



U8 – Session 1

Intentional Free Play:

Have a field set up for players to scrimmage in. When they start arriving, have them join the field and play anywhere from 1v1 to 4v4. If you have more players, set up a second field and have them start off with playing 1v1 to 4v4.



Knock Out:

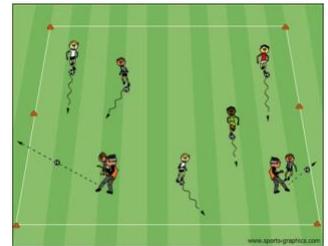
All players are dribbling in a 20x25 yard grid and are trying to knock other dribblers' balls outside the grid. Players must retrieve the ball quickly and get back in the game.

Coach: Have your players perform a skill task before re-entering the grid. i.e.: juggling 3-5 times, ball taps



British Bulldog:

All players are dribbling a soccer ball from one end to the other end of a 25x35 yard grid. The coach begins as the “bulldog” and tries to kick the dribbling players' soccer balls out of the grid. Once a player's soccer ball is kicked out of the grid, they become a “bulldog”. To start each round, Bulldogs yell, BRITISH BULLDOG! Players with the ball yell, CHARGE!



Get “Outta” There with Numbers:

The players are divided into two teams, with each player given a number from 1-4 or 5 (depending on total amount of players). Players are positioned at either side of the coach, with multiple soccer balls, outside a 25x35 yard grid with two small goals on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells “Get outta there”.

Coach: Can make the games 1v1, 2v2, or 3v3. They should vary the service.



Scrimmage:

Play 2 small fields of 4v4. Set team of four up in a diamond shape (no GK's). If ball goes out the sides, players can either dribble in or pass in. (player's choice). If the ball goes out the end line by the attacking team, the defending team will place the soccer ball about 1-2 yds in front of the goal and kick it in (opposing team will start at midfield when this happens to allow the ball to be played in). If the ball goes out the end line by the defending team, the attacking team will place it at the corner and kick it in.

NOTE: Diamond moves together around the field. Gets big when your team has the ball (offense) and gets small when your team doesn't have the ball (defense).

