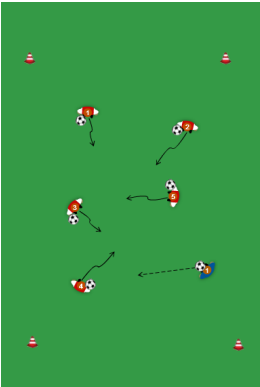


Training 4 - Under 8

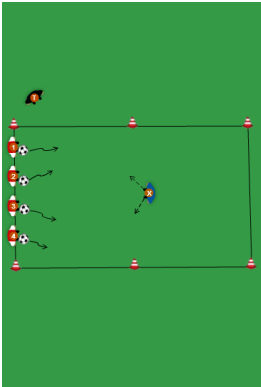
1. DRIBBLE TAG



Method

All players, except the one who is 'it', dribble around the pitch with the ball at their foot. The one who is 'it' has his ball in his hands and must now try to tag a ball belonging to a dribbling player, with his own ball. When he succeeds, the player who has been tagged, becomes 'it', etc.

2. CROSSING GAME



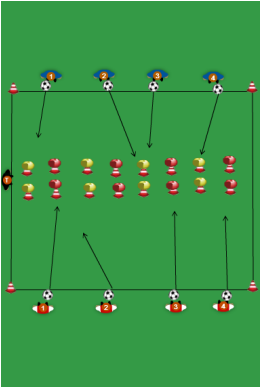
Method

All the players have the ball at the foot on one side of the field and one player is in the centre without a ball. At the coach's signal the players may try to cross the field. The one who is "it" must then try to kick the players' balls out of the field. The players who have lost their ball also stand in the centre and try to steal the balls.

Variation:

- The players must retrieve their own ball and rejoin the group.
- Retrieve the ball and then wait to see who remains. The winner may appoint the next person to be "it".
- Two or more players are "it".

3. STEP 1: SKITTLES 1

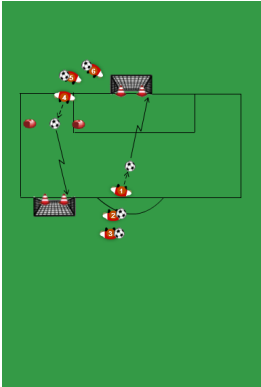


Method

From the goal line of their part of their square, 2 teams, in which each player has a ball, try to kick the red and yellow marker cones off the cones, which are placed in the centre of the pitch. 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.

4. PENALTY KICKING



Method

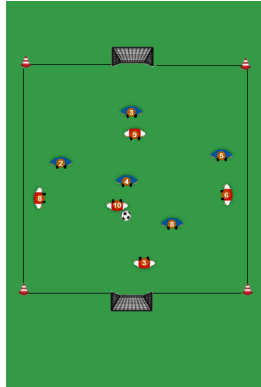
In the goal there are 2 cones. The distance between the cone and the post is 2 yards. The players must try a get the ball in either the left or right corner between the cone and the post.

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 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.