

## U7 & U8 TRAINING SESSION 9

<b>CYCLE 2 WEEK 3</b>	<b>PHASE:</b> Transition ATT > DEF	<b>TOPIC / FOCUS POINTS:</b> <ul style="list-style-type: none"> <li>• Back shots</li> <li>• Protect the goal</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: U7/U8</b>					

ACTIVITY 1 - <a href="#">Link to Activity</a>	SET UP	FOCUS POINTS
<b>Cats and Dogs</b> <b>Area:</b> 12y x 12y <b>Organization:</b> 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. <b>Variation:</b> Make the grid longer.		<ul style="list-style-type: none"> <li>• Quick reaction</li> <li>• Enthusiasm and energy</li> </ul>
ACTIVITY 2 - <a href="#">Link to Activity</a>	SET UP	FOCUS POINTS
<b>1v1, Defending From An Angle</b> <b>Area:</b> 16y x 12y <b>Organization:</b> Create two small fields of 8y x 12y. Players score in the small goals in the corners of the field. Play always starts in the opposite corner from the goals. Begin the 1v1 with a pass across from the defender. Switch roles after the turn is over. Players switch fields every eight minutes. <b>Game:</b> Keep track of goals scored.		<ul style="list-style-type: none"> <li>• Protecting your own goal</li> <li>• Running to the attacker with the ball</li> <li>• Blocking shots</li> <li>• Running after the attacker with the ball</li> </ul>
ACTIVITY 3 - <a href="#">Link to Activity</a>	SET UP	FOCUS POINTS
<b>2v2, Defending From An Angle</b> <b>Area:</b> 20y x 15y <b>Organization:</b> Place small goals in all four corners. The attackers start in the corners, the defenders start in the center and on the end line. The 2v2 starts with a pass from a defender to one of the two attackers. Switch roles after the turn is over. Players switch fields every eight minutes. <b>Game:</b> Keep track of goals scored.		<ul style="list-style-type: none"> <li>• Protecting your own goal</li> <li>• Running to the attacker with the ball</li> <li>• Blocking shots</li> <li>• Running after the attacker with the ball</li> </ul>
ACTIVITY 4 - <a href="#">Link to Activity</a>	SET UP	FOCUS POINTS
<b>3v3, Small Goals</b> <b>Area:</b> 20y x 15y <b>Organization:</b> The two teams try to score on the small goals in the corners. When the ball is out of bounds, players dribble or pass the ball back in. <b>Game:</b> Keep track of the score.		<ul style="list-style-type: none"> <li>• Protecting your own goal</li> <li>• Running to the attacker with the ball</li> <li>• Blocking shots</li> <li>• Running after the attacker with the ball</li> <li>• Making the field small when the opponent is in possession</li> <li>• Making the field large when your own team is in possession</li> </ul>
ACTIVITY 5 - <a href="#">Link to Activity</a>	SET UP	FOCUS POINTS
<b>5v5 Game</b> <b>Area:</b> 40y x 25y <b>Organization:</b> Two teams play 5v5 (4+GK), starting in 2-1-1 formation. When the ball goes out of bounds, restart with dribble or pass. <b>Game:</b> Keep track of the score.		<ul style="list-style-type: none"> <li>• When the opponent is in possession, make the field small</li> <li>• When your team is in possession, make the field large</li> </ul>