



U8 – Session 4

Intentional Free Play:

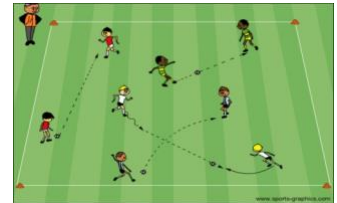
Have a field set up for players to scrimmage in. When they start arriving, have them join the field and play anywhere from 1v1 to 4v4. If you have more players, set up a second field and have them start off with playing 1v1 to 4v4.



Paint the Field- Passing:

In pairs, players will pass the soccer ball back and forth in a 20x25 yard grid. Explain to the players that their soccer ball is a paint brush and wherever it rolls it will paint the area. Their task is to pass (kick) the soccer ball to paint as much of the grid as possible in the allotted time.

Version 2: Tell the players to use the other foot



Team Freeze Tag:

Divide the group into two teams. In a 20x25 yard grid, one team (**Dribblers**) is dribbling their soccer balls while the other team (**Taggers**) tries to tag the dribblers, who then freeze with the soccer ball above their head. Dribblers can unfreeze their team-mates by kicking the ball through their legs.

Coach: Taggers tag the dribbler's soccer ball or below the dribbler's knee with their soccer ball.



2v1 Pass or Dribble:

Coach sets up a 15Wx20L yard grid. Coach has all the soccer balls on the sideline.

Coach divides the players into 3 groups: 2 attacking groups and 1 defending. The coach passes a soccer ball to one of the lines. The first player in each of the 3 lines enters the field. (2v1). The 2 attackers must get the ball over the opposite end-line under control. If the attacker scores: 1 point. If the defender steals the ball and scores: 2 points.



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 (attack) and gets small when your team doesn't have the ball (defend).

