

8U Week #12 -

PLAY — PRACTICE — PLAY

Session Skill Rinaldo Chop

PLAY 10 mins.

#1

12

mins

#2

12

mins

#3

12

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

Coaching Points

Freeze Tag:

All players are dribbling a soccer ball in a 15x20 yard grid. 1-2 players dribble a soccer ball, but they are the freeze monsters. The freeze monsters tag other players who then freeze with the soccer ball above their head. The activity ends when all players are frozen. Coaches: One coach may be the freeze mon-

Version 2: Players can unfreeze each other by tagging them.

ster while another is unfreezing players.

Version 3: Players can unfreeze each other by kicking the ball through their legs.

Set Up Diagram

- Dribbling with head up
- Use different surfaces of the foot
- Change of direction

Gate Passing:

In a 20x25 yard grid, set up many gates (two cones about 2 yards apart). Players are now in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate in order to score a point.

Coach: Players count how many points they score in a minute. Repeat asking the players to beat the score by one or more points. You can also ask them to pass with the inside or outside of the foot, and using their favorite foot or with their other foot.

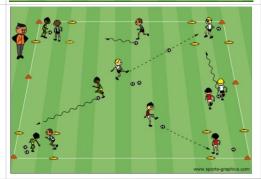


- Passing and receiving technique
- Dribbling technique
- Decision making
- Weight and accuracy of the pass
- Communication and mobility

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.

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



- How to get the balls from the center or other home bases
- How to defend their home base
- Decision making: pass or dribble

Small Sided Games

PLAY

20 mins 4V4 small sided game. No goalies, no throw-ins, kick ins only. Set up multiple fields if needed (15yrds X 20yrds).



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