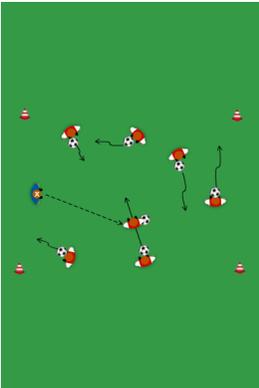


# Training 2 - Under 8

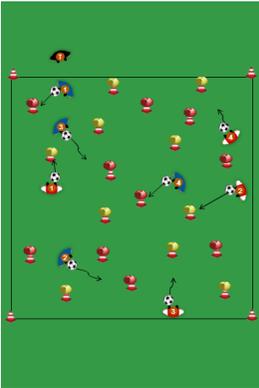
## 1. ARCH TAG



**Method**

1 player is "it" and tries to tag the others. A tagged player stands straddle-legged. Each "free player" can tag them "free" again by playing the ball through their legs (the arch), regaining control of the ball and dribbling on.

## 3. STEP 1: KICKING THE MARKER



**Method**

2 teams, in which each player has a ball, try to kick the red and yellow marker cones off the cones, which are spread out throughout the field. The first team to achieve this, is the winner.

Variation: Deploy a defender who tries to intercept the opponent's ball, before it hits the marker cone.

## 2. WHISTLE / NUMBERS GAME



**Method**

Each player dribbles a ball through the square. The coach uses predetermined signals.

When he whistles or calls out a number, the players must carry out one of the predetermined drills, such as:

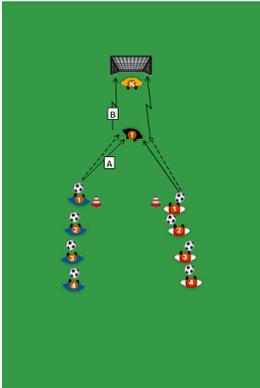
- Dribble to the sideline
- Make a cut
- Stop the ball under the foot
- Accelerate dribbling the ball
- Do volleys.
- Sit on the ball.
- Change balls with another player.

Attention!

Turn it into a points game.

Who scores the least penalty points?

## 4. IN A LINE



**Method**

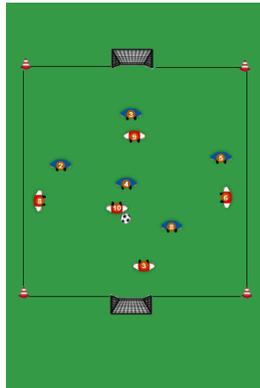
This drill is performed by two rows of players.

- A. Player 1 or 2 kicks the ball with the inside of the outside foot to the coach and then follows the ball.
- B. The coach stops and places the ball for the oncoming player 1 or 2.
- C. Player 1 or 2 then shoots the placed ball in the goal, etc

Variation in drill:

Change rows after shooting.

## 5. GAME FORM 5V5



**Method**

Five attackers keep possession against 5 defenders by a combination of passes or an individual action, followed by scoring in the opposite goal.

After taking possession the defenders may then score by scoring in the opposite goal.

Attention!

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

Drill variation:

With three teams, changing at your own discretion.