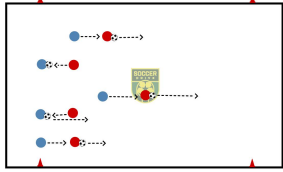
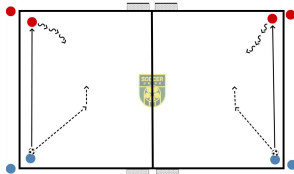
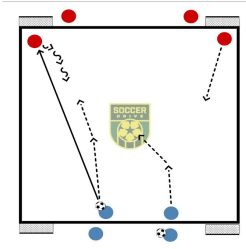
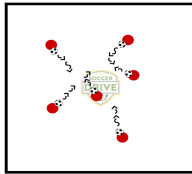
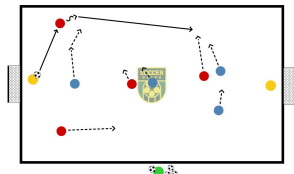


U7 & U8 TRAINING SESSION 16

CYCLE 3 WEEK 4	PHASE: Defending	TOPIC / FOCUS POINTS: <ul style="list-style-type: none"> ● Block shots ● Protect the goal ● 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
Grab It! Area: 20y x 15y Organization: Players work in pairs with one ball. One player holds the ball in one hand, with the arm outstretched. The other player grabs the ball and runs away. The other player tries to tag the player before he/she gets to the end line. Variation: Switch players around.		<ul style="list-style-type: none"> ● Quick reaction ● Enthusiasm
ACTIVITY 2 - Link to Activity	SET UP	FOCUS POINTS
1v1, Defending From An Angle Area: 16y x 12y Organization: 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. Game: Keep track of goals scored.		<ul style="list-style-type: none"> ● First, protect the goal ● Run to the attacker with the ball ● Block shots
ACTIVITY 3 - Link to Activity	SET UP	FOCUS POINTS
2v2, Defending From An Angle Area: 15y x 15y Organization: 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. Game: Keep track of goals scored.		<ul style="list-style-type: none"> ● First, protect the goal ● Run to the attacker with the ball ● Block shots
ACTIVITY 4 - Link to Activity	SET UP	FOCUS POINTS
All for One - Dribbling Game Area: 15y x 15y Organization: Each player starts with a soccer ball. On the whistle, the players have to dribble their ball under control while trying to knock the other players' soccer ball off of the field. When a player has their ball kicked off, they have to leave the game. The last player to keep possession of their ball wins that round.		<ul style="list-style-type: none"> ● Dribbling technique ● Shielding the ball
ACTIVITY 5 - Link to Activity	SET UP	FOCUS POINTS
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.		<ul style="list-style-type: none"> ● Run to the attacker with the ball ● Run after the attacker with the ball ● Protect the goal ● Block shots ● When the opponent is in ball possession, make the field small ● When your own team is in ball possession, make the field large