



U8 – Session 2

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.



Free Dribble:

All players are dribbling a soccer ball in a 25x35 yard grid using their inside, outside, and the sole of their foot.

Coach: Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.

Version 2: Coach can put pressure on players dribbling.

Version 3: Players can dribble at each other and perform a move and accelerate away.



Combat:

Coach set up a 15x20 yard grid. Coach has all the soccer balls on the sideline. Players are split into 2 color-coded teams. One team lines up on the coach's left and the other on the coach's right. When the coach kicks the ball into play, the game begins. (1v1, 2v2...whatever the coach calls out) A point is awarded to the team that gets the soccer ball back to the coach in the allotted time. Once the coach gets the soccer ball back, they play it back into the field and another game begins.



1v1 to Two Small Goals:

In a grid 10x15 yards with small goals on the end lines. A player passes the ball diagonally across the grid to their opponent who then attacks the small goal. Passing through the goal is 1 point and dribbling through the goal is 3 points. Each player keeps track of their score.

Coach: The goals are 4 yards wide.

Note: Coach can have multiple grids to allow for more opportunities to go 1v1. Each grid should have no more than 5-6 players in.



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).

