



U8 – Session 3

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.



Team Tag:

Split the players into two teams (**Dribblers and Taggers**). The taggers are trying to tag the dribblers' feet or soccer ball with their soccer ball. The taggers need to keep track of their tags. The dribblers are trying to keep their ball from being tagged by shielding it. After a determine time, the teams switch roles.

Coach: Can help taggers adding their points.

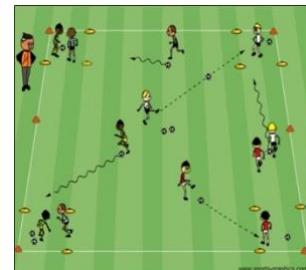
Version 2: Taggers can only tag the dribblers' ball.



Capture the Balls:

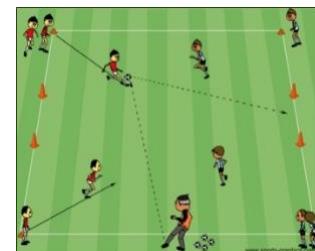
Players should be divided into equal teams to play in a grid with each team's home in the corners. Soccer balls are in the middle of the grid, with all players starting inside their home bases. On the coach's command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent's home bases. No using hands.

Coach: Call time and each team counts the balls they have collected.



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).

