers and do not have a number. The coach stands in a position where he can feed balls in to the grid. The coach calls out a number. If the coach calls out the number 1, the numbers 1s from each team run into the middle to compete 1v1 and try to score on their designated goal. Progress the exercise by allowing the players to use their team mates on the side to play a wall pass.

Coaching Points:

- 1: Make the game look easy, easy pass will equal easy control
- 2: Passing for possession: weight and accuracy of the passes, angles and distance of support
- 3: Passing for penetration: Commit defenders and play into space, pass to leading foot of receiver
- 4: Passing options: Team mates need to create passing angles or passing lanes through or around defenders



Bumper Ball

Age: U8

Level: Small Sided Game

Objective: Getting used to playing a game



Scan the code to see the practice:



Organization:

Set out an area 40 x 30 yards. Place two cones or flags as goals at each end. Place the players into two teams. Explain which team defends which goal, so players know which way to attack. Ask the parents to stand around the outside of the area and if the ball goes over the line to tap it back into play so the game can continue to flow without stoppages.

Coaching Points:

- 1: Let the game be the teacher
- 2: Make sure the players are going to the correct goal to score
- 3: Encourage the topic you have been attempting to teach that day