

8U Week #11 -

PLAY — PRACTICE — PLAY

Session Skill Rinaldo Chop

PLAY 10 mins.	Play- as players arrive have them join in a small sided game.	Set Up - 3V3 or 4V4 small games. -20yrds X 20yrds fields -Set up multiple fields if needed	Let them play
	Activity Description	Set Up Diagram	Coaching Points
#1 ¹²	 Ball Tag: All players are dribbling a soccer ball in a 20x25 yard grid. The players try to hit another player's feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player. Version 2: If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points. 	ww.xpots-graphic.com	 Dribbling technique Passing technique Weight of the pass Accuracy of the pass
#2 12 mins	Team Tag: Split the players into two teams (Dribblers and Taggers). The taggers are trying to tag the dribblers' feet or soc- cer ball with their soccer ball. The taggers need to keep track of their tags. The drib- blers are trying to keep their ball from being tagged by shielding it. After a de- termined time, the teams switch roles. Coach: Can help taggers add their points. Version 2: Taggers can only tag the drib- blers' ball.	WWW MEDIT-CHERKIC &	 Dribbling technique Passing and receiving technique Weight of the pass Accuracy of the pass Protecting the ball
#3 12 mins	Paint the Field- Passing: In pairs, players will pass the soccer ball back and forth in a 20x25 yard grid. Ex- plain to the players that their soccer ball is a paint brush and wherever it rolls it will paint the area. Their task to pass (kick) the soccer ball to paint as much of the grid as possible in the allotted time. Version 2: Tell the players to use their other foot	WWW. Report-graphics.com	 Passing and receiving technique Weight of the pass Ability to pass through traffic Communication and mobility of the players
20 20 mins	Small Sided Games 4V4 small sided game. No goalies, no throw-ins, kick ins only. Set up multi- ple fields if needed (15yrds X 20yrds).	Call out name of player who scores a goal	Let them play



Organized-set up and ready to go Game like-activity must be game like Repetitions-repetition on what you are trying to achieve

Challenging-players need to be challenged Coaching-the right coaching based on the age/level of the players