

**Age: U8****Level: Warm Up with Ball****Objective: Dribbling and ball familiarity**

Scan the code to see the practice:



## Organization:

Within a 30x30 playing area split players into partners.

To begin with players pass the ball around, using all the area.

On the command of the coach players make a specific move:

Barney - Players pass the ball through partners legs.

Fred - Players run towards each other and a take-over is made.

Bam Bam - Partners make 10 one-touch passes between them.

Then you add a location. Barney & Fred went to the Bowling Alley.

On that command players must do a Barney and Fred and run with their ball to the Bowling Alley.

The last pair can be made to do a forfeit.

## 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

# 4v2 keep away with goals

**Age: U8**

**Level: Technique with Passive Pressure**

**Objective: Passing, receiving and movement of the ball.**



Scan the code to see the practice:



## Organization:

Use a 20x20 area and make a goal on each side of the grid with flags or cones.

Split your team into groups of 6 players making 4 attackers and 2 defenders.

The defenders (2 headed monster) must hold hands or link arms while chasing the attackers.

The attackers must make 5 consecutive passes inside the area before they can dribble through a goal to score.

If the 2 defenders win the ball they may break their link and attempt to score in any of the 4 goals.

## Progression:

To progress this exercise - defenders can break their link and thus have more defenders.

## Coaching Points:

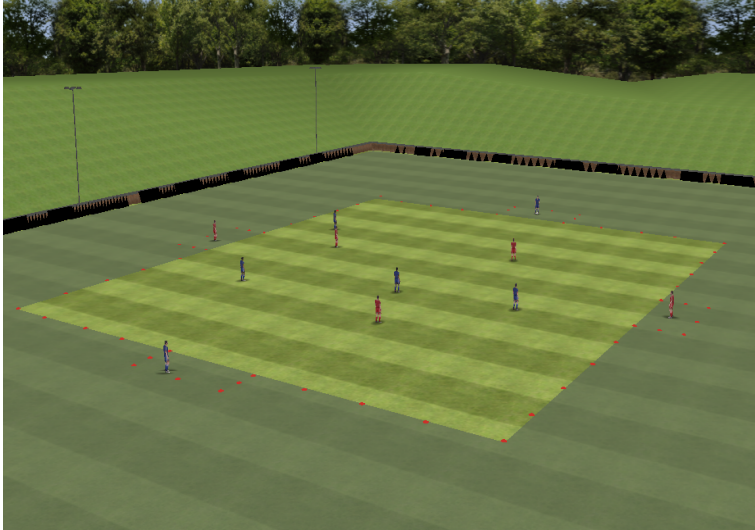
- 1: Make simple passing and control look easy - Concentration
- 2: Team mates need to create passing options using width and depth on the field away from defenders
- 3: Correct passing technique is important for accuracy and weight of each pass.
- 4: Players have to make the correct option, do not pass to somebody who has limited time.
- 5: Look for combination passing.

# Width and Length

**Age: U8**

**Level: Technique with Full Pressure**

**Objective: Playing long & short passes.**



Scan the code to see the practice:



## Organization:

60x50 playing area. 4v3 inside the area, with 2 target players for either team positioned on the sides of the grid in designated areas. The team of 3 (whites) play across the width of the grid; the team of 4 (purples) play across the length of the grid. The object of the game is to pass the ball from 1 target player across to the opposite target player while keeping possession. If so, 1 point is awarded. If the defending team wins the ball the sequence begins again. Both target players have to touch the ball without the opposition winning it before any point is awarded. Progress the game where by every player in the team must make at least one pass each before it can be played into the opposite target player.

## Coaching Points:

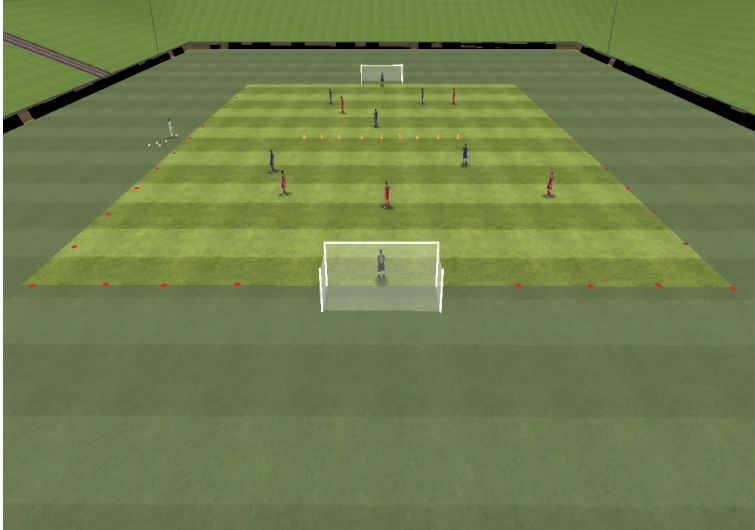
- 1: Make the game look easy with effective passing and control. Weight and accuracy of passes
- 2: Passing options and angles from team mates - around or through defenders
- 3: Possession or penetration - selecting the correct option
- 4: Communication is key for the success in keeping possession.
- 5: Control the speed of the game. Switching the play, limiting the amount of touches and settling the play can control the tempo of the game

# Around the Wall

**Age: U8**

**Level: Small Sided Game**

**Objective: Playing with width in a small sided game**



Scan the code to see the practice:



## Organization:

Set out a 60x50 playing area. Place a wall of cones 10 yards wide across the center of the field. Play a small-sided game 5v5 plus keepers. Players are allowed to run through or over the cones, but the ball must travel around the outside of the line marked with cones. Condition the players to pass the ball wide from their defensive 3rd and attack the wings in the attacking 3rd. Progress by decreasing the number of cones until you can play a conditioned game with no cones. Allow players to make lofted passes over the cones to reach the wide players.

## Coaching Points:

- 1: Make the game look easy with effective passing and control. Weight and accuracy of passes
- 2: Passing options and angles from team mates - around or through defenders
- 3: Possession or penetration - selecting the correct option
- 4: Communication is key for the success in keeping possession.
- 5: Control the speed of the game. Switching the play, limiting the amount of touches and settling the play can control the tempo of the game