



**AGE GROUP/PROGRAM: U8 TOWN**

**WEEK # 1**

**THEME: RUNNING WITH THE BALL/DONOVAN**

**SESSION GOALS:**

- ★ Using both feet to dribble and run with the ball
- ★ Quick change of direction
- ★ Good technique

**COACHING POINTS:**

- ★ Use both feet.
- ★ Push ball into space and out of feet but under control.
- ★ Awareness – look around.
- ★ Toe down/heel up – push ball with laces.
- ★ Accelerate into space.

**UNDERSTAND YOUR AUDIENCE:**

- ★ Seek coach/adult approval
- ★ Want to be competitive
- ★ Desire to have fun
- ★ Lots of imagination

**WARM UP: FOLLOW THE LEADER**

**SET UP: 40x30 YARD AREA**

**PROGRESSION**



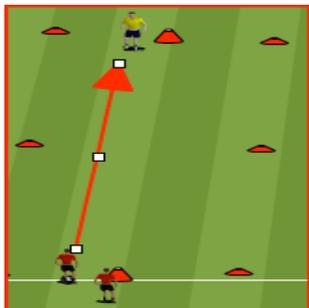
Players in pairs with one ball per pair. Player 1 with ball and Player 2 follows partner around area. Player with ball should try and vary speed and direction to lose partner. Play for 1 minute then swap roles.

1. Both players now have a ball and 2<sup>nd</sup> player must mirror the turns of the player in front.
2. Both players have a ball and player 1 tries to lose player 2. On coaches shout of 'FREEZE' player 2 must see if they can pass ball to strike player 1 below knee.
3. On command of "CHANGE" all players leave their ball and go and find another one then play immediately until 'FREEZE'

**CORE GAME 1: RELAYS**

**SET UP: 20 x 10 YARD AREA**

**PROGRESSION**



Put players into teams of 3 or 4 with one ball per group. 1 dribbles ball to 2, then 2 takes over and dribbles ball to 3 and so on. Make sure that when players 'take over' the ball they use the same foot as person dribbling the ball towards them.

1. Use only one foot to dribble – using inside and outside of foot to chop and cut.
2. Use only weaker foot to dribble
3. Make it competitive and ask to see how many changeovers teams can do in 60 seconds.
4. Dribble the ball to the first cone, pass the ball to the player then passively defend the player coming out. Increase resistance if players can cope.

**CORE GAME 2: 4 GATE SOCCER**

**SET UP: 40 x 30 YARD AREA**

**PROGRESSION**



Play 4v4. You can have 3 teams if necessary and rotate teams around. Teams compete for ball and try to score by dribbling the ball through any of the 4 gates. If one goal is heavily defended can the player in possession turn and run with the ball to another gate. Make the gates big to begin.

1. Players can score by passing the ball through the goals.
2. Have teams defend 2 goals and attack 2 goals – can be diagonal or on same side of field.
3. Award 3 points for a goal and 1 point for every time you beat a player with a move.
4. Add 2 neutral players who play for team in possession but who may not score.

**SMALL SIDED GAME**

**SET UP: 30 x 20 YARD AREA**

Small Sided Game: 4v4. Set Up: 40x30 Yards. Play 3 periods of 8 minutes.



AGE GROUP/PROGRAM: U8 TOWN

WEEK # 2

THEME: TURNS & MOVES/HAPPY FEET HOLDEN

**SESSION GOALS:**

- ★ Use both feet
- ★ Awareness – look around
- ★ Quick sudden movement to beat a defender

**COACHING POINTS:**

- ★ Bend knees when turning and accelerate into space.
- ★ Inside hook turn– reach around ball and push ball 180 back using inside of foot. Bend knees and accelerate out.
- ★ Outside hook turn – same as above with outside of foot.
- ★ Stop/hop/turn– place sole of foot on ball; hop over with same foot and plant foot past ball, turn and use other foot to take ball away in opposite direction.
- ★ Drag back – place sole of foot on top of ball and drag back across body. Turn and push away with laces of same foot and accelerate.

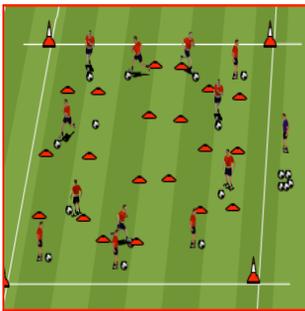
**UNDERSTAND YOUR AUDIENCE:**

- ★ Seek coach/adult approval
- ★ Want to be competitive
- ★ Desire to have fun
- ★ Lots of imagination

**WARM UP: DRIBBLE THROUGH THE GATES**

**SET UP: 40 x 30 YARD AREA**

**PROGRESSION**



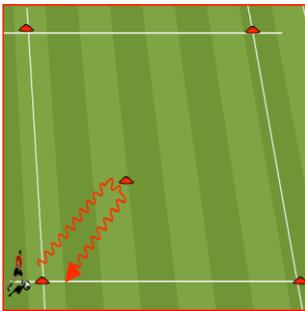
Each player has a ball. Set up a series of gates (2 cones about 3 yards apart) in area. Players have to dribble through the gates. How many gates can they dribble through in 60 seconds? Can players navigate through cones without hitting other players? Can not go to a gate if another player there!

1. Toe taps through gates – touch top of ball with sole of both feet.
2. Foundations through gates – touch side of ball with inside of both feet.
3. Turn once through the gate – inside and outside hook.
4. Introduce defenders who try to take the ball away, lose your ball then find another!

**CORE GAME 1: TURNS**

**SET UP: 20 x 15 YARD AREA**

**PROGRESSION**



Each player has a ball. Place 2 players at each corner of area. Have a central cone as an imaginary defender.

On coach command, first player from each cone dribbles to central cone at same time.

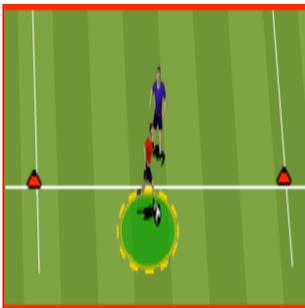
Players then execute a turn at center cone and dribble back to starting position. Then next players go and keep repeating.

1. Review inside and outside hook from warm-up.
2. Introduce Stop/hop/turn and Dragback.
3. Make it competitive – which group can do most turns in 60 seconds.
4. Can the players now work around the square, i.e. go into middle then out to another corner, back to middle, out to next corner etc. Have players start one after the other and can they catch person in front?

**CORE GAME 2: 1 v 1 INVISIBLE WALL**

**SET UP: 15 x 20 YARD AREA**

**PROGRESSION**



Use 2 players – attacker and defender - standing opposite each other without a ball. Neither can cross the imaginary line. Defender says “Go!” and forward has to try and throw defender off balance and get to either cone first. Can attacker change direction and speed, use movements of body and the ball.

1. Introduce the ball, can attacker execute a turn or fake to throw defender off balance. Attacker should turn when the defender is alongside them.
2. Make it competitive – play for 60 seconds and then switch roles.
3. No play in a 10 x 10 square, defender passes the ball to the attacker. Can attacker get to any corner of the square before the defender?

**SMALL SIDED GAME**

**SET UP: 30 x 20 YARD AREA**

Small Sided Game: 4v4. Set Up: 40x30 Yards. Play 3 periods of 8 minutes.



AGE GROUP/PROGRAM: U8 TOWN

WEEK # 3

THEME: 1v1 ATTACKING/DEMPSEY MAGIC

**SESSION GOALS:**

- ★ Confidence in taking players on
- ★ 1v1 & 2v2

**COACHING POINTS:**

- ★ Use both feet.
- ★ Change direction and change speed
- ★ Matthews – plant foot to one side of ball and feint to go in that direction – push off with outside of other foot in opposite direction and accelerate.
- ★ Scissors – bring foot quickly around inside of ball and plant to one side of ball. Push off with outside of opposite foot and accelerate.
- ★ Be positive.

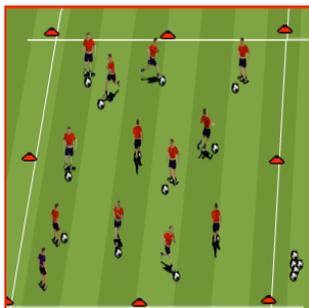
**UNDERSTAND YOUR AUDIENCE:**

- ★ Seek coach/adult approval
- ★ Want to be competitive
- ★ Desire to have fun
- ★ Lots of imagination

**WARM UP: TOUCHES**

**SET UP: 40 X 30 YARD AREA**

**PROGRESSION**



Players start on one side of the area. Coach spreads balls around playing area.

Coach tells players to run around and see who can touch the most balls using the soles of their feet – play for 60 seconds.

Repeat to see if they can beat their score.

1. Touch each ball twice with left & right.
2. Foundation – touch with inside or left and right.
3. Now have players dribble ball around the area, on command of “1” players leave their ball, touch another and back to their own.
4. Introduce command of “2” and “1”, “2” means stop your ball, touch another then find another ball and dribble away!
5. Remove balls so players have to find a ball before others!

**CORE GAME 1: 1 v 1 TO GATES**

**SET UP: 20 X 15 YARD AREA**

**PROGRESSION**



Have 2-3 players with ball each at one end of the area. Set up 2 small goals using cones opposite players with ball (attackers).

Place 2-3 defenders between the 2 goals and opposite the attackers. Attacker started with ball and tries to dribble through either goal.

Defender is active on attacker’s first touch. A point is scored by dribbling the ball through either of the two gates. Defender can score a point by passing the ball to the next attacker if they win possession.

1. Introduce 1v1 moves – Matthews and Scissors.
2. Now defender passes the ball to the attacker and closes down the space as the ball is traveling to increase the pressure. Attackers need to decide on their move early and be aggressive.
3. Introduce mini goals at each end of the field so if defender wins the ball they now dribble.
4. Introduce 2 v 2 so now you can dribble or pass.

**CORE GAME 2: NUMBERS GAME**

**SET UP: 40 X 30 YARD AREA**

**PROGRESSION**



Split group into two teams and ask players to number themselves 1 through 5 (or higher depending on numbers) Coach plays the ball into the area towards one team and calls out number 1, the #1’s from both teams compete for the ball that the coach has played and try to score in the opposition’s goal. As ball is played towards one team then create an attacker and defender, if defender wins it they then attack.

If ball goes out of bounds, have players return and call out next number.

1. if attacker uses a move award 1 point, 2 points for a shot on goal and 3 points for a goal. More moves they make higher their score!
2. Call out more than one number so now players have option to dribble or use a pass to score.
3. Add Goalkeepers into the game, coach calls out numbers and now serves the ball to keepers and attack from the keeper.

**SMALL SIDED GAME**

**SET UP: 30 X 20 YARD AREA**

Small Sided Game: 4v4. Set Up: 40x30 Yards. Play 3 periods of 8 minutes.



**AGE GROUP/PROGRAM: U8 TOWN**

**WEEK # 4**

**THEME: PASSING/STARS & STRIPES**

**SESSION GOALS:**

- ★ Smooth passing
- ★ Passing on the move
- ★ Hitting a target from distance

**COACHING POINTS:**

- ★ Use both feet.
- ★ Lock ankle when passing – toe up and heel down.
- ★ Keep eye on ball.
- ★ Hit through middle of ball.
- ★ Use side of foot for push pass

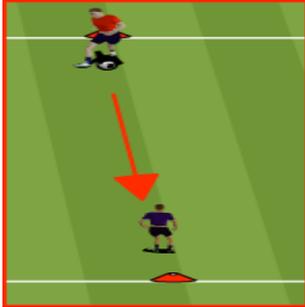
**UNDERSTAND YOUR AUDIENCE:**

- ★ Seek coach/adult approval
- ★ Want to be competitive
- ★ Desire to have fun
- ★ Lots of imagination

**WARM UP: STARS AND STRIPES**

**SET UP: 10 x 10 YARD AREA**

**PROGRESSION**



In a 10 x 10 yard area have players facing each other making a 'push' pass to each other. Give each player a ball and have them pass to each other at the same time. We are trying to have the balls hit in the middle.

Looking for players to put their standing foot next to the ball, head over the ball, use the inside of the foot and hit the middle of the ball.

1. Now remove one ball and have the players pass to each other using their right foot, then their left foot so practice with both.
2. Ask the players to control the ball with a 'baby' pass to themselves so they can pass it back on the 2<sup>nd</sup> touch.
3. Can you control with 1 foot and pass with the other.

**CORE GAME 1: PASSING THROUGH GATES**

**SET UP: 30 x 30 YARD AREA**

**PROGRESSION**



Place between 8-10 three yard gates in playing area.

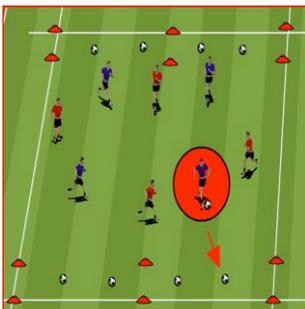
Put players in pairs and ask them to make 3 passes to each other through the gates. On the third pass the receiving player finds another gate. Pairs can not go to the same gate as another pair; instead of waiting for a pair to finish can they immediately attack another gate? Set a time limit for each pair to see how many goals they can score in that time.

1. Remove some of the gates so increased pressure to make fast, accurate passes.
2. Add a cone to each gate so we have a triangle shape, can the pairs pass through all sides of the triangle so they have to control the ball to the side.
3. Introduce a pair without a ball who works as a team to win a ball. Lose your ball then your pair becomes the defenders.

**CORE GAME 2: COCONUT SHY**

**SET UP: 40 x 30 YARD AREA**

**PROGRESSION**



Put the players into teams of 4. Set up field with a 5yd wide end zone at each end. Within the end zone put 4 balls on top of cones. If you have no cones leave the balls on the ground.

Teams score a goal by passing the game ball against one of the balls in the end zone.

1. Reduce number of balls on cones to work on accuracy.
2. Remove the balls in the end zone and put a player in there instead. Attacking team has to try and get the ball to the player in the end zone. After each score start from coach again.
3. Every time you get the ball to a player in the end zone you can add a player to the end zone. First team to get all their players in the end zone wins!

**SMALL SIDED GAME**

**SET UP: 30 x 20 YARD AREA**

Small Sided Game: 4v4. Set Up: 40x30 Yards. Play 3 periods of 8 minutes.



AGE GROUP/PROGRAM: U8 TOWN

WEEK # 5

THEME: RECEIVING/FIRST TOUCH  
FEILHABER

**SESSION GOALS:**

- ★ Developing a good 1<sup>st</sup> touch
- ★ Taking the ball on the move
- ★ Quality of passing

**COACHING POINTS:**

- ★ Use both feet.
- ★ Keep eye on ball.
- ★ Get in line with ball.
- ★ Choose surface and receive with soft touch
- ★ Control ball into space and move.

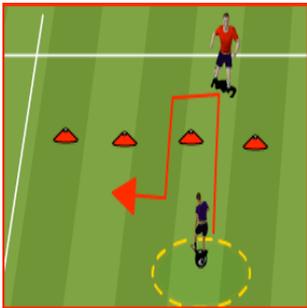
**UNDERSTAND YOUR AUDIENCE:**

- ★ Seek coach/adult approval
- ★ Want to be competitive
- ★ Desire to have fun
- ★ Lots of imagination

**WARM UP: 3 GATES**

**SET UP: 10 x 10 YARD AREA**

**PROGRESSION**



Use four discs to create three gates side by side (2-3 apart). In pairs players have to pass through on the three gates. Once the ball has been played through the gates, the ball may not be played through the same gate. Start with a minimum of 2 touches & a maximum of 4 touches per player.

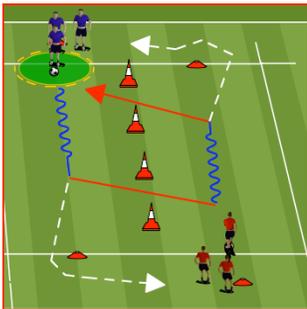
Can the players pass the ball through the gates without the ball hitting the cones? Can the players control the ball into space so they can make the next pass?

1. Ask players to control the ball with one foot and pass the ball with the other foot.
2. Which pair are the first to pass their ball through all 3 gates?
3. Make the gates smaller. Can they now just use 2 touches?
4. Have 1 pair defend their 3 gates and another pair defends their 3 gates and play 2 against 2. Score by passing through any of the gates.

**CORE GAME 1: RUNNING, PASSING & RECEIVING**

**SET UP: 20 x 15 YARD AREA**

**PROGRESSION**



Players must dribble down the sides and then pass across the area to the opposite group to continue the sequence. Can the players running with the ball get the ball out of their feet so it is out in front?

Introduce the outside of the foot pass or a laces pass so that players can strike the ball as they are running. Outside of the foot pass requires locked ankle, toe pointed down and make a 'fist' with your foot so you can strike the ball.

1. How many touches do the players take to get across the area and pass? Who can do it in the fewest touches?
2. After you pass the ball to the next player can you follow your pass to put pressure on the next player? New player needs to get the ball out of their feet earlier now!
3. Change sides of the field so you use your right foot to pass and your left.

**CORE GAME 2: 4 GATES**

**SET UP: 40 x 30 YARD AREA**

**PROGRESSION**



With 4x4 teams, both teams compete for the ball and try to score in any one of the four gates/goals.

The point is gained by passing the ball through a gate/goal. If one gate is heavily defended can the player in possession turn and run with the ball to another gates.

Make the gates (6 Yards) big to start with.

1. Now play to diagonal goals rather than end to end. Need players to be aware of space, opponents and team mates.
2. Can you have 1 team defend 3 goals but attack only 1? Give the defending team more players and see if the attacking team can pass to beat the defenders.
3. Put a regular goal at one end of the field and keep the 2 small goals at the other end. Alternate who attacks which set of goals.

**SMALL SIDED GAME**

**SET UP: 30 x 20 YARD AREA**

Small Sided Game: 4v4. Set Up: 40x30 Yards. Play 3 periods of 8 minutes.



**AGE GROUP/PROGRAM: U8 TOWN**

**WEEK # 6**

**THEME: SHOOTING/ALTIDORE'S ACCURACY**

**SESSION GOALS:**

- ★ Using the laces to shoot
- ★ Shooting on the run
- ★ Speed of play

**COACHING POINTS:**

- ★ Use both feet.
- ★ Lock ankle – toe down and heel up.
- ★ Keep eye on ball.
- ★ Place non-kicking foot beside ball.
- ★ Use laces to hit through middle of ball.
- ★ Follow through with striking foot.

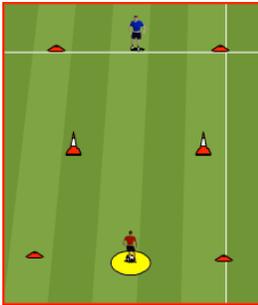
**UNDERSTAND YOUR AUDIENCE:**

- ★ Seek coach/adult approval
- ★ Want to be competitive
- ★ Desire to have fun
- ★ Lots of imagination

**WARM UP: SHOOT AND SCORE**

**SET UP: 10 x 20 YARD AREA**

**PROGRESSION**



Set up 2 players facing each other across the area and an 8 yard goal between them. Have the players strike the ball through the goal towards each other. Make sure the players head and knee is over the ball. Standing foot by the side of the ball, point your toe down and hit the middle of the ball with your laces.

1. Introduce a goalkeeper in the middle goal and have the players aim for the corners of the goal. Keep the ball low!
2. Have the goalkeeper roll the ball towards the player to run on and strike.
3. Now play 2 goals and in! Play 1 v 1, first player to score 2 goals gets to be the goalkeeper.

**CORE GAME 1: DRIBBLE, PASS & SHOOT**

**SET UP: 40 x 30 YARD AREA**

**PROGRESSION**



Split players into two teams and have team's line up in opposite corners. One player from each team goes at same time.

Player dribble to the first gate, passes through the gate to themselves, runs on and strikes the ball at goal using their laces. Aim for the far corner of the goal.

1. Switch corners to encourage shooting with opposite foot.
2. Make it competitive – first team to score 10 goals.
3. Add Goalkeepers
4. Now direct one team to defend and one team to attack, once attacker starts dribbling defender can enter the field, attacker can go through either gate.

**CORE GAME 2: 4 GOAL GAME**

**SET UP: 40 x 30 YARD AREA**

**PROGRESSION**



Play 4v4 with no GK's. Teams compete for the ball and try to score in any of the four goals.

If one goal is heavily defended can the player in possession turn and run with the ball to another goal and shoot.

Make goals with cones if necessary.

1. Awards the team 1 point for every shot, 2 points for a shot on goal or 3 points for a goal. First team to 10 wins.
2. Play 2 v 2 in the middle and 4 goalkeepers.. If the goalkeeper saves it they give it to the coach to serve back into the middle. Switch players.
3. Now play with 2 goals on each end line together rather than in the corners and make the field shorter to encourage more shooting.

**SMALL SIDED GAME**

**SET UP: 30 x 20 YARD AREA**

Small Sided Game: 4v4. Set Up: 40x30 Yards. Play 3 periods of 8 minutes.



AGE GROUP/PROGRAM: U8 TOWN

WEEK # 7

THEME: 2V1 ATTACKING/BEASLEY BRILLIANCE

**SESSION GOALS:**

- ★ Increase in quality of turning
- ★ 1v1 attacking composure
- ★ 2 v1 decision making

**COACHING POINTS:**

- ★ Use both feet.
- ★ Be positive.
- ★ Attack defender – change direction and speed.
- ★ 2ND attacker movement – keep the area as big as possible in support role.

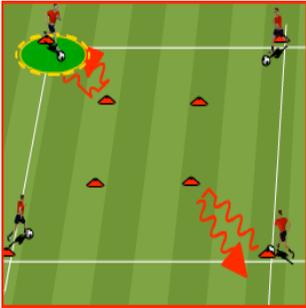
**UNDERSTAND YOUR AUDIENCE:**

- ★ Seek coach/adult approval
- ★ Want to be competitive
- ★ Desire to have fun
- ★ Lots of imagination

**WARM UP: DRIBBLING & TURNS**

**SET UP: 15 x 15 YARD AREA**

**PROGRESSION**



The players constantly dribble into the cones and make various turns (drag back, outside hook etc).

This can be progressed to allow the players to move to different corners (drop the shoulder and go right).

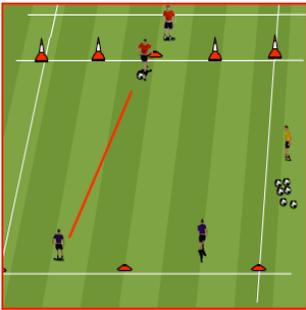
To progress the coach can stand where the cone is and as the player comes toward the middle fake to tackle the player with the ball to increase pressure.

1. Make each corner a different turn i.e.. 1- push and go 2-scissor 3-drop the shoulder 4-players choice.
2. First team to get all the way around the area using all 4 turns?
3. Both feet

**CORE GAME 1: 2 V 1 TO GATES**

**SET UP: 15 x 15 YARD AREA**

**PROGRESSION**



Have 2 attackers start with one ball on one side of area. Make 2 goals on opposite side and place a defender between the goals.

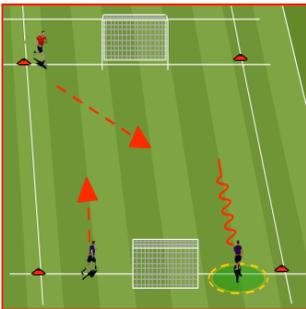
Attackers try and dribble ball through either of the goals. If defender wins the ball, he can dribble over attacker's end line to score. Can attackers use a wall pass or a dribble to beat the defender?

1. Attackers must pass once before dribbling through gates.
2. Start the game with the defender passing the ball to the attackers.
3. Introduce a second defender and play 2 v 2.
4. Now put 2 goals at either end of the field and play 2 v 2 to goals.

**CORE GAME 2: 2 V 1 TO GOAL**

**SET UP: 15 x 15 YARD AREA**

**PROGRESSION**



Have 2-3 players with a ball each at one end of the area and two attackers at the other end.

The defender starts by passing into one of the attackers, the attacker starts by getting a good touch out their feet and dribbles forward, positively, and tries to beat the defender with a feint or move, the 2nd attacker is there for support and maybe used at anytime.

Points awarded for goals.

1. Attackers must pass once before shooting
2. Add a defender who must be a goalkeeper when the attackers have the ball. Now play 2 v 1 plus a goalkeeper. If the defenders win the ball then the other team must play 1 defender and a goalkeeper.

**SMALL SIDED GAME**

**SET UP: 30 x 20 YARD AREA**

Small Sided Game: 4v4. Set Up: 40x30 Yards. Play 3 periods of 8 minutes.



AGE GROUP/PROGRAM: U8 TOWN

WEEK # 8

THEME: GOALKEEPING/DIVING LIKE FRIEDAL

**SESSION GOALS:**

- ★ Introduction to the GK role

**COACHING POINTS:**

- ★ Correct starting position, on toes, hands ready, stand tall
- ★ Make sure your feet are set for the service
- ★ Watch the ball all the way into your hands
- ★ Get as much of your body behind ball as possible
- ★ Move your feet so you do not have to dive

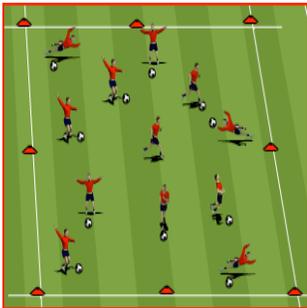
**UNDERSTAND YOUR AUDIENCE:**

- ★ Seek coach/adult approval
- ★ Want to be competitive
- ★ Desire to have fun
- ★ Lots of imagination

**WARM UP: BALL FAMILIARITY**

**SET UP: 30 x 30 YARD AREA**

**PROGRESSION**



All the players have a ball and the coaches command they are asked to perform the following whilst moving lightly on their toes within the area Juggling with different parts of the hands whilst on their toes;

Players keep the ball up in the air using the designated part of the hand.

Their arms should be straight with a slight bend at the elbow: Palms, Backs of hands, Fingers, Fist, Arms only

1. Figure of 8 through legs without the ball touching the ground
2. Moving the ball around their waist.
3. Players dribble (on the floor) the ball around the area and on the coaches command keepers dive on top of ball smothering it two hands on ball bringing it close in to chest.
4. Players launch the ball and then catch the ball at their highest point with one knee raised and shouting 'Keepers!'
5. A number of balls (greater than the players) are placed in the area for the GK's to smother. How many balls can the players smother in a minute?

**CORE GAME 1: SHOT STOPPING**

**SET UP: 4 YARD GOALS**

**PROGRESSION**



In pairs: one acting as a GK and the other is the server. Serve the ball underarm roll or a push pass. GK starts standing and look at serves along ground, waist height and then in the air. GK's makes save and return the ball to the server, working both sides.

Make sure hands are always first to the ball with as much of the body behind the ball as possible.

1. Progress to practicing dives by starting from knees, crouching and then standing upright.
2. Have the goalkeeper turn so that their back is to the server. The server should shout "TURN", goalkeeper turns around as the server passes the ball.
3. Now make a second goal facing the other goal and have the players see if they can roll the ball past the other goalkeeper. 1 point if you make a save, 2 points for every goal, first player to 10!

**CORE GAME 2: 4 GOAL SOCCER**

**SET UP: 30 x 20 YARD AREA**

**PROGRESSION**



With 3v3 teams, both teams compete for the ball and try to score in any one of the four goals.

If one goal is heavily defended can the player in possession turn and run with the ball to another goal and shoot.

1. Make the goals bigger
2. Award points for catches
3. Add support players

**SMALL SIDED GAME**

**SET UP: 30 x 20 YARD AREA**

Small Sided Game: 4v4. Set Up: 40x30 Yards. Play 3 periods of 8 minutes.



AGE GROUP/PROGRAM: U8 TOWN

WEEK # 9

THEME: 1V1 DEFENDING/DEFENDING LIKE DeMERIT

**SESSION GOALS:**

- ★ Correct technique of defending
- ★ Speed of approach

**COACHING POINTS:**

- ★ Be in a sideways on and crouch position on toes
- ★ Watch the ball not the player!
- ★ Get close to ball and don't allow defender to move the ball forward.
- ★ Be patient

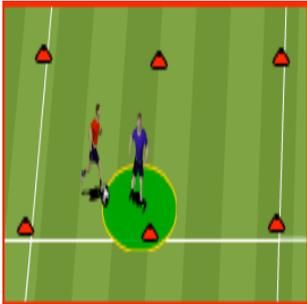
**UNDERSTAND YOUR AUDIENCE:**

- ★ Seek coach/adult approval
- ★ Want to be competitive
- ★ Desire to have fun
- ★ Lots of imagination

**WARM UP: 1 v 1 DEFENDING**

**SET UP: 20 x 10 YARD AREA**

**PROGRESSION**



Players in pairs, 1 attacker and 1 defender.

Attacker starts at one end with the ball and the defender starts 2 yards in front of attacker, ready to move backwards.

Passive defending: defender is going to skip backward sideways (like a crab) all the way to the end line then the players swap roles. No challenges.

1. Ask the attackers to zig zag when dribbling across the area. Can the defenders stay sideways on to the ball.
2. Now have the players stand facing each other, defender has the ball. Defender passes the ball through the attacker's legs. Attacker must run and get it then try and turn to attack. Defender needs to stop the attacker turning.

**CORE GAME 1: 1 v 1 DEFENDING**

**SET UP: 20 x 10 YARD AREA**

**PROGRESSION**



Players in pairs, 1 attacker and 1 defender. (You can use groups of 4 or 6 per area to keep things flowing). Attacker starts at one end with ball and defender at the other. Attacker tries to dribble ball over defender's line – if they score they get 5 points.

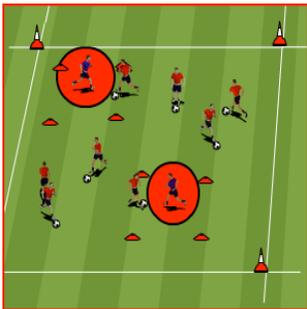
If defender forces the ball out side of area they get 3 points and if they win ball and dribble ball over attacker's line they get 5 points.

1. Have attacker start with ball in hands and drop to feet to start.
2. Have defender start closer to attacker.
3. Have the defender play the ball in and as the ball travels to the attacker they can run in. Tell defenders to "START TALL" then "END SMALL" as they get closer to the attacker i.e. go from sprinting to crouching!

**CORE GAME 2: 2 DEFENDERS**

**SET UP: 40 x 30 YARD AREA**

**PROGRESSION**



Set up 2 squares within playing area (10x10yards). Select 2 defenders and place them (wearing bibs) inside the squares.

All other players have a ball and are to dribble into square and perform a turn to get out of square to score a point. Defenders can't come out of squares but get a point each time they touch a ball. Rotate defenders after a minute.

1. If a player enters one side of the square and exits another side they get 2 points. Ball must be under control.
2. Now make 4 squares and each defender has to cover 2 different squares.
3. Now play 4 v 4 and to score a goal a team must try and make a turn inside one of the squares. If other team wins ball they try to make a turn.

**SMALL SIDED GAME**

**SET UP: 30 x 20 YARD AREA**

Small Sided Game: 4v4. Set Up: 40x30 Yards. Play 3 periods of 8 minutes.



**AGE GROUP/PROGRAM: U8 TOWN**

**WEEK # 10**

**THEME:**

**SESSION GOALS:**

- ★ Isoccer test
- ★ Composure in front of goal

**COACHING POINTS:**

- ★ Use both feet.
- ★ Place non-kicking foot beside ball.
- ★ Use laces to hit through middle of ball.
- ★ Follow through with striking foot.

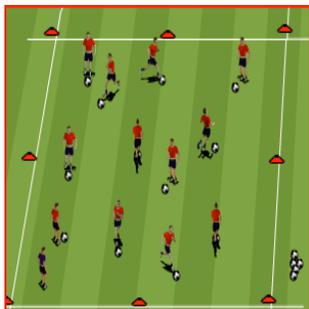
**UNDERSTAND YOUR AUDIENCE:**

- ★ Seek coach/adult approval
- ★ Want to be competitive
- ★ Desire to have fun
- ★ Lots of imagination

**WARM UP: TOUCHES**

**SET UP: 40 x 30 YARD AREA**

**PROGRESSION**



Players start on one side of the area. Coach spreads balls around playing area.

Coach tells players to run around and see who can touch the most balls using the soles of their feet – play for 60 seconds.

Repeat to see if they can beat their score.

1. Touch each ball twice with left & right.
2. Foundation – touch with inside or left and right.
3. Do a move on a stationary ball – feint and push.
4. Dribble, stop and change balls

**ISOCCKER**

**TEST: 3 & 4 JUGGLING**

**TEST: 6 & 7 DRIBBLING**

For more information visit [www.isoccer.org](http://www.isoccer.org)

Duration is 20 seconds.

SET UP: Place each player in a 5x5 meter square.

Juggle as many times as you can with your preferred foot, do not count touches with other body parts or the other foot. If the ball hits the floor, start the count again.

Then start the test with the non-preferred foot.

Duration is 20 seconds.

SET UP: 5x5 meter square

Start to the left of one cone. Dribble with your preferred foot in a figure of eight. Each figure of eight completed counts as 4 points. Partially completed sections are counted as 1 point. Restart if you touch the ball with the other foot or if the ball does not go around the cone. Repeat the exercise with the non-preferred foot.

**CORE GAME 2: 4 GOAL GAME**

**SET UP: 40 x 30 YARD AREA**

**PROGRESSION**



Play 4v4 with no GK's. Teams compete for the ball and try to score in any of the four goals.

If one goal is heavily defended can the player in possession turn and run with the ball to another goal and shoot.

Make goals with cones if necessary.

1. Make goals smaller.
2. Make it competitive – first team to score 10 goals.
3. Introduce GK's

**SMALL SIDED GAME**

**SET UP: 30 x 20 YARD AREA**

Small Sided Game: 4v4. Set Up: 40x30 Yards. Play 3 periods of 8 minutes.