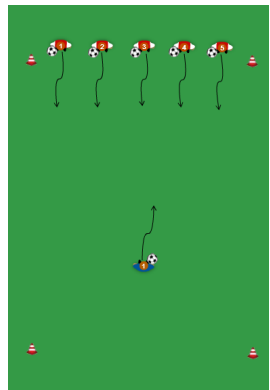


Training 3 - Under 8

1. CROSSOVER GAME



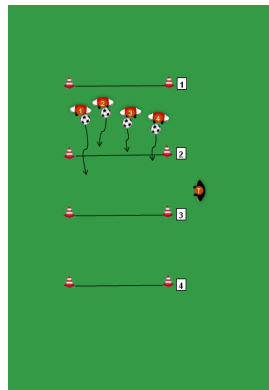
Method
 All the players, except one, are on one side of the playing field, with a ball at their foot.
 The one who is 'it' is on the pitch, also with a ball at his foot.
 On a signal the players must dribble the ball to the opposite side. The one who is 'it' now tries to tag as many players as possible on their way.

Who manages to tag the most players in 2 turns?

Attention!
 - if you do not keep the ball close to you, you are also out of the game.

Variation:
 - the one who is 'it' also has the ball at his foot.
 - increase the number of turns.

2. LINE GAME

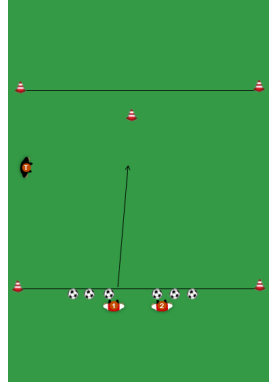


Method
 The players stand, with the ball at their foot, on a line of the penalty area, determined by the coach. On his signal the players dribble to another line, determined by the coach.

Attention!
 If there is no penalty area available, then use different coloured cones or marker cones to form lines. Use numbers for the youngest youth players.

Variation:
 - Give each player 3 points at the start and subtract a point each time from the player who comes last. Once again the winner is the last remaining player.
 - The player who comes last is out of the game and the winner is the last remaining player (only do this at the conclusion of a practice).

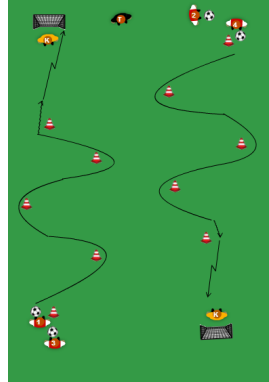
3. STEP 1: JEU DE FOOTBALL



Method
 This drill is executed with 2 players. Each player has 3 balls and stands by a marker cone on the goal line. They now try to kick the ball, from the marker cone, as close as possible to the cone that has been placed at a distance of 12 - 15 yards. The winner is the player with the most balls close to the cone.

Variation: Increase the distance

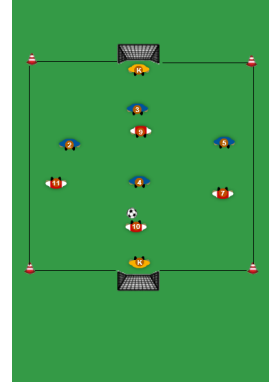
4. DRIBBLE THE COURSE THEN FINISH



Method
 The players slalom the whole course dribbling the ball then finish.

Variation in positioning to receive:
 - Vary the execution speed.
 - Vary the distance between the cones.
 - Execute the drill in competition form.

5. GAME FORM 4V4 + 2 KEEPERS



Method
 Four attackers keep possession against 4 defenders by a combination of passes or 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.