



U8 – Session 8

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.

Juggling:

All players with a soccer ball in their hands drop the ball down and try to kick it back up to their hands. Players will try to use their thighs and feet to keep the ball in the air.

Coach: Have the players count how many times they touch the ball before it hits the ground.

Version 2: Controlled juggling - Thigh, foot, catch. Thigh, thigh, foot, catch. Thigh, thigh, foot, foot, catch.

Steal-Shield:

Pair up the players with one ball. One player starts with the ball and at coach's command, his/her partner tries to steal the ball away. Play 30-45 second matches. The player that ends with the ball gets a point. If the ball goes out of bounds, one of the players must get it back in play very quickly.

Coach: Show proper shielding technique during the demonstration. Fix technical shielding errors throughout the activity to assure that the group is doing it properly. Side on – see both ball and player trying to win ball from you.

4 Corner Shooting Without Goalkeepers:

In 20x25 yard grid with cone goals at each end, players of the same team are placed by the corner cones of the goal they are defending. Half of the team is in a line at one cone and the other half at the other cone. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball into the field. The game is over when one team scores or the ball goes out of bounds. Players need to get out of the field quickly and get back in line. (Do not play a 50/50 ball-play to 1 of the 4 and change it up each time)

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).

