

## U7 & U8 TRAINING SESSION 2

<b>CYCLE 1</b> <b>WEEK 2</b>	<b>PHASE:</b> Attacking	<b>TOPIC / FOCUS POINTS:</b> <ul style="list-style-type: none"> <li>• Passing</li> <li>• Receiving</li> <li>• Dribbling</li> </ul>	<b>EQUIPMENT:</b> Various sizes of soccer balls, large and small cones, pinnies (two colors), four small goals, two larger goals.	<b>AREA:</b> 40y x 25y	<b>TIME:</b> 60 min.
<b>AGE:</b> U7/U8					

ACTIVITY 1 - <a href="#">Link to Activity</a>	SET UP	FOCUS POINTS
<b>Dribble, Shoot, Goalkeeper 1</b> <b>Area:</b> 15y x 15y <b>Organization:</b> Set up a large goal and two rows of six large cones about 12 yards from the goalposts. Players dribble through the cones, turn, and then shoot at the goal. The shooter then becomes the goalkeeper. <b>Variation:</b> Players run with the ball along the cone line, then turn and shoot. <b>Game:</b> The player scoring the most goals wins. Keep team scores.		<ul style="list-style-type: none"> <li>• Passing technique</li> <li>• Receiving technique</li> <li>• Dribbling technique</li> <li>• Goalkeeping: use hands</li> </ul>
ACTIVITY 2 - <a href="#">Link to Activity</a>	SET UP	FOCUS POINTS
<b>Sharks &amp; Minnows 2</b> <b>Area:</b> 20y x 15y <b>Organization:</b> Create a center zone five yards wide. Place three small goals on each end line. One or two players (sharks) start in the center zone. The sharks cannot leave the zone. Three or four minnows try to dribble past the sharks. After going past, they pass the ball right away into one of the three small goals. After they pass, the next turn starts. When a minnow loses the ball, he/she becomes a shark. <b>Variation:</b> The shark gets one point for each time they steal a ball. When they get four points, they become minnows and pick new sharks.		<ul style="list-style-type: none"> <li>• Passing technique</li> <li>• Receiving technique</li> <li>• Dribbling technique</li> </ul>
ACTIVITY 3 - <a href="#">Link to Activity</a>	SET UP	FOCUS POINTS
<b>1v1, Eight Small Goals</b> <b>Area:</b> 20y x 15y <b>Organization:</b> Set up a short, wide field with four small goals on each side. The balls can start on either side of the field and the 1v1s start with a pass across to the attacker. Three 1v1 games are played at the same time. <b>Game:</b> Players keep track of the number of goals they score. Also keep team scores.		<ul style="list-style-type: none"> <li>• Passing technique</li> <li>• Receiving technique</li> <li>• Dribbling technique</li> </ul>
ACTIVITY 4 - <a href="#">Link to Activity</a>	SET UP	FOCUS POINTS
<b>3v3 or 4v4 Games</b> <b>Area:</b> 20y x 20y <b>Organization:</b> Two teams of three or four try to score on the small goals. When the ball is played over the sideline or endline, players can dribble or pass the ball back in. <b>Game:</b> Keep track of the score.		<ul style="list-style-type: none"> <li>• Run to the attacker with the ball</li> <li>• Run after the attacker with the ball</li> <li>• When the opponent is in ball possession, make the field small</li> <li>• When your own team is in ball possession, make the field large</li> </ul>