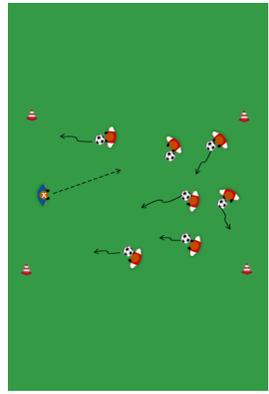


Training 1 - Under 8

1. PLAIN TAG



Method

Each player has a ball except the one who is "it". He tries to tag as many players as possible.

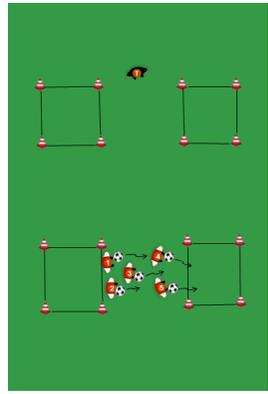
Variation:

- The one who is "it" also has a ball.
- He can tag players by kicking away their ball.

Attention!

You may take part again when a "free player" has tagged you "free".

2. CLUBS / COUNTRIES GAME



Method

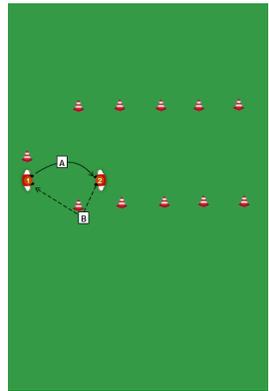
Each player dribbles with a ball. In the corners of the field are squares, bearing the name of a soccer club or a country.

When the name of the club or country is called out, the players must dribble to the correct square as quickly as possible and then stand still with the foot on the ball. The last player to arrive receives a penalty point. The winner is the player with the least penalty points.

Variation in positioning to receive:

- Around Christmas or Easter use thematically appropriate names.
- Players must stop the ball by sitting on it, or a variation to that.

3. STEP 1: THROW-IN IN A SQUARE



Method

This is a game in which the player tries to complete the whole square course faultlessly.

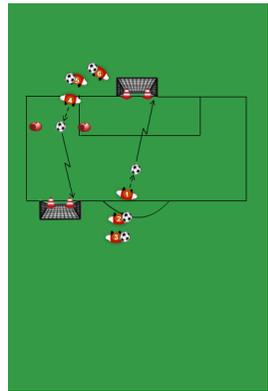
- A. Player 1 stands by the cone, at 2 yards distance, in front of the squares and throws the ball in to player 2.
- B. Player 2 stands in the centre of the first square and catches the ball in his hands. After each succesful attempt the player moves up one square.

Attention! Who will finish first?

Variation:

Increase the throwing distance

4. PENALTY KICKING



Method

In the goal there are 2 cones. The distance between the cone and the post is 2 yards. The players must try a get the ball in either the left or right corner between the cone and the post.

Who scores the most penalties between the cone and the post?

Variation in drill:

- Reduce the distance between the cone and the post.
- Put a keeper in goal.

5. GAME FORM 4V4 + 2 KEEPERS



Method

Four attackers keep possession against 4 defenders by a combination of passes oran individual action, followed by scoring in the opposite goal.

After taking possession the defenders may then score by dribbling the ball over the opposite base-line.

Attention!

If the ball goes off the field the other team starts the game.

Drill variation:

With three teams, changing at your own discretion.