

U8: Week Nine and Ten

Scoring



Warm-up

- 1) Number players 1-4 and have a ball each.
- 2) When the coach calls out their number the player dribbles and scores in either goal, or a specific designated scoring goal.
- 3) Coach plays one ball out and calls a number, players play 1 on 1 to either goal. Play until a goal is scored or the ball goes out of bounds.

Coaching Points

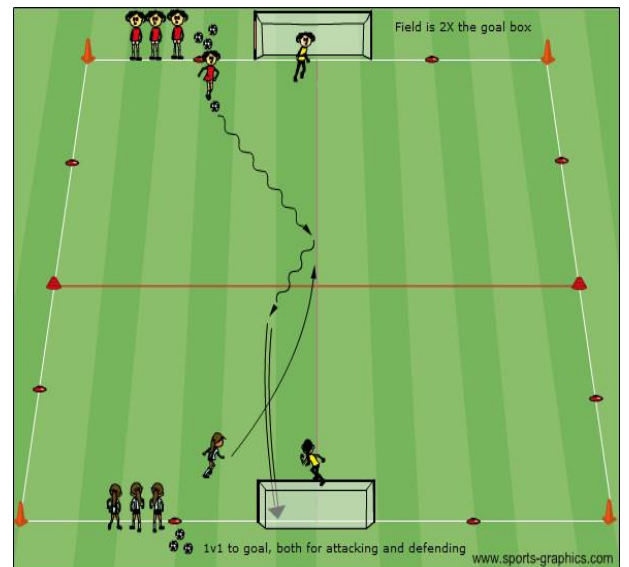
- 1) Toes down, heel up, laces strike the ball
- 2) Plant foot placement, alongside the ball "hop" into final step
- 3) Land on the striking foot
- 4) Follow through forwards
- 5) Counter balance - with opposite arm

1v1 Fast Break Attack

1) Players always start on offense with a ball. They dribble and try to score on the goal. Then they immediately switch and turn to play defense against the next attacking player on opposite team. After defending they go to out to the end of their line.

2) Order of play, (A) Start on offense, (B) Then defend, (C) Out.

- Variations-
- Players stay on as long as they keep winning the ball defensively, and getting shots off.
 - Play the same game but now 2v2



Conditioned Small Sided Game(s)

Divide players into equal teams.

Play 3v3 or 4v4.

Field has 4 goals

Team 1 attacks the goals north and south

Team 2 attacks the goals east and west

Once a goal is "scored" the coach plays a new ball onto the field

