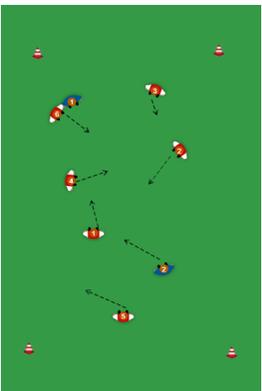


Training 5 - Under 8

1. CHAIN TAG

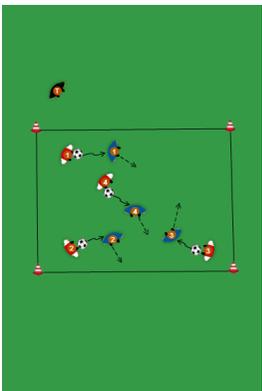


Method
 In this game all the players stand in a square with a ball at their feet. Two players are 'it' and must try to tag the players by kicking their ball out of play. The first player to be tagged, takes the hand of the one who is 'it', after his ball has been kicked out of play. Every next player to be tagged then joins them, forming a chain.
 Which defender will make the longest chain (in other words, who work together the best?)

Note:
 - if the chain breaks while tagging, the tagged player is allowed to play on.

Attention:
 - the length of the chain may not exceed 4 players (when determining the result, the total number of tagged players is counted).

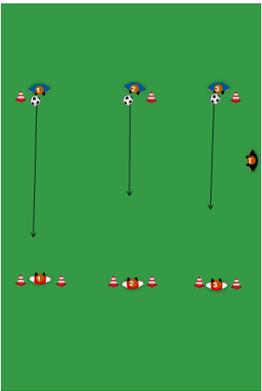
2. COPYCAT



Method
 Each pair has one ball. One player, without the ball, runs in front and sets the course through the square. The other player, with the ball, tries to follow him everywhere.

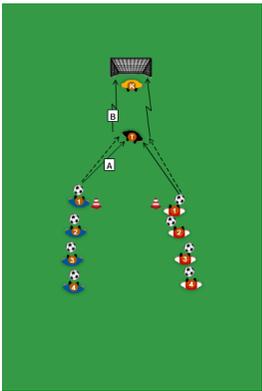
Attention!
 Mind the distance between the players is approximately 2 yards.

3. STEP 1: KINGS



Method
 Pairs stand next to their goals of 1 metre in width and opposite each other at a distance of 10 - 15 yards. They must try to score in the opponents goal. The player to score the most goals, within a certain amount of time, or a certain number of times, is the "king".

4. IN A LINE (1)



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 4V4 + 2 KEEPERS



Method
 Four attackers keep possession against 4 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 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.