



U8 – Session 5

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.



Gates Passing:

In a 20Wx25L yard grid, set up several gates (two cones about 2 yards apart). Players are now in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate in order to score a point.

Coach: Players count how many points they score in a minute. Repeat asking the players to beat their score by one or more points. You can also ask them to pass with the inside of the foot or outside of the foot, using their favorite foot or with the other foot.

Variation: Add two defenders to guard the gates.



2v2 Keep the Treasure:

In a 20Wx30L yard grid, divide the team in groups of 3 players. One player is the Defender and the other two are the Keepers of the Treasure (The Ball). The Keepers of the treasure are working to keep the treasure by shielding, passing or dribbling the treasure around, while the defender is trying to get possession of it. If the defender gets it, the Keepers will try to regain it back ASAP.



2v2 to End Zones:

Divide the 20x25 yard grid into two equal grids of 12x20 yards, with a one-yard buffer zone in between. Make a one-yard-wide End Zone along each end line. Players will score by passing the ball to a player making a run into the End Zone. Defenders can't defend in the End Zone.

Coach: If players struggle with passing, simply have players dribble into endzone, with the ball under control and the ability to stop the ball.



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).

