



## U8 Session #1

**Category:** Technical: Passing & Receiving  
**Skill:** U8

Pro-Club: Cal South Coaches Association  
Elliott Spruell, Fullerton, United States of America

### Description

#### Ball Mastery (Pairs Retrieval) (10 mins)

**Organization:**

Players are paired up together. Each pair has a ball.

**Activity:**

Each pair, in turn, hands their ball to the coach. The coach provides the pair with some directions, and then serves the ball to them. Each pair must return the ball to the coach fulfilling the directions given. For example: "Bring the ball back with 2 heads and 1 hand," "Bring the ball back with 2 backs and 2 hands," "Bring the ball back with 1 elbow, 1 shoulder and 2 hands," etc.

**Variations:**

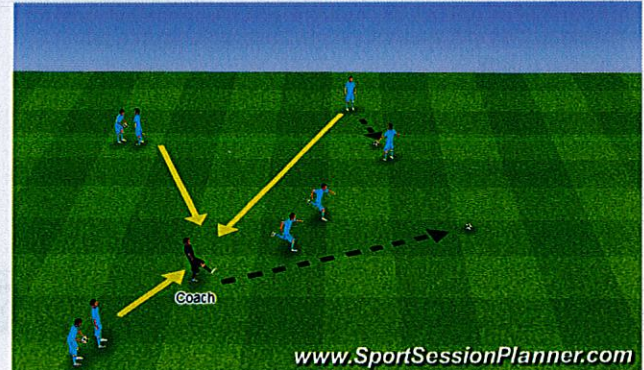
- The coach can move around now, so that players must look up to see where the coach is standing at any given time.
- A pair of players run out to collect the ball and have to make a designated number of passes before passing back to the coach. Designating a higher number of passes for each pair can increase the challenge level.

**Coaching Point:**

Each pair must solve the challenges given to them, not other players or parents.

**Coaching Question:**

How could you get the ball back to the coach faster?



#### Lava Pits (Pairs Gates) (10 mins)

**Organization:**

Set up several small cone goals ("lava pits") within a defined area. Players are paired up together. Each pair has a ball.

**Activity:**

Each player within a pair must pass the ball to their partner through the lava pits. Players are asked if they would step through a real lava pit. Their responses lead the players to be conditioned to only pass the ball through the lava pit, but to not run through it.

**Variations:**

- Once the players understand the activity, they are asked to count the number of lava pits through which each pair passes in a 30-second time limit. Play several rounds, keeping track of scores in each round.
- Partners must pass through each gate before going through the same one again.
- Introduce defending by having the coach stand in front of a goal, and rotate goals. Allow only certain types of passes: inside, laces, etc.

**Coaching Points:**

- Proper passing technique.
- Communication.
- Proper receiving technique to set up the next touch.

**Coaching Questions:**

- How can you pass through more pits within the time limit?
- Did a pair improve upon their previous record?





#### 4 Gates and 4 Goals (15 mins)

**Organization:**

Divide into 2 teams of 3-4 players each. Place 4 small goals on a 30x30 yard field.

**Activity:**

The coach, who maintains a pile of balls at his feet to keep the game flowing, plays the ball into the field. Teams try to score by passing the ball through any of the 4 goals. Coach will open a certain goal for a short time, then close the goal and open another goal to score.

**Variation:**

Use parents as goal stops. A parent will only open each goal for a short time. This will force the players to find the open goal.

**Coaching Points:**

- Vision: keep head up to find the open goal.
- Communication.
- Proper passing technique.
- Proper support and shape.



#### 4v4 Game (25 mins)

**Organization:**

Play 2 teams of 4 players each and 2 small goals.

**Activity:**

Teams play 4v4 soccer without goalkeepers.

**Coaching Points:**

- Teamwork.
- Passing.
- Support.
- Creativity.







## U8 Session #2

Category: Technical: Dribbling and RWB

Skill: U8

Pro-Club: Cal South Coaches Association  
Elliott Spruell, Fullerton, United States of America

### Description

#### Shadow Dribble (10 mins)

##### Organization:

Players are paired up together. Each pair has a ball.

##### Activity:

A player within each pair dribbles the ball while the other player runs ahead. The player with the ball attempts to stay within the partner's shadow while dribbling. At the end of a 30-second interval, players should switch roles.

##### Variation:

The player without the ball attempts to stay within the shadow of the player dribbling the ball.

##### Coaching Points:

- Encourage changing of directions and speeds.
- Ball control. Expanded field vision while following other player.

##### Coaching Questions:

- What can you do to stay in the shadow?
- How can you lose the player in your shadow?



#### Team Knockout (15 mins)

##### Organization:

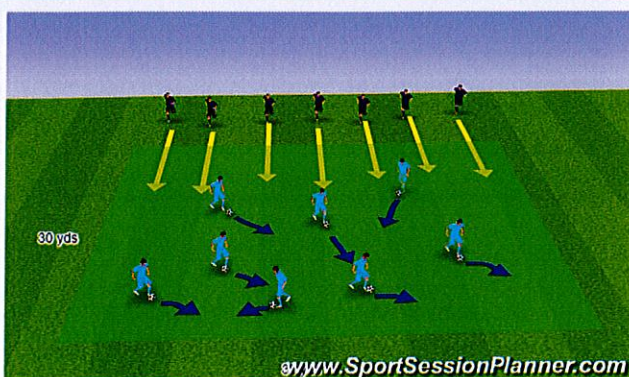
Create 2 even-numbered teams and set up a 30x30 yard area. Team A takes the field and each player on the team has a ball. Team B stands anywhere along the sidelines, and nobody on the team has a ball.

##### Activity:

On the signal, Team B runs onto the field and attempts to kick all the balls off the field. The coach starts the clock on the signal and stops it when the last ball is kicked off the field. Team A players who have had their ball kicked off the field help other team members by getting into positions so that they may receive a pass. Remember, time does not stop until Team B kicks all the balls off the field. Count aloud when there are only 1-2 balls left, not only to add to the excitement but also to get the teams playing hard. Play "Fastest time after each round wins" or "Losing team after 3 rounds sizzles like bacon." Have the winning team provide the sizzle sound effects.

##### Coaching Points:

- Awareness (keep heads up and be aware of other players). Expanded peripheral vision.
- Dribbling. Changing direction and speed. No standing allowed. Keep ball under control.
- Play the ball, not their legs.
- Teamwork. Communication. Passing to targets.
- Shielding (using body to protect the ball).



#### Rack 'Em! (15 mins)

##### Organization:

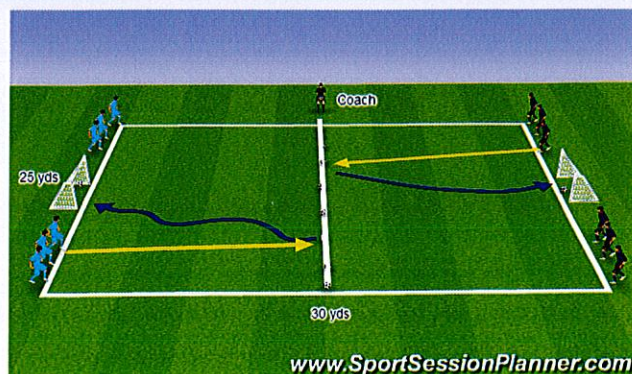
Create a 25x30 yard field with 2 goals and divide your players into 2 teams. Place each team on the opposite end of the field. Spread 8-10 balls along the half-line of the field.

##### Activity:

On the coach's signal, both teams should rush for the balls and try to get as many as possible back into their own goal. This will create many 1v1 and 2v1 real game situations, along with dribbling and finishing. Once all of the balls are in the goals (each goal equals 1 point for the team), the winning team shouts, "Rack 'em!" and the balls are set up on the half-line again. A new game begins.

More balls set up on the half-line at the start will equate to more individual efforts, while less balls will force more 2v1 and 1v1 match-ups. Try it both ways and see what works best for your needs.

##### Variation:





As the coach, hold onto a different colored ball or one that stands out from the others and make it worth multiple points, in other words, the "money ball." Throw this ball into an open space towards the end of the game. This is a great variation if one team is dominating. It keeps the game exciting if other team can score the money ball.

**Coaching Points:**

- Dribbling. Passing. Finishing. Defense.
- Attacking and defensive pressure.
- Decision-making. Teamwork.
- 1v1, 2v1, 2v2 and real game situations.

## 4v4 Game (20 mins)

**Organization:**

Play 2 teams of 4 players each and 2 small goals.

**Activity:**

Teams play 4v4 soccer without goalkeepers.







## U8 Session #3

Category: Technical: Passing & Receiving  
Skill: U8

Pro-Club: Cal South Coaches Association  
Elliott Spruell, Fullerton, United States of America

### Description

#### Paint the Square (10 mins)

**Organization:**

Players are paired up together inside a large square area. Each pair has a ball.

**Activity:**

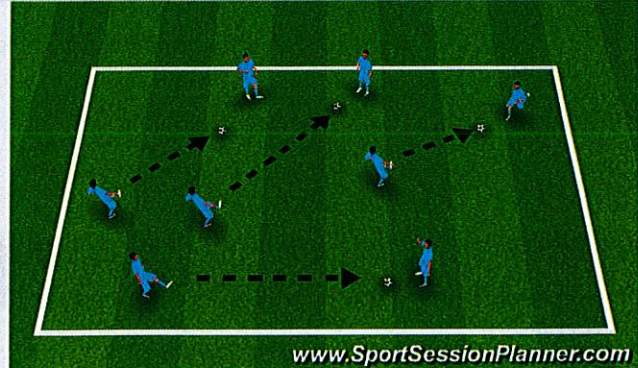
The players are asked to pretend the ball is a "paintbrush." The players in each pair must "paint" the entire square by passing the ball to each other. A good paint stroke only counts when the ball is on the ground.

**Variation:**

Progress into having each pair create or paint a "picture" with the ball by passing.

**Coaching Points:**

- Keep the ball on the ground by striking the middle of the ball.
- Movement off of the ball to ensure the entire square gets painted.



#### Triangles (10 mins)

**Organization:**

A pair of players takes 3 cones and spreads them about a yard apart into a triangle shape.

**Activity:**

The first player passes the ball through a side of the triangle and the second player receives it. That player then dribbles around the cone and then passes it back to the first player using a different side of the triangle. Every time the pair does this successfully, it is counted as a point. Whenever a cone gets hit or the pass isn't completed, it is not counted as a point. See which pair can get the most points.

**Variation:**

Add a touch limit to promote quicker play.

**Coaching Points:**

- Always be ready to receive a pass.
- Quality of passes.
- Quality first touch into space.



#### Matthews Line Game (10 mins)

**Organization:**

This activity is set up as a 4v4 game but it is always played with 2 balls going at the same time. The coach stands by a sideline of a defined area with several balls at his feet.

**Activity:**

The object of the game is to dribble the ball over a line. When a team scores by dribbling over a line, they look for a new ball to be delivered by the coach.

**Variations:**

- An extra point is scored if the player that dribbled over the line can tell the coach who passed them the ball. This will encourage them to pass a little bit more.
- Adjust the amount of balls in play.

**Coaching Points:**

- When to pass and when to dribble?
- Different types of dribbling.
- Support of the ball.





## Outside Goals (10 mins)

### **Organization:**

Players are divided into teams of 3-4 each. A pair of goals is placed on each end outside of the normal playing field. The coach has a supply of balls at his feet to keep the game flowing.

### **Activity:**

A goal can only be scored from inside the field, so the ball must be passed through the goals that are outside the playing field.

### **Variation:**

Make the game directional so each team is attacking and defending specific goals.

### **Coaching Points:**

- When to attack and when to possess? What do you do if a goal is obstructed?
- Proper passing technique.
- Proper support.



## 4v4 Game (20 mins)

### **Organization:**

Play 2 teams of 4 players each and 2 small goals.

### **Activity:**

Teams play 4v4 soccer without goalkeepers.

### **Coaching Points:**

- Proper passing and receiving technique.
- Proper support.
- Decision-making.







## U8 Session #4

Category: Technical: Shooting

Skill: U8

Pro-Club: Cal South Coaches Association  
Elliott Spruell, Fullerton, United States of America

### Description

#### Buddy Up (10 mins)

##### Organization:

Players are paired up together. Each pair has a ball.

##### Activity:

A player within each pair sits or kneels on the ground, while the other player stands. The player on the ground rolls the ball to his standing partner, who then passes the ball back to him. Once the ball has been passed, the standing player in each pair rotates clockwise to where the next standing player was, and continues the roll/pass combination with a new player on the ground, etc.

##### Variations:

- Utilize different parts of the foot.
- How many different teammates can you pass to in a certain amount of time?
- Put half of the sitting players in blue pinnies, and the other half in green. Have the standing players rotate to either sitting players only wearing a certain color of pinnie or have them move from a green pinnie to a blue pinnie, etc.

##### Coaching Points:

- Proper ball-striking technique.
- Proper pace on pass.



#### Keep Your Yard Clean! (10 mins)

##### Organization:

Split players into 2 teams, and place them at opposite ends of a field area. Create a neutral zone ("No Man's Land") between the teams into which is no player is allowed. The area can be as small as one yard and as large as ten yards wide. The width between the two teams is determined by how far the players can kick the ball. Each player starts with a ball.

##### Activity:

On the coach's command, each team tries to keep their side of the field free of balls by kicking them to the other team's side. As coach, be prepared to corral errant passes or balls stuck in No Man's Land, and get them back in the game.

After an appropriate amount of time (either quick rounds of 20-60 seconds each, when balls become too scattered or when players lose focus) call the game and count to see which side has the most balls on their side. Team with least number of balls within their yard wins.

Give a fun, special activity for the losing team, i.e., 10 "Australian push-ups" (players lay on their backs and push up at the air like they are doing a push-up upside-down) and have the winning team tell the others, "You've got to keep your yard clean!"

##### Coaching Points:

- Anticipation. Receiving under control. Playing ball quickly to space.
- Reaction time. Positioning.
- Fun amidst the chaos.





## Number Soccer (15 mins)

### **Organization:**

Set up a 20x25 yard field. Establish 2 teams. Assign a number to each player on each team (example: 1 through 6).

### **Activity:**

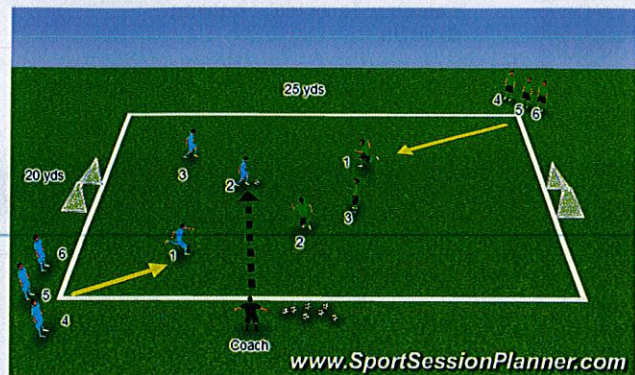
The coach will call a number or multiple numbers. The players with the corresponding numbers will take the field and play. When a goal is scored or the ball goes out of bounds, the players will return to their teams and the coach will call a new number or numbers. Coach can restart play to a certain team or player to ensure chance of success.

### **Variation:**

May play 1vs1, 2vs2, 3vs3, etc.

### **Coaching Points:**

- Attentiveness.
- Awareness.
- Proper support.
- Proper passing technique.



## 4v4 Game (25 mins)

### **Organization:**

Play 2 teams of 4 players each and 2 small goals.

### **Activity:**

Teams play 4v4 soccer without goalkeepers.

### **Coaching Points:**

- Proper passing technique.
- Proper support.







## U8 Session #5

Category: Technical: Passing & Receiving  
Skill: U8

Pro-Club: Cal South Coaches Association  
Elliott Spruell, Fullerton, United States of America

### Description

#### Marbles (5 mins)

##### Organization:

Players in pairs within a large, open space. Each player has a ball.

##### Activity:

This is a passing game where players take turns trying to hit each other's ball through passing. This is a great game to assist players with learning proper passing technique.

The game begins with the first player playing a ball out between 5-10 yards. The second player then attempts to pass his ball in order to hit the other ball. For a hit, score one point. For a miss, the moment a passed ball moves completely past the other ball, that player's turn begins and he then attempts to hit his partner's ball. The game continues with players trading turns. If a player scores a point but their ball is now only inches away from the other one, the player restarts the game with a new pass from that spot.

##### Coaching Points:

- Passing for accuracy. Hitting a moving target. Quickness of preparation and pass.
- Timing and pace of pass.



#### Death on the Nile (10 mins)

##### Organization:

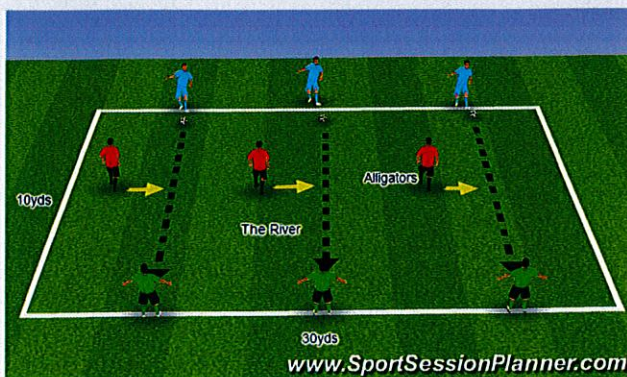
Form a 10x30 yard field area to be known as "the river." Create 3 teams with 3 players each. The first 2 teams are situated along opposite sides ("banks") of the river. The third team occupies the center of the river as "crocodiles."

##### Activity:

Each team gets 1 minute in the middle of the river as crocodiles. The other 2 teams have to try and pass balls back and forth across the river, while the crocodiles try to "gobble" (intercept) the passes. (Make sure the playing area is wide enough to provide open spaces through which the balls may be passed successfully.) Play minute-long rounds with teams rotating in the middle of the river. The team that gobbles up the most balls as crocodiles in the middle wins the game.

##### Coaching Points:

- Passing through open space to targets.
- Teamwork. Communication. Ball movement.
- Defensive anticipation as crocodiles!
- Usage of space.
- Passing to a teammate along the same side of the river to open up "channels."
- Communication



#### Foxes and Hunters (10 mins)

##### Organization:

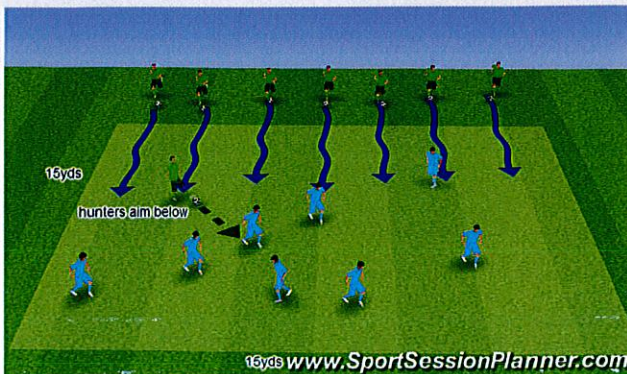
Players are divided into 2 teams inside a 15x15 yard area. One team, the "foxes," is inside the area without a ball. The other team, the "hunters," stands along one side of the area, with each player possessing a ball.

##### Activity:

On the "Go!" signal, the hunters enter the grid and try to hunt down the foxes by hitting them below the knees with their balls. As a team, the objective is to hunt down all of the foxes in the fastest time possible. Play several rounds and announce times during the hunt to let teams know how much time they have left.

##### Coaching Points:

- Passing accuracy. Hitting a moving target.
- Faking out players; making them jump and hitting them with the ball when they come down.
- Teamwork. Developing a "hunting" strategy to better the overall team score.
- Ball control.





### Coaching Questions:

How many different ways can we use to hunt the foxes that will give us a higher score? (Faking, not blasting the ball at the foxes so it doesn't have to be chased down so often, etc.)

## 4v4+2 Game (15 mins)

### Organization:

Set up is a 4v4+2 game with 2 goalkeepers within a 30x25 yard area. The possession team includes 4 outside players, 2 inside players and 2 goalkeepers—a total of 8 players on the possession team.

### Activity:

The 4 inside players must first defend and win the ball and then attack at either goal, playing 4v2.

The team of 8 is playing possession, and the team of 4 is playing to score goals.

### Coaching Points:

**Possession team:** Play 2-touch and keep the ball moving quickly with constant changing of direction. The inside players may play 1-touch. This is a great exercise for the keeper as a field player. The 2 inside players will become defenders when the ball changes over.

**Inside team:** Defend in a diamond shape and stay compact. Work hard and communicate. The reward is to attack either goal once the ball is won.



## 4vs4 Game (20 mins)

### Organization:

Divide the players into teams of 4 on a field with 2 small goals.

### Activity:

Play!







## U8 Session #6

Category: Technical: Dribbling and RWB  
Skill: U8

Pro-Club: Cal South Coaches Association  
Elliott Spruell, Fullerton, United States of America

### Description

#### Free Dribble (5 mins)

##### Organization:

Each player has a ball inside of a 20x25 yard grid.

##### Activity:

Players dribble inside the grid using the insides, outsides and soles of their feet. Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.

##### Variations:

- Coach can add defensive pressure to the players dribbling the balls.
- Players can dribble at each other, perform a move and accelerate away.

##### Coaching Points:

- Challenge players to use different surfaces of the foot.
- Players must dribble with their heads up.
- Encourage the players to try new moves.



#### Sharks and Minnows (10 mins)

##### Organization:

Within a set 15x20 yard area, several players are designated as "minnows," with each one possessing a ball. All other players are designated as "sharks."

##### Activity:

When the coach says, "Go," the minnows dribble their balls within the area while the sharks try to take the balls away. If a shark takes a ball from a minnow, the roles of those two players are reversed. The minnows are not allowed to leave their balls in order to evade the sharks. Several rounds can be played to allow everyone a chance to be a shark.

##### Variations:

- The number of sharks can be varied to add or take away pressure.
- The coach can become a shark or minnow to add excitement to the game.

##### Coaching Points:

- Change of pace and direction.
- Different types of dribbling styles, depending on the time and space available.
- Keep head up to avoid the sharks.



#### Snakes (10 mins)

##### Organization

Each player has a ball, with the exception of at least 2 players within a defined area.

##### Activity

All players with a ball should dribble within the area. The 2 players without a ball hold hands or lock arms to become a "snake." The snake players work together to try and tag those with a ball. If they tag someone, that player becomes part of the snake.

The snake must stay connected and not break into separate parts. Encourage the snake players to "hiss" like a snake while playing to add atmosphere to the game.

##### Coaching Points

- Keep the ball under control to avoid the snake.
- Changes of speed and/or direction.

##### Coaching Questions

How can you keep from getting tagged?





## Outta Here (15 mins)

### **Organization:**

Set up a 20x25 yard field. Establish a 1v1 match-up between 2 players. Each player will have teammates waiting in a corner. The coach will have a collection of balls on the touchline. Players, therefore, do not chase any balls out of bounds during the activity.

### **Activity:**

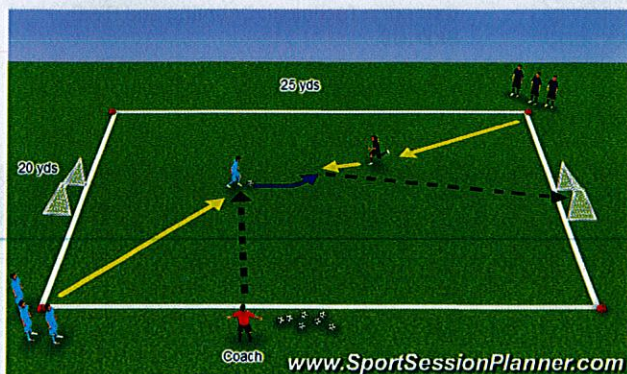
1v1 soccer. Once a player scores, the opposing player leaves the field and is replaced by one of his teammates from the corner. Players should rush onto the field when they replace someone so that play can continue uninterrupted. When the ball goes out of bounds, both players leave the field. New players from both teams rush onto the field and play continues. Coach can restart play to a certain team or player to ensure chance of success.

### **Variation:**

May play 1v1, 2v2, 3v3, etc.

### **Coaching Points:**

- This game should be very fast-paced.
- As soon as a ball goes out of bounds, throw another ball in immediately.
- Vary how balls are distributed into the playing area.



## 4v4 Game (20 mins)

### **Organization:**

Play 2 teams of 4 players each and 2 small goals.

### **Activity:**

Teams play 4v4 soccer without goalkeepers.







## U8 Session #7

Category: Technical: Dribbling and RWB  
Skill: U8

Pro-Club: Cal South Coaches Association  
Elliott Spruell, Fullerton, United States of America

### Description

#### Paint the Square (10 mins)

##### Organization:

Players are paired up together inside a large square area. Each pair has a ball.

##### Activity:

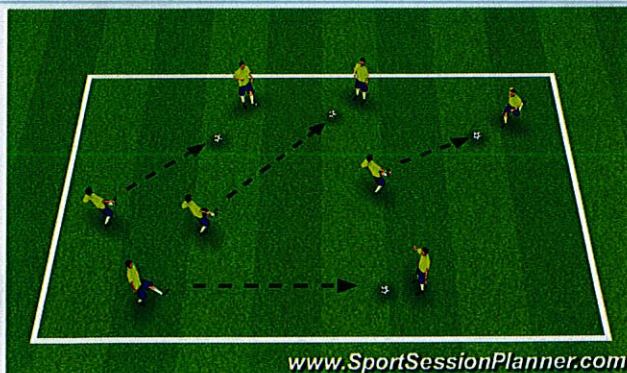
The players are asked to pretend the ball is a "paintbrush." The players in each pair must "paint" the entire square by passing the ball to each other. A good paint stroke only counts when the ball is on the ground.

##### Variations:

Progress into having each pair create or paint a "picture" with the ball by passing.

##### Coaching Points:

- Keep the ball on the ground by striking the middle of the ball.
- Movement off of the ball to ensure the entire square gets painted.



#### Ball Tag (10 mins)

##### Organization:

Each player has a ball inside a 15x20 yard area.

##### Activity:

All players dribble and then try to kick and hit the other players' balls or feet with their ball. Play for a pre-determined amount of time. Have players keep count of their own tags and try to improve their score if playing more than one game.

##### Variations:

- May start with one player as the designated tagger who has the ball in their hands.
- If players tag the coach, they are awarded 10 or 20 points. If players tag other selected players, they are awarded 50 or 100 points.

##### Coaching Points:

- Activity will require players to dribble with their heads up and keep the ball close in order to be successful.
- May introduce the technique of passing or striking a ball to ensure proper form.



#### Moving Goal (10 mins)

##### Organization:

Small-sided game with players in pairs. Coaches will constantly move the goals around the area to different locations via scrimmage vests tied together.

##### Activity:

Play as any other small-sided game. The team in possession tries to score. The only difference is that the goal may be there one second and somewhere else the next. Change goalposts every couple of minutes. Make a rule that there is no running through the goal for safety reasons. Encourage teamwork, communication and passing in order to score more goals.

##### Coaching Points:

- Dribbling, passing, receiving and shooting.
- Quick transition from offense to defense.
- Field vision and finding the goal.
- Teamwork and communication.

##### Coaching Questions:

- What can you do to make sure you know where the goal is going to be?
- How can you make sure you score before the goal moves?





## Cops and Robbers (10 mins)

### Organization:

Within a 15x20 yard area, several players are designated as "robbers," with each one possessing a ball. 2 or 3 other players are designated as "cops." The coach sets up 8-10 tall cones ("banks") within the area.

### Activity:

The robbers will try to knock down the banks with their ball. The cops try to set up all the cones before the banks get robbed. Play multiple rounds so everyone has a chance to be a cop and a robber.

### Coaching Points:

- Proper ball-striking technique.
- Heads up to find available cones.
- Proper dribbling technique.



## 4v4 Game (20 mins)

### Organization:

Play 2 teams of 4 players each and 2 small goals.

### Activity:

Teams play 4v4 soccer without goalkeepers.







## U8 Session #8

**Category:** Tactical: Decision making practices  
**Skill:** U8

Pro-Club: Cal South Coaches Association  
Elliott Spruell, Fullerton, United States of America

### Juggling (10 mins)

**Organization:**

All players with a soccer ball in a playing area

**Activity:**

All players with a soccer ball in their hands, drop ball down and try to kick it back up to hands. Players will try to use their thighs & feet to keep ball in the air. Have players count how touches they get before the ball drops. Try to beat your score

**Variations:**

Controlled juggling - thigh, foot, catch. Thigh, thigh, foot, catch.

**Coaching Points:**

Hand, eye, foot co-ordination. Use of foot and thigh



### Free Dribble (10 mins)

**Organization:**

All players with a soccer ball in a 20 x 25 yard area.

**Activity:**

All players are dribbling using the inside, outside, and sole of their feet. Have players change direction and accelerate away.

**Variations:**

Coach can put pressure on players dribbling. Players can dribble at each other, perform a move & dribble away.

**Coaching Points:**

Challenge players to use different surfaces of foot. Dribble with your head up. Encourage players to try new moves.



### 1v1 to Endlines (10 mins)

**Organization:**

Divide a 20x25 grid into two even grids. Make 2 groups, one team with balls and the other without the balls at the opposite ends of the grid.

**Activity:**

At coach's command, the 1v1 game begins. The game ends when the player with the ball scores by dribbling under control over the opposing players' line. If defender gets the ball, they try to score.

**Variations:**

Have players switch after each 1v1 game, players switch sides.

**Coaching Points:**

- Keep ball close to feet
- Sudden change of direction, burst of speed.





## 2v2 to End Zones (10 mins)

### **Organization:**

Divide the 20x25 grid into two equal halves, with 1 yard buffer zone in between. Make a one yard wide End zone along each line.

### **Activity:**

Players will score by dribbling and stopping the soccer ball in the End zone. Defenders can't defend in the End zone.

### **Variations:**

Make zones bigger to create more opportunities.

### **Coaching Points:**

Application of dribbling, passing and receiving technique under pressure



## 4v4 Match (20 mins)

### **Organization:**

Two teams of four players and two small goals.

### **Activity:**

Teams play 4v4 with no goalkeepers.







## U8 Session #9

**Category:** Technical: Dribbling and RWB  
**Skill:** U8

Pro-Club: Cal South Coaches Association  
Elliott Spruell, Fullerton, United States of America

### Follow the Leader (5 mins)

**Organization:**

Set up a course as shown with same colored cones opposite each other in a playing area

**Activity:**

One player is the leader the other player is the follower. Leader dribbles to a cone of a different color and then waits for the follower to get to the opposite cone of the same color.

**Variation:**

- Leader calls out a color and the two players race to that color cone, both players cannot be at the same cone
- Call out more than 2 colors in sequence.

**Coaching Points:**

Keep ball close and head up in order to make decision (leader) or react to decision made (follower).



### Lane Dribbling (10 mins)

**Organization:**

Each player with a ball in at 12 x 6 yard area.

**Activity:**

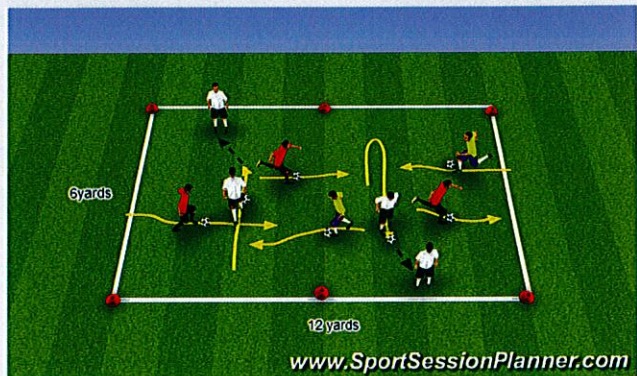
The players with a ball each have to dribble from one end to the other and then turn back and repeat. All players in white go North to South at the same time as others go East to West.

**Variations:**

- Have them reach the other side and then return to a different spot. Players must do ten toe taps if they are last or bump into another player.
- How many trips can a player make in one minute.

**Coaching Points:**

Keep ball close and head up on the move. Recognize if there is an opportunity to take a big touch to cover more space quickly.



### 2v2 Get Outta There (10 mins)

**Organization:**

Two teams. 30x40 yard grid

**Activity:**

Coach plays ball on field. Two teams go on field. Team in possession of ball tries to score. If ball goes out of play, both teams go off field and two new teams come on. If a team scores, they stay on and a new defending team comes on.

**Variations:**

2v2+1

**Coaching Points:**

Immediate transition





#### 4 Corner Shooting (15 mins)

**Organization:**

On a field 25 yards long by 20 yards long, position two goals at each end. Split players into two teams (each team at a goal standing in a line at each corner flag) The coach is positioned at the midfield line, outside the field, with all the soccer balls.

**Activity:**

When the coach kicks a ball into the field, the first person in each of the four corner lines enters the field to play a 2v2 game plus goalkeepers. Play continues until the ball goes out of bounds or a goal is scored. When this happens, all players rotate out and go back to their original lines except the goalkeepers who will rotate about every 5-10 minutes. The next four players are up, and the coach will serve the next ball into play.

**Coaching Points:**

- When to pass? When to shoot? When to dribble?
- Recognize numbers up situations and take advantage quickly
- Utilize width to create opportunities.



#### 4v4 Match (20 mins)

**Organization:**

Two teams of four players and two small goals.

**Activity:**

Teams play 4v4 with no goalkeepers.







## U8 Session #10

Category: Technical: Ball Control

Skill: U8

Pro-Club: Cal South Coaches Association  
Elliott Spruell, Fullerton, United States of America

### Island Game (10 mins)

**Organization:**

Use disc cones to set up small islands (small squares) in a large playing area. Each player should have a ball.

**Activity:**

On the coaches signal everyone must dribble with speed to an island; only two players allowed per island. The player (or 2) who does not get on an island get a minus point. Winner is decided by player with least points deducted. Every player starts with 10 points.

**Variations:**

Start game without balls.

**Coaching Points:**

Always keep ball moving, players only dribble at speed when coach signals to get on a island. Head up and keep ball close.



### Everyone vs. Everyone (10 mins)

**Organization:**

Set up several small gates in the playing area. Give half of the players balls.

**Activity:**

Players try to dribble or shoot through as many goals as possible. Players without balls try to steal ball from a player with ball & tries to score. Play multiple games allowing players to attempt to beat their prior score.

**Variations:**

Define how goals are balls by dribbling or shooting.

**Coaching Points:**

See which players recognize they can dribble through the same gate multiple times (problem solving). Player needs to keep ball or regain possession to be successful in the game.



### Pairs Game (10 mins)

**Organization:**

Set up several gates inside an area ( one more gate than the number of pairs).

**Activity:**

Players play 1v1 to the small gates. Who ever has the ball tries to dribble through as many gates as they can to score. when the other player wins ball, they try to dribble through as many gates as possible

**Variations:**

Ensure the players are matched up appropriately.

**Coaching Points:**

-Head up with ball close to feet. Be able to change direction quickly to get away from defender or to attack open gate.

-What surfaces should you use to get to gates? Inside, outside, top, etc.





## 2 vs 2 to Multiple Goals (10 mins)

### **Organization:**

Set up several gates inside an area ( one more gate than the number of pairs).

### **Activity:**

Same set-up as prior activity but each pair is now a team. Play 2v2 to multiple goals.

### **Variations:**

A team can score by dribbling through a goal, passing ball through a gate to other teammate.

### **Coaching Points:**

Can we try to score where there is not a defender (play away from pressure)?



## 4 vs. 4 Match (20 mins)

### **Organization:**

Two teams of four players and two small goals.

### **Activity:**

Teams play 4v4 with no goalkeepers.

