

U7 & U8 TRAINING SESSION 3

CYCLE 1 WEEK 3	PHASE: Transition ATT > DEF	TOPIC / FOCUS POINTS: <ul style="list-style-type: none"> ● Win ball back quickly - 5 Second Rule. ● Run after the attacker with the ball. 	EQUIPMENT: Various sizes of soccer balls, large and small cones, pinnies (two colors), four small goals, two larger goals.	AREA: 40y x 25y	TIME: 60 min.
AGE: U7/U8					

ACTIVITY 1 - Link to Activity	SET UP	FOCUS POINTS
<p>Cats and Dogs Area: 15y x 15y Organization: Two players stand across from each other in the center of the grid. One is the cat, the other is the dog. When the coach yells out CAT, that player tries to tag the dog before the dog can run to the end line. When the coach yells out DOG, that player tries to tag the cat before the cat reaches the endline. Switch partners after several turns. Variation: Make the grid longer.</p>		<ul style="list-style-type: none"> ● Quick reaction ● Enthusiasm
<p>ACTIVITY 2 - Link to Activity</p> <p>1v1, Chase and Turn Area: 15y x 15y Organization: Set up two small goals on the end line. The teams start between the goals along with the Feeder. The Feeder plays the ball onto the field to start each 1v1. The player who wins the ball must first dribble over the end line before turning and attacking the small goals. Rotate opponents after several turns. Variation: Defenders attack the goals after winning the ball. Game: Players keep track of their goals. Keep team scores.</p>		<ul style="list-style-type: none"> ● Running after the attacker with the ball ● Winning the ball back quickly ● Dribbling technique ● Turning technique ● Shooting and passing technique
<p>ACTIVITY 3 - Link to Activity</p> <p>2v2 Chase Area: 15y x 15y Organization: Set up a field with small goals in each corner. Pairs of players start on the end line. The Feeder passes the ball on the field to start the 2v2. One team attacks the far goals, the other attacks the goals on the near side. Switch roles after each turn. Variation: The attacking team dribbles the ball onto the field to start the 2v2 and must turn and score on the near goals. Game: Keep team scores.</p>		<ul style="list-style-type: none"> ● Running after the attacker with the ball ● Winning the ball back quickly ● Dribbling technique ● Turning technique ● Shooting and passing technique
<p>ACTIVITY 4 - Link to Activity</p> <p>5v5 Game Area: 40y x 25y Organization: Two teams play 5v5 (4+GK), starting in 2-1-1 formation. When the ball goes out of bounds, restart with dribble or pass. Game: Keep track of the score.</p>		<ul style="list-style-type: none"> ● When the opponent is in possession, make the field small ● When your own team is in possession, make the field large