



# THE 4 v 4 GAME

## U8 CURRICULUM



THE FPS APPROACH TO PLAYER DEVELOPMENT IS BASED ON A CONSISTENT AND POSITIVE APPROACH TO GETTING YOUNG PLAYERS TO REACH THEIR FULL POTENTIAL.

THERE ARE 4 AREAS THAT WILL BE ADDRESSED IN THIS DOCUMENT:

- THE FPS PHILOSOPHY
- THE FPS METHODOLOGY
- THE FPS STRUCTURE FOR THE AGE GROUP
- THE FPS CURRICULUM – U8 PROGRAM SPECIFIC



## COACHING GUIDELINES

### FPS METHODOLOGY



**AIM:** TO ALLOW PLAYERS OF ALL AGES AND ABILITIES, TO DEVELOP TO THEIR FULL POTENTIAL, IN AN **ENJOYABLE, CHALLENGING** AND **POSITIVE** ENVIRONMENT.

#### OBJECTIVES:

- CREATE A CLEAR AND SIMPLE PATHWAY FOR PLAYER DEVELOPMENT.
- ALWAYS KEEP THE PLAYER AT THE CENTER OF THE DEVELOPMENT PROCESS.
- ALLOW PLAYERS AS MUCH ACTIVE TIME WITH A BALL EACH, AS POSSIBLE.
- TEACH THE PRINCIPLES OF THE GAME.
- TEACH "ROLES" NOT "POSITIONS".
- CREATE A DEEP AND UNDERLYING PASSION FOR THE SPORT OF SOCCER AT ALL AGES.
- ACKNOWLEDGE THAT PLAYERS WILL LEARN AND DEVELOP AT DIFFERENT SPEEDS.
- TO KEEP A FRESH AND CURRENT OUTLOOK ON THE CHANGES IN YOUNG PLAYER DEVELOPMENT.

TO BE SUCCESSFUL AT THIS AGE GROUP THE COACH NEEDS TO HAVE THE FOLLOWING TRAITS:

- FLEXIBILITY. CHILDREN ALL PROGRESS AT DIFFERENT RATES SO BE AWARE OF PLAYERS UNDERSTANDING OF INSTRUCTIONS. RECOGNIZE WHEN SOMETHING IS NOT WORKING AND CHANGE IT.
- A SENSE OF HUMOR. LAUGH WITH YOUR PLAYERS AND MAKE IT FUN. THEY WILL ENJOY THE EXPERIENCE MORE AND WILL WANT TO COME BACK NEXT TIME.
- A VERY POSITIVE ATTITUDE. GIVE GENEROUS PRAISE OFTEN; REMEMBER THEY ARE LEARNING THE GAME AND OFTEN THIS MAY BE THEIR FIRST EXPERIENCE OF SOCCER COACHING. POSITIVE REINFORCEMENT WILL KEEP THE CONFIDENCE HIGH AND, AGAIN, WILL MAKE THEM WANT TO RETURN.
- AND LOTS AND LOTS OF ENERGY. IF YOU'RE ENERGETIC AND DYNAMIC IN YOUR COACHING STYLE THE PLAYERS WILL FEED OF THIS AND REMAIN MORE FOCUSED IN THE SESSION.



## FPS PHILOSOPHY

### MISSION STATEMENT:

*“THE MISSION OF FLORIDA PREMIER SOCCER IS TO ENHANCE THE SOCCER EXPERIENCE OF PLAYERS AND COACHES IN FLORIDA. WE PROVIDE OUR PLAYERS THE OPPORTUNITY TO DEVELOP AS ATHLETES AND AS PEOPLE BY FOSTERING AN IDENTITY OF EXCELLENCE. WE STRIVE TO PRODUCE PLAYERS WHO CAN COMPETE AT THE HIGHEST LEVEL OF SOCCER THROUGHOUT THE WORLD.”*

## FPS METHODOLOGY

OUR APPROACH TO PLAYER DEVELOPMENT IS SIMPLE AND BASED ON 3 KEY ELEMENTS:

**ENJOYABLE** - IT IS A PROVEN EDUCATIONAL FACT THAT YOUNG PLAYERS IN ANY SPORT, OR FOR THAT MATTER IN THE CLASSROOM, WILL BE MORE LIKELY TO EXCEL AND REACH THEIR FULL POTENTIAL IF THEY ARE ENJOYING THEIR SUBJECT MATTER. MAKING SOCCER FUN AND AGE APPROPRIATE IS A KEY CONCEPT IN ANY SUCCESSFUL PLAYER DEVELOPMENT MODEL.

**CHALLENGING** - FOR A YOUNG PLAYER TO DEVELOP TO THEIR MAXIMUM POTENTIAL THEY MUST BE IN AN ENVIRONMENT THAT IS DIFFERENTIATED BASED ON THEIR ABILITY. THERE NEEDS TO BE A CAREFULLY LAID OUT PLAN THAT IS PROGRESSIVE AND ALLOWS A YOUNG PLAYER TO FACE NEW CHALLENGES AT EACH STAGE. YOUNG PLAYERS LEARN AT DIFFERENT RATES AND ALSO IN DIFFERENT WAYS AND THERE HAS TO BE AN OPPORTUNITY FOR ALL PLAYERS TO BE ALLOWED TO SUCCEED IN THEIR OWN TIME.

**POSITIVE** - IT IS VITAL THAT A YOUNG PLAYER RECEIVES THE NECESSARY SUPPORT STRUCTURE THROUGHOUT THEIR DEVELOPMENT. THERE MUST BE CLARITY IN THE EXPECTATIONS AT EACH STAGE IN THE PROCESS AND THERE CANNOT BE UNNECESSARY PRESSURE APPLIED AT TOO YOUNG AN AGE OR PLAYERS WILL BE LOST TO THE SPORT. PLAYERS SHOULD BE ENCOURAGED TO LEARN FROM THEIR MISTAKES AND NOT FEEL AS IF THEY WILL BE BERATED FOR TRYING TO EXPRESS THEMSELVES.

## THE FPS STRUCTURE

<b>GETTING STARTED PHASE</b>	<b>K-2<sup>ND</sup> GRADE</b>
<b>FUNDAMENTAL PHASE</b>	<b>3<sup>RD</sup> – 6<sup>TH</sup> GRADE</b>
<b>TRAINING TO TRAIN PHASE</b>	<b>7<sup>TH</sup> – 9<sup>TH</sup> GRADE</b>
<b>TRAINING TO COMPETE PHASE</b>	<b>10<sup>TH</sup> – 12<sup>TH</sup> GRADE</b>
<b>TRAINING TO WIN PHASE</b>	<b>18+</b>



## FPS REC CURRICLUM

	U6	U8	U10
Curriculum Methodology	GETTING STARTED	FUNDAMENTAL	PRATICE TO DEVELOP THRU PRACTICE TO COMPLETE
COACHING STRUCTURE	PARTNER WORK	2 V 1 TO 4 V 4	3 V 2 TO 6 V 6
Coaching Emphasis	INDIVIDUAL PLAYER	1 <sup>ST</sup> DEFENDER/ATTACKER	SUPPORTING DEFENDER/ATTACKER
TECHNICAL DEVELOPMENT	CONTROL (STOPPING & MOVING THE BALL), INTRODUCTION TO PASSING, SHIELDING THE BALL, STEALING THE BALL, INTRODUCTION TO SHOOTING	PROGRESSION OF SHORT PASSING, RECEIVING THE BALL, RUNNING WITH THE BALL AT DIFFERENT SPEEDS, REINFORCE TURNS & MOVES (LIMITED PRESSURE), SHOOTING WITH INSIDE OF THE FOOT AND LACES, INTRODUCTION OF BLOCK TACKLES, ROLE OF 1ST DEFENDER	INTRODUCTION TO LONG & DRIVEN PASSES, ALSO THE CHIP AND SWERVE PASSING, RECEIVING THE BALL IN THE AIR, TURNS & MOVES PROGRESSED, HEADING, SHOOTING (ACCURACY & POWER), PRESSURE & COVER, GK
Tactical Awareness	REINFORCEMENT OF SPATIAL AWARENESS, POSITIONAL SENSE (3V3), BASIC RESTARTS, FAIR PLAY	RESTARTS, SUPPORT IN ATTACK, DEFENDING IN NUMBERS, ANGLES OF SUPPORT, DIAMOND FORMATION	PRINCIPLES OF PLAY, DEVELOPMENT OF ROLES & RESPONSIBILITIES WITHIN THE TEAM, DEVELOPING TEAM SHAPE & FORMATION, WHEN TO PRESSURE WHEN TO COVER, PROGRESSION OF ANGLES & DISTANCES OF SUPPORT, COMMUNICATION
PHYSICAL REQUIREMENTS	DEVELOPING FOOT AND BODY COORDINATION AROUND A SOCCER BALL	DEVELOPING SPEED AND AGILITY WITH BALL RELATED EXERCISES	STRENGTH DEVELOPED THROUGH HOPPING, SKIPPING AND OTHER BODY WEIGHT EXERCISES
Psychological Needs	CULTIVATING FRIENDSHIP AND TEAM PLAY	DEVELOPING CONFIDENCE AND PROMOTING A POSITIVE SELF IMAGE, EMPHASIS ON ENJOYMENT BUT ENCOURAGING DISCIPLINE AND COMPETITION WITHIN THE GROUP	FOCUS ON PLAYER PERFORMANCE RATHER THAN RESULT, IDENTIFYING ROLES & RESPONSIBILITIES WITH THE TEAM
BALL MASTERY	TOE TAPS & SOLE TAPS: FORWARDS & BACKWARDS, TOP ROLLS	DRAG BACK PASS ON'S, DRAG BACK PUSH ON'S & SIDE ROLLS	1-2-3 STEP OVER, SLIDES & ROLL ACROSS
Turns and Direction Change	INSIDE CHOP & OUTSIDE HOOK	HOOK TURN & BACK HEEL	CRUYFF & L TURN
MOVES AND FAKES	HIGH/LOW WAVE & GIGGSY FAKE	SCISSORS & PUSH & GO	STEP OVER, DOUBLE SCISSORS & KNOCK & GO
Practice to Game ratio	1 PRACTICE PER WEEK	2 PRACTICES PER WEEK	2 PRACTICES AND 1 GAME
ISOCCKER ASSESSMENT	TOE TAPS & FOUNDATION	JUGGLING & DRIBBLING	FIRST TOUCH & PASSING
Practice Time	60 MINUTES	75 MINUTES	75 MINUTES
FIELD DIMENSIONS	30X30 YARDS	40X30 YARDS	60X40 YARDS
Suggested Scrimmage	3 V 3 NO GOALKEEPERS	4 V 4 NO GOALKEEPERS	6 V 6 WITH GOALKEEPERS
EQUIPMENT	SIZE 3 BALLS, PUGG GOALS, CONES & PINNIES	SIZE 3 BALLS, CONES & PINNIES. GOALS 3 YARDS	SIZE 4 BALLS, CONES & PINNIES. GOALS 4 YARDS
Curriculum Theme	HERO'S	US NATIONALS	PREMIER LEAGUE
WEEK 1	BALL MASTERY	RUNNING WITH THE BALL III	RUNNING WITH THE BALL AT SPEED
WEEK 2	URNS & MOVES I	URNS & MOVES IV	BALL CONTROL
WEEK 3	INTRODUCTION TO SHORT PASSING	1V1 ATTACKING	PLAYING OUT FROM THE BACK
WEEK 4	URNS & MOVES II	PASSING	COMBINATION PLAY
WEEK 5	KEEPING THE BALL	RECEIVING	POSSESSION
WEEK 6	STEALING THE BALL	SHOOTING FOR ACCURACY	ATTACKING 2V1
WEEK 7	SHOOTING	ATTACKING 2V1	ATTACKING IN THE FINAL 3RD I
WEEK 8	URNS & MOVES III	GOAL KEEPING	GOAL KEEPING
WEEK 9	RUNNING WITH THE BALL II (SPEED)	DEFENDING 1V1	DEFENDING 1V1 & 2V2
WEEK 10	REVIEW & MATCH PLAY	REVIEW & MATCH PLAY	REVIEW & MATCH PLAY



## FPS REC CURRICLUM

AGE	U6	U8	U10
Theme	HERO'S	US NATIONALS	PREMIER LEAGUE
1	BALL MASTERY	RUNNING WITH THE BALL III	RUNNING WITH THE BALL AT SPEED
2	URNS & MOVES I	URNS & MOVES IV	BALL CONTROL
3	INTRODUCTION TO SHORT PASSING	1V1 ATTACKING	PLAYING OUT FROM THE BACK
4	URNS & MOVES II	PASSING	COMBINATION PLAY
5	KEEPING THE BALL	RECEIVING	POSSESSION
6	STEALING THE BALL	SHOOTING FOR ACCURACY	ATTACKING 2V1
7	SHOOTING	ATTACKING 2V1	ATTACKING IN THE FINAL 3RD I
8	URNS & MOVES III	GOAL KEEPING	GOAL KEEPING
9	RUNNING WITH THE BALL II (SPEED)	DEFENDING 1V1	DEFENDING 1V1 & 2V2
10	REVIEW & MATCH PLAY	REVIEW & MATCH PLAY	REVIEW & MATCH PLAY



## COACHING GUIDELINES

THERE ARE FOUR MAIN PILLARS OF SOCCER, WHICH ARE EVIDENT AT EVERY LEVEL OF THE GAME:

**TECHNICAL, PHYSICAL, TACTICAL AND PSYCHOLOGICAL.**

THERE WILL BE DIFFERENT EMPHASIS PLACED ON EACH PILLAR OF THE GAME, DEPENDING ON THE AGE AND ABILITY OF THE PLAYER.

IT IS IMPORTANT THAT A COACH HAS CLEAR GOALS FOR THEMSELVES AND FOR THEIR TEAM PRIOR TO WORKING WITH ANY AGE GROUP.

TRAINING TO TRAIN PHASE, K THROUGH 2<sup>ND</sup> GRADE

- TECHNICAL
- PHYSICAL
- TACTICAL
- PSYCHOLOGICAL

TECHNICAL:

AT THIS AGE WE SHOULD BE LOOKING TO PRACTICE WITH BOTH FEET AS MUCH AS POSSIBLE.

WE WANT TO START THE PROCESS OF GETTING THEM TO BE COMFORTABLE WITH THE BALL ON EITHER FOOT.

WE WOULD LIKE TO SEE PLAYERS BE ABLE TO CHANGE PACE AND DIRECTION.

PHYSICAL:

PLAYERS AT THIS AGE FIND IT FUN TO BE ACTIVE. KEEP THEM MOVING WITH A BALL AS MUCH AS POSSIBLE.

ANY FITNESS THAT THEY RECEIVE SHOULD BE AS A RESULT OF PLAYING THE GAME OF SOCCER. USE SOCCER GAMES TO IMPROVE BALANCE AND CO-ORDINATION.

ANY OTHER FITNESS WORK SUCH AS LAPS AND STATIC STRETCHES IS NOT APPROPRIATE FOR THIS AGE GROUP.

TACTICAL:

TALK ABOUT ROLES VS. POSITIONS.

IN GAMES, PLAYERS SHOULD PLAY IN A 4 V 4 FORMAT TO ENCOURAGE MORE TOUCHES ON THE BALL.

WHILST A GOALKEEPER IS NOT RECOMMENDED, THE USE OF A SWEEPER GOALKEEPER MUST BE ENCOURAGED TO BE ACTIVE AND NOT STAY ON THE GOAL LINE.

PLAYERS NEED TO UNDERSTAND HOW TO MAKE THE FIELD BIG IN OFFENSE AND SMALL IN OFFENSE. START TO INTRODUCE THE VERY BASIC NOTION OF TEAM SHAPE.

PSYCHOLOGICAL:

THE MAIN PSYCHOLOGICAL GOAL FOR PLAYERS AT THIS STAGE OF THEIR DEVELOPMENT IS TO HAVE FUN.

COACHES NEED TO ENSURE THAT THEIR PLAYERS RECEIVE AN EXCITING AND POSITIVE INTRODUCTION TO THE GAME OF SOCCER TO ENSURE FUTURE PARTICIPATION.

**THERE SHOULD BE ABSOLUTELY NO EMPHASIS PLACED ON WINNING GAMES.**



## RECOMMENDED BREAKDOWN FOR A TYPICAL U8 PRACTICE SESSION

A TYPICAL SESSION FOR THIS AGE GROUP SHOULD BE 60 MINUTES

### **WARM-UP. 10 MINUTES**

BEGIN WITH A **FUN** ACTIVITY. THIS SHOULD PREPARE THE PLAYERS MENTALLY AND PHYSICALLY FOR THE REST OF THE PRACTICE.

### **2 x SKILL GAMES – UNOPPOSED. 15 MINUTES**

THESE GAMES ARE DESIGNED TO BE HIGH ENERGY, FUN ACTIVITIES THAT REINFORCE THE BASIC TECHNIQUES WITHOUT PRESSURE.

### **SMALL-SIDED GAMES – OPPOSED 4 v 4. 30 MINUTES**

EACH PRACTICE SHOULD CONCLUDE WITH A SMALL-SIDED GAME. FIELD SIZE SHOULD BE 40 x 30 YARDS WITH A SWEEPER KEEPER.

### **COOL DOWN. 5 MINUTES**

SPEND FIVE MINUTES AT THE END OF EACH SESSION COOLING DOWN AND ENSURE PLAYERS HAVE ENJOYED THE SESSION. REINFORCING POINTS FROM THE SESSION WITH Q & A.

### **PLAYING THE 4 v 4 GAME**

EVERY PRACTICE SHOULD CONCLUDE WITH A SMALL-SIDED GAME. REMEMBER THAT THE GAME IS THE BEST TEACHER OF ALL. YOUR MAIN AIM IS TO CREATE AN **ENJOYABLE, CHALLENGING, POSITIVE AND SAFE** ENVIRONMENT IN WHICH YOU'RE PLAYERS CAN DEVELOP. THIS SHOULD BE THE LARGEST PORTION OF YOUR PRACTICE – ABOUT THIRTY MINUTES IN LENGTH.

### **ORGANIZATION**

1) FIELD SIZE: 40 x 30 YARDS

2) EQUIPMENT: USE CONES TO CLEARLY MARK OUT THE AREA OF THE FIELD.

USE UPRIGHT CONES OR FLAGS AS GOALS AND PLACE THEM ABOUT 6 FEET APART.

USE BIBS TO AVOID CONFUSION AMONGST PLAYERS.

PLAY WITH A SIZE 3 BALL.

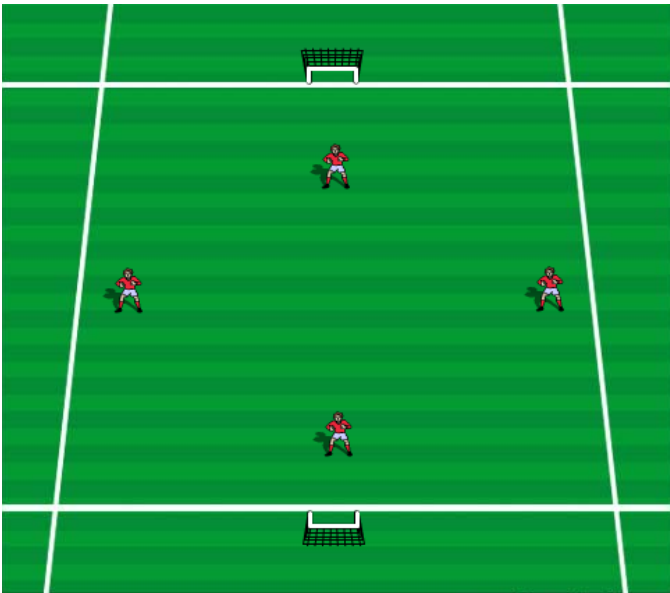
BE FLEXIBLE WITH YOUR PLAYING TIME – YOUR MAIN AIM IS THAT ALL PLAYERS HAVE A POSITIVE EXPERIENCE. YOU CAN VARY THE PLAYING PERIODS AND MAKE SURE TO ALLOW TIME FOR SUBSTITUTIONS AND WATER BREAKS.

- 4 v 4 WILL PROMOTE PLAYERS GETTING MORE TOUCHES ON THE BALL AND BEING INVOLVED AS MUCH AS POSSIBLE. IT WILL ALSO CREATE MORE 1 v 1 SITUATIONS.
- KEEP INSTRUCTIONS CLEAR AND TO A MINIMUM AND USE YOUR ENTHUSIASM TO KEEP ALL PLAYERS MOTIVATED.
- ALWAYS STRESS THE IMPORTANCE OF FAIR PLAY AND HAVE THE PLAYERS SHAKE HANDS / HIGH FIVE AT THE END OF EACH GAME.

BY THE END OF YOUR SESSION MAKE SURE THAT ALL OF YOUR PLAYERS HAVE ACHIEVED SOME MEASURE OF SUCCESS. CALL THE TEAM IN FOR A GROUP HUDDLE AND SAY GOODBYE.



## RECOMMENDED BREAKDOWN FOR A TYPICAL U8 PRACTICE SESSION



### 4 v 4 GAME LAYOUT

USE A GK / SWEEPER. HAVE A SUPPLY OF BALLS AT THE SIDE TO KEEP THE GAME FLOWING AND TRY TO LIMIT STOPPAGES.

FOCUS ON YOUR TEAM ADOPTING A DIAMOND SHAPE ON THE FIELD.

### RULES:

DO NOT PLAY CORNER KICKS.

NO PUNTING FROM THE GOALKEEPER.

THROW INS CAN BE PLAYED FROM THE HANDS OR A PASS BACK INTO PLAY WITH THE FEET.

ENCOURAGE PLAYERS TO ADOPT A DIAMOND FORMATION TO THE TEAM. THIS WILL ENCOURAGE WIDTH AND LENGTH AND PREVENT THE PLAYING AREA FROM BECOMING CONDENSED.

ONLY ONE PLAYER SHOULD BE ALLOWED TO USE THEIR HANDS BUT ENCOURAGE THEM TO PLAY IN A MORE FORWARD ROLE AS A SWEEPER.



## BEATING AN OPPONENT – TURNS & 1 v 1 MOVES

CONCEPT	EXPLANATION
REPETITION	PLAYERS WILL NOT ALWAYS BE SUCCESSFUL
SLOW START	ALLOW PLAYERS TO BE SUCCESSFUL BEFORE PROGRESSING
LOW CENTRE OF GRAVITY	VITAL TO ALLOW QUICK CHANGES OF DIRECTION WITH ACCELERATION
OVER-EMPHASIZE	GET PLAYERS TO EXAGGERATE THEIR MOVEMENTS AND USE THEIR BODY IN 1v1 SITUATION
BE CONFIDENT	PRAISE EVERY ATTEMPT

BELOW ARE 6 TURNS AND 9 1 v 1 MOVES THAT WE WOULD WANT PLAYERS TO BE CONFIDENT OF PERFORMING, OR AT LEAST ATTEMPTING, BY THE END OF THE U8 PROGRAM.

### TURNS

#### DRAG BACK:

WITH BALL UNDER CONTROL, PLACE SOLE OF FOOT ON TOP OF BALL AND QUICKLY DRAG BALL ACROSS THE FRONT OF BODY. PUSH THE BALL AWAY WITH OUTSIDE OF SAME FOOT AND ACCELERATE INTO SPACE.

#### STOP TURN:

WITH BALL UNDER CONTROL, PLAYER FEINTS TO PASS OR SHOOT TO GET DEFENDER OFF BALANCE. PLACE SOLE OF FOOT ON TOP OF BALL TO STOP IT DEAD. QUICKLY PLACE SAME FOOT ON OTHER SIDE OF BALL BETWEEN DEFENDER AND YOURSELF IN A HOPPING MOTION. WITH KNEES BENT, BRING OTHER FOOT QUICKLY OVER THE BALL AND PUSH THE BALL AWAY WITH OUTSIDE OF OPPOSITE FOOT AND ACCELERATE INTO SPACE.

#### INSIDE & OUTSIDE HOOK/CUT:

WITH BALL UNDER CONTROL, REACH WITH INSIDE OR OUTSIDE OF FOOT AND HOOK BALL BACK 180 DEGREES BEHIND BODY. KNEES SHOULD BE BENT AND BALL SHOULD BE PUSHED INTO SPACE. QUICKLY TAKE BALL AWAY IN OPPOSITE DIRECTION WITH OUTSIDE OF OPPOSITE FOOT AND ACCELERATE INTO SPACE.

#### CRUYFF:

WITH BALL UNDER CONTROL, PLAYER FEINTS TO PASS OR SHOOT TO GET DEFENDER OFF BALANCE. BRING LEG AROUND OUTSIDE OF BALL SO INSTEP MAKES CONTACT WITH BALL. PUSH BALL BACK AND UNDERNEATH BODY. WITH KNEES BENT PUSH BALL AWAY WITH OUTSIDE OF OPPOSITE FOOT AND ACCELERATE INTO SPACE.

#### STEP OVER:

WITH BALL UNDER CONTROL, PLAYER FEINTS TO PASS OR SHOOT TO GET DEFENDER OFF BALANCE. BRING THE PASSING FOOT QUICKLY OVER THE TOP OF THE BALL WITHOUT TOUCHING IT. PLANT FOOT PAST BALL WITH TOE POINTING AWAY FROM DEFENDER. WITH BENT KNEES, QUICKLY TURN BODY 180 DEGREES AND TAKE BALL AWAY WITH OUTSIDE OF SAME FOOT OR INSIDE OF OPPOSITE FOOT AND ACCELERATE INTO SPACE.



## **BEATING AN OPPONENT – TURNS & 1 v 1 MOVES**

### **MOVES**

#### **MATTHEWS OR FAKE:**

USE FULL BODY AND LUNGE TO ONE SIDE TO GET DEFENDER OFF BALANCE. PUSH THE BALL AWAY AND PAST THE DEFENDER USING THE OUTSIDE OF THE OPPOSITE FOOT. ACCELERATE INTO SPACE AND PLACE BODY QUICKLY BETWEEN DEFENDER AND THE BALL.

#### **PUSH & GO:**

A SIMPLE, SLOW APPROACH TOWARDS THE DEFENDER, PUSH THE BALL PAST THE OPPONENT AND ACCELERATE TO CATCH UP TO THE BALL. ENSURE THAT THE PLAYER GETS THEIR BODY IN-BETWEEN THE BALL AND THE OPPONENT AS THEY ACCELERATE AWAY.

#### **SCISSORS:**

SLOW APPROACH TO THE OPPONENT, BRING THE FRONT FOOT AROUND THE FRONT OF THE BALL, TO PROTECT IT FROM THE DEFENDER. AS THE WEIGHT SHIFTS TO THE FRONT FOOT PUSH THE BALL AWAY AND PAST THE DEFENDER USING THE OUTSIDE OF THE OPPOSITE FOOT. ACCELERATE INTO SPACE AND PLACE BODY QUICKLY BETWEEN DEFENDER AND THE BALL.

#### **DOUBLE SCISSORS:**

BODY FORWARD. REPEAT MOVEMENT ABOVE A SECOND TIME TO THROW DEFENDER OFF BALANCE. MOVEMENT SHOULD BE FLUID AND QUICK.

#### **STOP AND GO:**

USED WHEN DEFENDER IS EVEN WITH ATTACKER. BREAK MOMENTUM OF DRIBBLE BY STOPPING THE BALL WITH THE SOLE OF FOOT AND THEN QUICKLY PUSH FORWARD WITH TOE OR LACES OF OPPOSITE FOOT (CAN ALSO USE SAME FOOT). HESITATION WILL GET DEFENDER OFF BALANCE AND ALLOW ATTACKER TO ACCELERATE AWAY.

#### **PULL BACK:**

TO BE USED WHEN DEFENDER IS EVEN WITH ATTACKER. FEINT INITIALLY TO GET DEFENDER OFF BALANCE. USE SOLE OF FOOT TO PULL BALL BACK AND THEN PUSH BEHIND STANDING LEG AND ACCELERATE AWAY. YOU CAN ALSO LOOK AT THE “RONALDO” VARIATION WHERE HE SIMPLY CHOPS THE BALL BEHIND THE STANDING LEG AND ACCELERATES AWAY.

#### **INSIDE OUT:**

DRIBBLE AT DEFENDER WITH BALL CLOSE AND UNDER CONTROL. TOUCH THE BALL INSIDE TOWARDS THE DEFENDER WITH THE INSIDE OF THE FOOT AND THEN VERY QUICKLY TAKE THE BALL AWAY IN THE OPPOSITE DIRECTION AND PAST THE DEFENDER WITH THE OUTSIDE OF THE SAME FOOT. ACCELERATE PAST DEFENDER INTO SPACE. THIS CAN ALSO BE REVERSED FOR AN OUTSIDE-IN MOVE.

#### **MARADONA:**

PLACE SOLE OF FOOT ON TOP OF BALL AND SPIN QUICKLY AWAY USING THE SOLE OF THE OTHER FOOT. USEFUL IN GETTING OUT OF TIGHT SPACES.

#### **NUTMEG:**

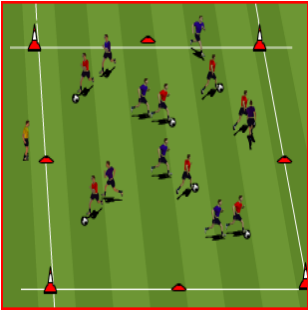
TO BE USED WHEN A DEFENDER HAS BECOME SQUARE TO THE PLAY AND IS OFF BALANCE. QUICKLY PLAY THE BALL BETWEEN THE DEFENDERS LEGS AND RUN AROUND THE DEFENDER TO THE OTHER SIDE AND ACCELERATE INTO SPACE.



**AGE GROUP/PROGRAM: U8 TOWN      WEEK # 1      THEME: RUNNING WITH THE BALL/DONOVAN**

SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
<ul style="list-style-type: none"> <li>★ Using both feet to dribble and run with the ball</li> <li>★ Quick change of direction</li> <li>★ Good technique</li> </ul>	<ul style="list-style-type: none"> <li>★ Use both feet.</li> <li>★ Push ball into space and out of feet but under control.</li> <li>★ Awareness – look around.</li> <li>★ Toe down/heel up – push ball with laces.</li> <li>★ Accelerate into space.</li> </ul>	<ul style="list-style-type: none"> <li>★ Seek coach/adult approval</li> <li>★ Want to be competitive</li> <li>★ Desire to have fun</li> <li>★ Lots of imagination</li> </ul>

**WARM UP: FOLLOW THE LEADER      SET UP: 40x30 YARD AREA      PROGRESSION**



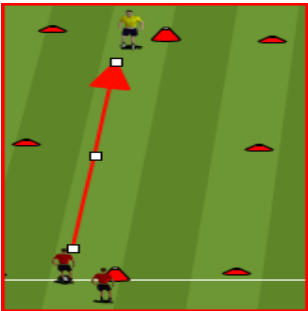
Players in pairs with one ball per pair. Player with ball follows partner around area.

Player without ball should try and vary speed and direction to lose partner but can only walk.

Play for 1 minute then swap roles.

1. Allow lead player to run.
2. On Coaches command “Stop”, both players freeze. Player with ball must pass the ball through partner’s legs to score a goal.

**CORE GAME 1: RELAYS      SET UP: 20 x 10 YARD AREA      PROGRESSION**

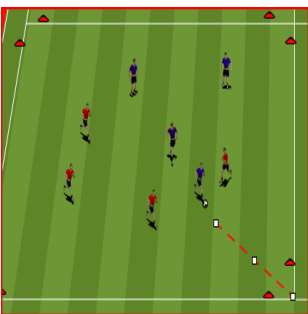


Put players into teams of 3 or 4 with one ball per group.

1 dribbles ball to 2, then 2 takes over and dribbles ball to 3 and so on.

1. Use only one foot to dribble.
2. Switch to using other foot.
3. Make it competitive and ask to see how many changeovers teams can do in 60 seconds.

**CORE GAME 2: 4 GATE SOCCER      SET UP: 40 x 30 YARD AREA      PROGRESSION**



Play 4v4. You can have 3 teams if necessary and rotate teams around. Teams compete for ball and try to score by dribbling the ball through any of the 4 gates.

If one goal is heavily defended can the player in possession turn and run with the ball to another gate. Make the gates big to begin.

1. Make gates smaller.
2. Have teams defend 2 gates and attack 2 gates – can be diagonal or on same side of field.
3. Add a neutral player who plays for team in possession but who may not score.

**SMALL SIDED GAME      SET UP: 30 x 20 YARD AREA**

Small Sided Game: 4v4. Set Up: 40x30 Yards. Play 3 periods of 8 minutes.

**HOMEWORK:**  
**ISOCER TEST:**  
**BALL MASTERY:**



AGE GROUP/PROGRAM: U8 TOWN

WEEK # 2

THEME: TURNS & MOVES/HAPPY FEET HOLDEN

**SESSION GOALS:**

- ★ Use both feet
- ★ Awareness – look around
- ★ Quick sudden movement to beat a defender

**COACHING POINTS:**

- ★ Bend knees when turning and accelerate into space.
- ★ Inside hook turn– reach around ball and push ball 180 back using inside of foot. Bend knees and accelerate out.
- ★ Outside hook turn – same as above with outside of foot.
- ★ Stop/hop/turn– place sole of foot on ball; hop over with same foot and plant foot past ball, turn and use other foot to take ball away in opposite direction.
- ★ Drag back – place sole of foot on top of ball and drag back across body. Turn and push away with laces of same foot and accelerate.

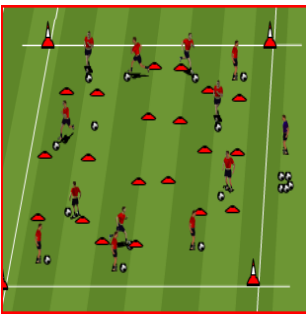
**UNDERSTAND YOUR AUDIENCE:**

- ★ Seek coach/adult approval
- ★ Want to be competitive
- ★ Desire to have fun
- ★ Lots of imagination

**WARM UP: DRIBBLE THROUGH THE GATES**

**SET UP: 40 X 30 YARD AREA**

**PROGRESSION**



Each player has a ball. Set up a series of gates (2 cones about 3 yards apart) in area.

Players have to dribble through the gates.

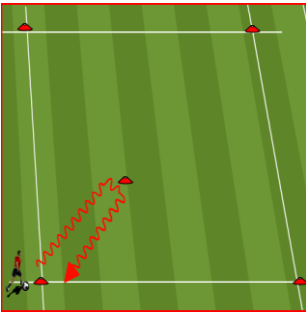
How many gates can they dribble through in 60 seconds?

1. Toe taps through gates – touch top of ball with sole of both feet.
2. Foundations through gates – touch side of ball with inside of both feet.
3. Turn once through the gate – inside and outside hook.

**CORE GAME 1: TURNS**

**SET UP: 20 X 15 YARD AREA**

**PROGRESSION**



Each player has a ball. Place 2 players at each corner of area. Have a central cone as an imaginary defender.

On coach command, first player from each cone dribbles to central cone at same time.

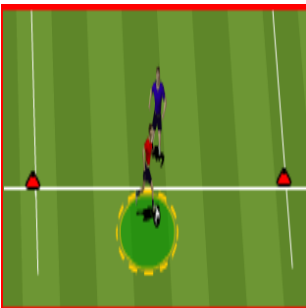
Players then execute a turn at center cone and dribble back to starting position. Then next players go and keep repeating.

1. Review inside and outside hook from warm-up.
2. Introduce Stop/hop/turn and Dragback.
3. Make it competitive – which group can do most turns in 60 seconds.

**CORE GAME 2: 1 v 1 INVISIBLE WALL**

**SET UP: 15 X 20 YARD AREA**

**PROGRESSION**



Use 2 players – attacker and defender - standing opposite each other without a ball.

Neither can cross the imaginary line.

Defender says “Go!” and forward has to try and throw defender off balance and get to either cone first.

1. Introduce ball.
2. Make it competitive – play for 60 seconds and then switch roles.
3. Introduce ‘Matthews’ feint.

**SMALL SIDED GAME**

**SET UP: 30 X 20 YARD AREA**

Small Sided Game: 4v4. Set Up: 40x30 Yards. Play 3 periods of 8 minutes.

**HOMEWORK:**  
**SOCCER TEST:**  
**BALL MASTERY:**



**AGE GROUP/PROGRAM: U8 TOWN**

**WEEK # 3**

**THEME: 1v1 ATTACKING/DEMPSEY MAGIC**

**SESSION GOALS:**

- ★ Confidence in taking players on
- ★ 1v1 & 2v2

**COACHING POINTS:**

- ★ Use both feet.
- ★ Change direction and change speed
- ★ Matthews – plant foot to one side of ball and feint to go in that direction – push off with outside of other foot in opposite direction and accelerate.
- ★ Scissors – bring foot quickly around inside of ball and plant to one side of ball. Push off with outside of opposite foot and accelerate.
- ★ Be positive.

**UNDERSTAND YOUR AUDIENCE:**

- ★ Seek coach/adult approval
- ★ Want to be competitive
- ★ Desire to have fun
- ★ Lots of imagination

**WARM UP: TOUCHES**

**SET UP: 40 X 30 YARD AREA**

**PROGRESSION**



Players start on one side of the area. Coach spreads balls around playing area.

Coach tells players to run around and see who can touch the most balls using the soles of their feet – play for 60 seconds.

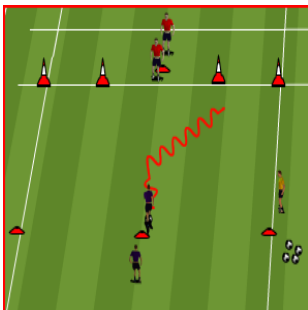
Repeat to see if they can beat their score.

1. Touch each ball twice with left & right.
2. Foundation – touch with inside or left and right.
3. Do a move on a stationary ball – feint and push.
4. Dribble, stop and change balls

**CORE GAME 1: 1 v 1 TO GATES**

**SET UP: 20 X 15 YARD AREA**

**PROGRESSION**



Have 2-3 players with ball each at one end of the area. Set up 2 small goals using cones opposite players with ball (attackers).

Place 2-3 defenders between the 2 goals and opposite the attackers. Attacker started with ball and tries to dribble through either goal.

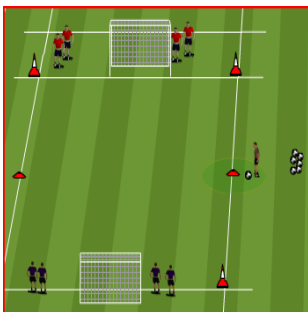
Defender is active on attacker's first touch. A point is scored by dribbling the ball through either of the two gates. Defender can score a point by passing the ball to the next attacker if they win possession.

1. Introduce 1v1 moves – Matthews and Scissors.

**CORE GAME 2: NUMBERS GAME**

**SET UP: 40 X 30 YARD AREA**

**PROGRESSION**



Split group into two teams and ask players to number themselves 1 through 5.

When coach calls out number 1, the #1's from both teams compete for the ball that the coach has played and try to score in the opposition's goal.

If ball goes out of bounds, have players return and call out next number.

1. Call out more than one number and use more than one ball
2. Players get extra moves for turns & moves
3. Add GK's.

**SMALL SIDED GAME**

**SET UP: 30 X 20 YARD AREA**

Small Sided Game: 4v4. Set Up: 40x30 Yards. Play 3 periods of 8 minutes.

**HOMEWORK:**

**ISOCER TEST:**

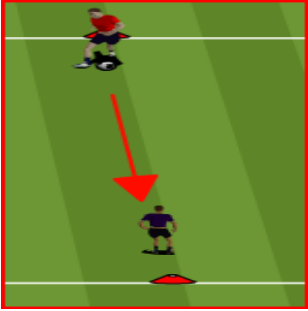
**BALL MASTERY:**



**AGE GROUP/PROGRAM: U8 TOWN      WEEK # 4      THEME: PASSING/STARS & STRIPES**

SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
<ul style="list-style-type: none"> <li>★ Smooth passing</li> <li>★ Passing on the move</li> <li>★ Hitting a target from distance</li> </ul>	<ul style="list-style-type: none"> <li>★ Use both feet.</li> <li>★ Lock ankle when passing – toe up and heel down.</li> <li>★ Keep eye on ball.</li> <li>★ Hit through middle of ball.</li> <li>★ Use side of foot for push pass</li> </ul>	<ul style="list-style-type: none"> <li>★ Seek coach/adult approval</li> <li>★ Want to be competitive</li> <li>★ Desire to have fun</li> <li>★ Lots of imagination</li> </ul>

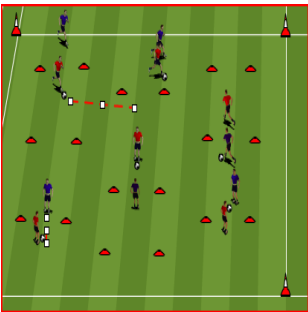
**WARM UP: STARS AND STRIPES      SET UP: 10 X 10 YARD AREA      PROGRESSION**



Passing in pairs. Must make a certain number of passes and then shout "go USA".

1. Right foot only
2. Left foot only
3. Three touch
4. Two touch
5. One touch

**CORE GAME 1: PASSING THROUGH GATES      SET UP: 30 X 30 YARD AREA      PROGRESSION**



Place between 8-10 three yard gates in playing area.  
Put players in pairs and ask them to pass the ball through gates; once they've passed the ball through a gate, they move on to next one.

1. How many passes can they make in a minute?
2. 3 passes before moving on to next gate.

**CORE GAME 2: COCONUT SHY      SET UP: 40 X 30 YARD AREA      PROGRESSION**



Put the players into teams of 4. Set up field with a 5yd wide end zone at each end.  
Place 4 balls on top of cones in each end zone.  
Play 4v4 with teams scoring by passing the ball against one of the balls on top of a cone.

1. Reduce number of balls on cones to work on accuracy.

**SMALL SIDED GAME      SET UP: 30 X 20 YARD AREA**

Small Sided Game: 4v4. Set Up: 40x30 Yards. Play 3 periods of 8 minutes.

**HOMEWORK:**  
**ISOCER TEST:**  
**BALL MASTERY:**



AGE GROUP/PROGRAM: U8 TOWN

WEEK # 5

THEME: RECEIVING/FIRST TOUCH  
FEILHABER

**SESSION GOALS:**

- ★ Developing a good 1<sup>st</sup> touch
- ★ Taking the ball on the move
- ★ Quality of passing

**COACHING POINTS:**

- ★ Use both feet.
- ★ Keep eye on ball.
- ★ Get in line with ball.
- ★ Choose surface and receive with soft touch
- ★ Control ball into space and move.

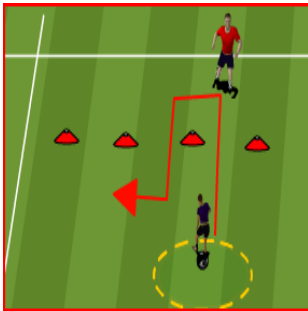
**UNDERSTAND YOUR AUDIENCE:**

- ★ Seek coach/adult approval
- ★ Want to be competitive
- ★ Desire to have fun
- ★ Lots of imagination

**WARM UP: 3 GATES**

**SET UP: 10 x 10 YARD AREA**

**PROGRESSION**



Use four discs to create three gates side by side (2-3 apart). In pairs players have to pass through on the three gates.

Once the ball has been played through the gates, the ball may not be played through the same gate.

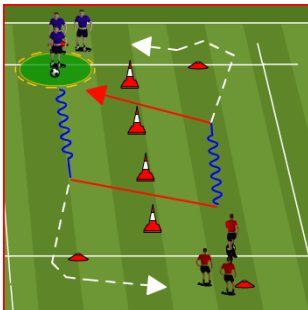
Start with a minimum of 2 touches & a maximum of 4 touches per player.

1. Restrict players to two touch
2. Outside of the foot only to control the ball

**CORE GAME 1: RUNNING, PASSING & RECEIVING**

**SET UP: 20 x 15 YARD AREA**

**PROGRESSION**



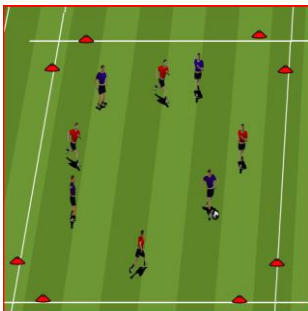
Players must dribble down the sides and then pass across the area to the opposite group to continue the sequence.

1. Limit touches
2. Who can pass with the outside of the foot?

**CORE GAME 2: 4 GATES**

**SET UP: 40 x 30 YARD AREA**

**PROGRESSION**



With 4x4 teams, both teams compete for the ball and try to score in any of the four gates/goals.

The point is gained by passing the ball through a gate/goal. If one gate is heavily defended can the player in possession turn and run with the ball to another gates.

Make the gates (6 Yards) big to start with.

1. Narrow gates
2. Award points for moves

**SMALL SIDED GAME**

**SET UP: 30 x 20 YARD AREA**

Small Sided Game: 4v4. Set Up: 40x30 Yards. Play 3 periods of 8 minutes.

**HOMEWORK:**

**ISOCER TEST:**

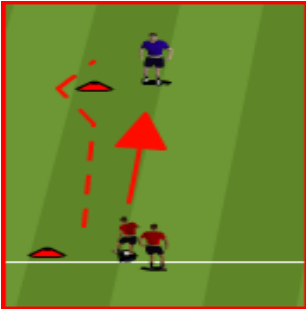
**BALL MASTERY:**



**AGE GROUP/PROGRAM: U8 TOWN      WEEK # 6      THEME: SHOOTING/ALTIDORE'S ACCURACY**

SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
<ul style="list-style-type: none"> <li>★ Using the laces to shoot</li> <li>★ Shooting on the run</li> <li>★ Speed of play</li> </ul>	<ul style="list-style-type: none"> <li>★ Use both feet.</li> <li>★ Lock ankle – toe down and heel up.</li> <li>★ Keep eye on ball.</li> <li>★ Place non-kicking foot beside ball.</li> <li>★ Use laces to hit through middle of ball.</li> <li>★ Follow through with striking foot.</li> </ul>	<ul style="list-style-type: none"> <li>★ Seek coach/adult approval</li> <li>★ Want to be competitive</li> <li>★ Desire to have fun</li> <li>★ Lots of imagination</li> </ul>

**WARM UP: PASS & MOVE      SET UP: 10 YARDS GAP      PROGRESSION**



In groups of 3-4. The coach here is looking for quality, combined with speed of play.

Ask the players to pass the ball back and forth between the group and follow their pass

1. Right foot pass
2. Left foot pass
3. 2 Touch
4. Pass with the laces

**CORE GAME 1: DRIBBLE, PASS & SHOOT      SET UP: 40 X 30 YARD AREA      PROGRESSION**



Split players into two teams and have team's line up in opposite corners. One player from each team goes at same time.

Player A: dribble to the gate, B pass through the gate and follow ball, C after the pass 'shoot' on goal.

1. Switch corners to encourage shooting with opposite foot.
2. Make it competitive – first team to score 10 goals.
3. Add GK's.

**CORE GAME 2: 4 GOAL GAME      SET UP: 40 X 30 YARD AREA      PROGRESSION**



Play 4v4 with no GK's. Teams compete for the ball and try to score in any of the four goals.

If one goal is heavily defended can the player in possession turn and run with the ball to another goal and shoot.

Make goals with cones if necessary.

1. Make goals smaller.
2. Make it competitive – first team to score 10 goals.
3. Introduce GK's

**SMALL SIDED GAME      SET UP: 30 X 20 YARD AREA**

Small Sided Game: 4v4. Set Up: 40x30 Yards. Play 3 periods of 8 minutes.

**HOMEWORK:**  
**ISOCER TEST:**  
**BALL MASTERY:**



AGE GROUP/PROGRAM: U8 TOWN

WEEK # 7

THEME: 2V1 ATTACKING/BEASLEY BRILLIANCE

**SESSION GOALS:**

- ★ Increase in quality of turning
- ★ 1v1 attacking composure
- ★ 2 v1 decision making

**COACHING POINTS:**

- ★ Use both feet.
- ★ Be positive.
- ★ Attack defender – change direction and speed.
- ★ 2ND attacker movement – keep the area as big as possible in support role.

**UNDERSTAND YOUR AUDIENCE:**

- ★ Seek coach/adult approval
- ★ Want to be competitive
- ★ Desire to have fun
- ★ Lots of imagination

**WARM UP: DRIBBLING & TURNS**

**SET UP: 15 X 15 YARD AREA**

**PROGRESSION**



The players constantly dribble into the cones and make various turns (drag back, outside hook etc).

This can be progressed to allow the players to move to different corners (drop the shoulder and go right).

Once this movement is in place, each corner could be for a different. 1-push and go 2-scissor 3-drop the shoulder 4-players choice.

1. First to 4 turns?
2. Both feet

**CORE GAME 1: 2 V 1 TO GATES**

**SET UP: 15 X 15 YARD AREA**

**PROGRESSION**



Have 2 attackers start with one ball on one side of area. Make 2 goals on opposite side and place a defender between the goals.

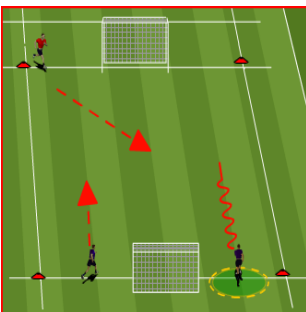
Attackers try and dribble ball through either of the goals. If defender wins the ball, he can dribble over attacker's end line to score.

1. Attackers must pass once before dribbling through gates.
2. Attacker starts by dropping the ball from the air

**CORE GAME 2: 2 V 1 TO GOAL**

**SET UP: 15 X 15 YARD AREA**

**PROGRESSION**



Have 2-3 players with a ball each at one end of the area and two attackers at the other end.

The defender starts by passing into one of the attackers, the attacker starts by getting a good touch out their feet and dribbles forward, positively, and tries to beat the defender with a feint or move, the 2nd attacker is there for support and maybe used at anytime.

Points awarded for goals.

1. Attackers must pass once before shooting
2. Add Gk's

**SMALL SIDED GAME**

**SET UP: 30 X 20 YARD AREA**

Small Sided Game: 4v4. Set Up: 40x30 Yards. Play 3 periods of 8 minutes.

**HOMEWORK:**

**ISOCER TEST:**

**BALL MASTERY:**



AGE GROUP/PROGRAM: U8 TOWN

WEEK # 8

THEME: GOALKEEPING/DIVING LIKE FRIEDAL

**SESSION GOALS:**

- ★ Introduction to the GK role

**COACHING POINTS:**

- ★ On the toes
- ★ Make sure your feet are set for the service
- ★ Watch the ball all the way into your hands
- ★ Absorb the shot

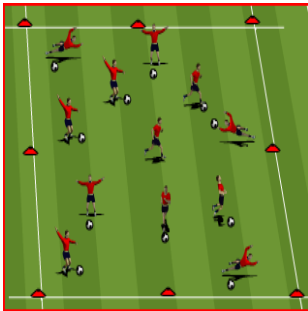
**UNDERSTAND YOUR AUDIENCE:**

- ★ Seek coach/adult approval
- ★ Want to be competitive
- ★ Desire to have fun
- ★ Lots of imagination

**WARM UP: BALL FAMILIARITY**

**SET UP: 30 X 30 YARD AREA**

**PROGRESSION**



All the players have a ball and the coaches command they are asked to perform the following whilst moving lightly on their toes within the area Juggling with different parts of the hands whilst on their toes;

Players keep the ball up in the air using the designated part of the hand.

Their arms should be straight with a slight bend at the elbow: Palms, Backs of hands, Fingers, Fist, Arms only

1. Figure of 8 through legs without the ball touching the ground
2. Moving the ball around their waist.
3. Players dribble (on the floor) the ball around the area and on the coaches command keepers dive on top of ball smothering it two hands on ball bringing it close in to chest.
4. Players launch the ball and then catch the ball at their highest point with one knee raised and shouting 'Keepers!'
5. A number of balls (greater than the players) are placed in the area for the GK's to smother. How many balls can the players smother in a minute?

**CORE GAME 1: SHOT STOPPING**

**SET UP: 4 YARD GOALS**

**PROGRESSION**



In pairs: one acting as a GK and the other is the server. Working through the following serves to the GK: underarm throw & push pass whilst the GK works through the different positions: upright, crouching down & on the knees.

GK's makes save and return the ball to the server, working both sides.

- 1.

**CORE GAME 2: 4 GOAL SOCCER**

**SET UP: 30 X 20 YARD AREA**

**PROGRESSION**



With 3v3 teams, both teams compete for the ball and try to score in anyone of the four goals.

If one goal is heavily defended can the player in possession turn and run with the ball to another goal and shoot.

1. Make the goals bigger
2. Award points for catches
3. Add support players

**SMALL SIDED GAME**

**SET UP: 30 X 20 YARD AREA**

Small Sided Game: 4v4. Set Up: 40x30 Yards. Play 3 periods of 8 minutes.

**HOMEWORK:**

**ISOCER TEST:**

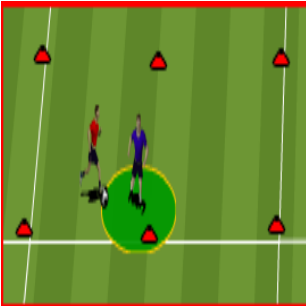
**BALL MASTERY:**



**AGE GROUP/PROGRAM: U8 TOWN      WEEK # 9      THEME: 1v1 DEFENDING/DEFENDING LIKE DeMERIT**

SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
<ul style="list-style-type: none"> <li>★ Correct technique of defending</li> <li>★ Speed of approach</li> </ul>	<ul style="list-style-type: none"> <li>★ Stay on toes</li> <li>★ Keep eye on ball</li> <li>★ Use arms for balance</li> <li>★ Get close to ball and don't allow defender to move the ball forward.</li> <li>★ Be patient.</li> </ul>	<ul style="list-style-type: none"> <li>★ Seek coach/adult approval</li> <li>★ Want to be competitive</li> <li>★ Desire to have fun</li> <li>★ Lots of imagination</li> </ul>

**WARM UP: 1 v 1 DEFENDING      SET UP: 20 x 10 YARD AREA      PROGRESSION**



Players in pairs, 1 attacker and 1 defender.

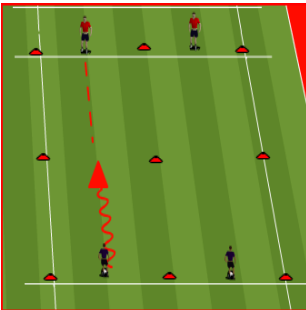
Attacker starts at one end with the ball and the defender starts 2 yards in front of attacker, ready to move backwards.

Passive defending: defender is going to skip backward sideways (like a crab) all the way to the end line then the players swap roles.

No challenges.

1. Ask the attackers to zig zag when dribbling across the area.

**CORE GAME 1: 1 v 1 DEFENDING      SET UP: 20 x 10 YARD AREA      PROGRESSION**



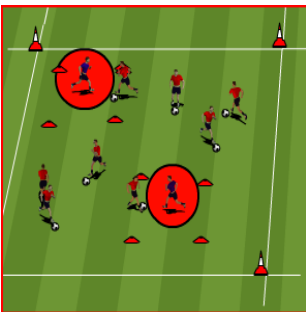
Players in pairs, 1 attacker and 1 defender. (You can use groups of 4 or 6 per area to keep things flowing). Attacker starts at one end with ball and defender at the other.

Attacker tries to dribble ball over defender's line – if they score they get 5 points.

If defender forces the ball out side of area they get 3 points and if they win ball and dribble ball over attacker's line they get 5 points.

1. Have attacker start with ball in hands and drop to feet to start.
2. Have defender start closer to attacker.

**CORE GAME 2: 2 DEFENDERS      SET UP: 40 x 30 YARD AREA      PROGRESSION**



Set up 2 squares within playing area (10x10yards). Select 2 defenders and place them (wearing pinney) inside the squares.

All other players have a ball and are to dribble into square and perform a turn to get out of square to score a point.

Defenders can't come out of squares but get a point each time they touch a ball. Rotate defenders after a minute.

1. If a player enters one side of the square and exits another side they get 2 points. Ball must be under control.

**SMALL SIDED GAME      SET UP: 30 x 20 YARD AREA**

Small Sided Game: 4v4. Set Up: 40x30 Yards. Play 3 periods of 8 minutes.

**HOMEWORK:**  
**ISOCCER TEST:**  
**BALL MASTERY:**



**AGE GROUP/PROGRAM: U8 TOWN      WEEK # 10      THEME:**

SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
<ul style="list-style-type: none"> <li>★ Isoccer test</li> <li>★ Composure in front of goal</li> </ul>	<ul style="list-style-type: none"> <li>★ Use both feet.</li> <li>★ Place non-kicking foot beside ball.</li> <li>★ Use laces to hit through middle of ball.</li> <li>★ Follow through with striking foot.</li> </ul>	<ul style="list-style-type: none"> <li>★ Seek coach/adult approval</li> <li>★ Want to be competitive</li> <li>★ Desire to have fun</li> <li>★ Lots of imagination</li> </ul>

**WARM UP: TOUCHES      SET UP: 40 X 30 YARD AREA      PROGRESSION**



Players start on one side of the area. Coach spreads balls around playing area.

Coach tells players to run around and see who can touch the most balls using the soles of their feet – play for 60 seconds.

Repeat to see if they can beat their score.

1. Touch each ball twice with left & right.
2. Foundation – touch with inside or left and right.
3. Do a move on a stationary ball – feint and push.
4. Dribble, stop and change balls

**ISOCCKER      TEST: 3 & 4 JUGGLING      TEST: 6 & 7 DRIBBLING**

For more information visit [www.isoccer.org](http://www.isoccer.org)

Duration is 20 seconds.

SET UP: Place each player in a 5x5 meter square.

Juggle as many times as you can with your preferred foot, do not count touches with other body parts or the other foot. If the ball hits the floor, start the count again.

Then start the test with the non-preferred foot.

Duration is 20 seconds.

SET UP: 5x5 meter square

Start to the left of one cone. Dribble with your preferred foot in a figure of eight. Each figure of eight completed counts as 4 points. Partially completed sections are counted as 1 point. Restart if you touch the ball with the other foot or if the ball does not go around the cone.

Repeat the exercise with the non-preferred foot.

**CORE GAME 2: 4 GOAL GAME      SET UP: 40 X 30 YARD AREA      PROGRESSION**



Play 4v4 with no GK's. Teams compete for the ball and try to score in any of the four goals.

If one goal is heavily defended can the player in possession turn and run with the ball to another goal and shoot.

Make goals with cones if necessary.

1. Make goals smaller.
2. Make it competitive – first team to score 10 goals.
3. Introduce GK's

**SMALL SIDED GAME      SET UP: 30 X 20 YARD AREA**

Small Sided Game: 4v4. Set Up: 40x30 Yards. Play 3 periods of 8 minutes.

**HOMEWORK:**  
**ISOCCKER TEST:**  
**BALL MASTERY:**